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Non-celiac gluten hypersensitivity.

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Abstract

There has been an increasing interest in non-celiac gluten sensitivity (NCGS) in recent years. The condition is characterized by both gastrointestinal and extra-intestinal symptoms that respond to gluten withdrawal. Most of the symptoms are subjective and for many years such patients remain in a diagnostic dilemma. Although symptomatology is similar to irritable bowel syndrome (IBS), NCGS is now regarded as a distinct clinical entity. However, the disease pathology is not well elucidated and our knowledge of NCGS is still very rudimentary. This review highlights the importance of this new clinical entity, outlines its pathological mechanisms and suggests a diagnostic algorithm for its management.

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