

DISABILITY AND ATAXIA IN A YOUNG PATIENT WITH GLUTEN SENSITIVE ENTEROPATHY -  
WHEN GLUTEN ATTACKS THE NERVOUS SYSTEM

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Introduction: gluten sensitive enteropathy (GSE) is an autoimmune disease, can occur at any age. Patients are intolerant to gluten, its consumption causes: damage to the wall of the intestine, malabsorption, hypomalnutrition, deficiency of vitamins, systemic autoimmune reactions.

in 10 % of patients diagnosed with GSE, neurological complications can occur: polyneuropathy, ataxia, encephalopathy, epilepsy, headache. They occur after a longer duration of the disease, rarely are the first symptom, often are very disabling. In as many as 40 % of ataxias with unknown etiology, gluten-intolerance should be considered. Anti -gliadin and tTG6-antibodies are new serum markers for neurological complications of GSE. First line treatment is strict gluten-free diet.

We aim to show the case of a 37 year old patient with confirmed GSE, 5 years ago, with already evident systemic complications: pancytopenia and osteoporosis. In the past year, manifests symptomatology of: gluten neuropathy, gluten ataxia and slight form of encephalopathy. Neurological complications confirmed by: neurography studies, MR of the brain, EEG and anti-gliadin antibodies. Despite the insistence of strict gluten free -diet and vitamin supplementation, no improvement was seen after 6 months of follow-up, so immunotherapy was suggested.

Conclusion: GSE has common neurological complications, which can be disabling. They can be prevented by timely diagnosis and treated with a gluten-free diet, in the early stages.

Keywords: ataxia, polyneuropathy, gluten sensitive enteropathy

