



Special Issue on **Follow-Up of Gluten-Related Disorders: Clinical Aspects and Monitoring of Gluten-Free Diet**

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Celiac disease is an autoimmune disorder, occurring in genetically predisposed individuals, triggered by the ingestion of dietary gluten, the major protein component in wheat and other related cereals. In many areas of the world, celiac disease is one of the commonest lifelong disorders affecting around 1% of the general population. Indeed, celiac disease research is changing rapidly as gluten-related disorders have gradually emerged as an epidemiologically relevant phenomenon with a global prevalence. Among such disorders, celiac disease and wheat allergy have been extensively studied although they are not the only entities, as noncoeliac gluten sensitivity has been recently rediscovered and appears to be a very common disorder, in particular in USA.

A lifelong gluten-free diet is currently the only available treatment for such disorders. Clinical manifestations associated with untreated patients, including intestinal but also extraintestinal manifestations like osteoporosis, anaemia, depression, or infertility, are ameliorated with a gluten-free diet. However, despite the fact that a strict adherence to the diet is essential to reduce symptoms, avoid nutritional deficiencies, and improve quality of life, dietary transgressions (either voluntary or accidental) are relatively frequent. There is therefore an increasing need to expand our current knowledge of the effect of the gluten-free diet on gluten-related disorders, including patient management after diet instauration, adherence to the diet and/or ways to monitor it, or novel ways to assess gluten-content of foods and drinks. Similarly, the pathogenic similarities and differences between all gluten-related disorders and the impact of the gluten-free diet on such patients cannot be disregarded. In this special issue, we will address these points. Here, we aim to gain depth into the current understanding of gluten-related disorders and of gluten-free diet monitoring.

Potential topics include, but are not limited to:

- ▶ Novel findings providing a deeper insight into the pathogenic mechanisms underlying gluten-related disorders including celiac disease, wheat allergy, and noncoeliac gluten sensitivity and the closely related disorders such as dermatitis herpetiformis and gluten ataxia
- ▶ Studies describing the clinical and pathogenic similarities and differences among different gluten-related disorders, but also between them and other gastrointestinal disorders
- ▶ Differential effects of the gluten-free diet on alternative gluten-related disorders
- ▶ Potential therapeutic strategies based on immunopathogenesis of the disorders
- ▶ Clinical and pathogenic follow-up of patients with gluten-related disorders on the gluten-free diet and/or compliancy to the diet
- ▶ Effect of the nonadherence to a gluten-free diet and risk of other diseases
- ▶ Monitoring of gluten-free diet compliance in celiac patients and/or measures of gluten-free adherence
- ▶ Development of new methods of evaluation of gluten-free diet

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