

The

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**Celiac Disease
and**

Erythema Elevatum Diutinum



The GASTROLAB Endoscopy Image JOURNAL: A Pinnacle in Medical Imaging Excellence

Since its inception in early 2024, The GASTROLAB Endoscopy Image Journal stands as a pioneering publication in the realm of medical imaging. Released every Tuesday, this weekly magazine, accessible at www.vpress.ovh/journal.htm, offers an unparalleled exploration of various themes, showcasing high-quality images focusing on specific aspects of the digestive tract or diseases.

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With an ambitious vision, we aspire for The GASTROLAB Endoscopy Image JOURNAL to be recognized as the preeminent publication in its field worldwide. We invite collaboration from the esteemed medical community to contribute their exceptional endoscopic images, thereby fostering a collective effort to make this journal the most comprehensive of its kind globally.

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A Noble Purpose

Under the editorial leadership of Hans Björknäs, our Editor-in-Chief, The GASTROLAB Endoscopy Image Journal seeks to be more than just a publication; it aims to be a catalyst for success. If this magazine aids even one young, aspiring endoscopist in their career journey, we consider our mission accomplished.

Join us in shaping the future of endoscopy imaging – together, let's create a benchmark of excellence in medical journalism.

Sincerely,

Hans Bjorknas

Editor-in-Chief, The GASTROLAB Endoscopy Image Journal

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Celiac Disease and Its Link to Erythema Elevatum Diutinum (EED)

Celiac disease is a chronic autoimmune disorder where the ingestion of gluten (a protein found in wheat, barley, and rye) leads to damage in the small intestine. Over time, this damage prevents the absorption of essential nutrients, leading to a variety of health issues. One lesser-known complication associated with celiac disease is its connection to certain skin conditions, including a rare disorder called erythema elevatum diutinum (EED).

What is Erythema Elevatum Diutinum (EED)?

EED is a rare skin condition that belongs to a group of diseases called leukocytoclastic vasculitis. It is characterized by raised, reddish-purple lesions, often found on the backs of the hands, elbows, knees, and other areas subjected to physical pressure. These lesions can be painful and may cause significant discomfort.

EED has been linked to a range of underlying health

conditions, including autoimmune disorders like celiac disease, as well as infections or even certain types of cancer. While the exact cause of EED is not fully understood, it is thought to result from inflammation and immune system activity that affects small blood vessels in the skin.

How Celiac Disease Can Lead to EED

In a documented case, a woman with undiagnosed celiac disease developed EED alongside joint pain. Initially, the connection between the two conditions was unclear, but laboratory tests revealed abnormal immune responses associated with celiac disease, such as elevated levels of IgA antibodies (antibodies commonly linked to gluten sensitivity).

A biopsy of the patient's small intestine showed total villous atrophy, a hallmark of celiac disease where the small, finger-like projections (villi) that

help absorb nutrients are flattened and damaged. This prevents the body from absorbing essential nutrients like iron and folic acid, which are needed for normal bodily function.

Once the patient was diagnosed with celiac disease, she was put on a strict gluten-free diet, which led to complete healing of her EED skin lesions within a few months. A gluten-free diet is the only effective treatment for celiac disease, as it allows the intestines to heal and reduces the autoimmune activity that can contribute to conditions like EED.

The Importance of Early Diagnosis

This case highlights the importance of early diagnosis and treatment of celiac disease. People with untreated celiac disease may suffer from various complications beyond gastrointestinal symptoms, including skin conditions like dermatitis herpetiformis (another common skin

manifestation of celiac disease) and, in rare cases, EED.

If someone experiences unusual skin symptoms such as persistent rashes or lesions, particularly in conjunction with gastrointestinal symptoms like bloating, diarrhea, or unexplained weight loss, they should consider being evaluated for celiac disease. Early diagnosis and adopting a strict gluten-free diet can prevent long-term complications and improve overall health.

Managing EED in Celiac Disease Patients

While treatments like

dapsone (an antibiotic with anti-inflammatory properties) can help manage skin symptoms, they may not be fully effective in resolving EED lesions. In the case of celiac disease-related EED, eliminating gluten from the diet is crucial to both healing the skin and managing the autoimmune response.

If you or someone you know is experiencing unusual skin symptoms and has been diagnosed with celiac disease, it's important to consult with a healthcare provider to explore the potential connection and develop a comprehensive treatment plan.

Though erythema elevatum diutinum is rare, its association with celiac disease underscores the wide-ranging effects this autoimmune condition can have on the body. By following a gluten-free diet, individuals with celiac disease can not only protect their gut health but also avoid potential complications such as EED, ensuring a better quality of life.

Reference:

Tasanen K, Raudasoja R, Kallioinen M, Ranki A. Erythema elevatum diutinum in association with coeliac disease. *J Dermatol.* 1997 Apr;136(4):624-7.







