

Foreword

This comprehensive treatise on Celiac Disease is equally instructive for the medical reader as well as the patient.

For the medical reader, whether the undergraduate, postgraduate or practicing physician, it clarifies misunderstandings about the age incidence and varied symptomatology apparently unrelated to the disease.

It emphasizes the general lack of awareness of the malady amongst doctors mostly because of the presence of commoner causes of similar symptoms and sometimes due to its bizarre presentation especially in the adult population thus explaining the often delayed diagnosis.

Important information has been highlighted in simple single sentences labeled “Key Points” and some excellent valid issues have been identified and relevant suggestions made by the author especially for Pakistan.

For the patient, there is excellent appropriate advice regarding selection of foods, lists of banned and permitted food items, eating out at functions, weddings, during travel, etc. The psycho-social implications of the disorder have been discussed and even recipes applicable to this region provided.

This book is essential reading for all general physicians and of course paediatricians.

The Urdu version as proposed for patients should be even more popular.

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