

Preface

This book which we have the honor and the pleasure to present to you, entitled *Celiac Disease and Non-Celiac Gluten Sensitivity*, has been written thanks to the efforts and collaboration of many authors, mostly from Spain and Latin America, all of whom are experts on the subjects of each one of its twenty-five chapters. We would like to acknowledge the great effort made by the “Centro de Información sobre la Enfermedad Celíaca” (CIEC) from Costa Rica, their support, and the organization of the English translation under the guidance of Carlos Beirute L. (translator in-chief) and the inspired dedication of Amavilia Perez V., its director. Since their main goal is to transmit and disseminate knowledge to patients with these ailments and Patient’s Organizations they also realized that an English version of the book would bring original contributions of Spanish speaking experts to a wider audience.

The choice of its title is justified. Knowledge on celiac disease has deepened remarkably during recent decades. It is now firmly established, that is a common disorder, systemic in nature, genetically predetermined and triggered by gluten. However, the recent re-discovery of non-celiac gluten sensitivity has generated a new thrust in the quest for knowledge relating to these diseases, which have great social and public health repercussions. It is interesting that since the publication of the Spanish version of this book a year ago, studies mainly from Australia have demonstrated that improvement of symptoms with a gluten-free diet does not necessarily equate with an effect of withdrawing gluten and reintroducing gluten performing a gluten challenge. As Peter Gibson from Monash University, The Alfred Hospital, Melbourne, Vic, Australia has recently stated, “the story is only beginning”.

There is a great amount of important scientific information, available through many informations, articles, revisions and monographs, which deals with a diversity of issues related to celiac disease, but there is a lack of books, particularly in the Spanish language, that gather its different aspects. This was one of the main objectives of the first book published in Spanish. The interdisciplinary approach that became clear with the different chapters is largely due to the *Sociedad Española de la Enfermedad Celíaca* (SEEC, “Spanish Celiac Disease Society”). In this preface, we warmly thank its present president, Professor Eduardo Arranz MD, PhD for his enthusiasm and we would like to acknowledge the contribution of the Society and its members for their approach to the study of celiac disease.

Our principal aim is the diffusion of knowledge, not only through its cost-free distribution by means of the internet, but also for those who may wish to purchase a printed copy. We intend to update current knowledge on celiac disease and we hope that this collective effort will help to improve the collaboration between the diverse groups in clinical and basic research. Knowledge on celiac disease has fully entered the field of biology and molecular genetics. It has become a model for the understanding of other autoimmune diseases. This book includes an important clinical component. We hope that it will be of use to those who carry on researches in basic disciplines in order to help them translate their findings for the benefit of people who suffer from celiac disease and other gluten-related disorders.

The book will be of use to physicians by helping them to identify a greater number of people who suffer from celiac disease and non-celiac gluten sensitivity and who have been not recognized as such throughout the world. These patients could benefit from a gluten-free diet, thus achieving an improvement of their ailments, as well as a complete recovery of their health and well-being.

We wish to thank all the authors who have selflessly collaborated in this project, providing all their knowledge and expertise and *OmniaScience Editorial* (Omnia Publisher S.L.), of Barcelona. Mrs. Irene Trullàs specially deserves our appreciation for the excellent and ongoing support she has provided us during the entire process in the preparation of the Spanish and English versions of the book.

We are also honored to dedicate this book to people who suffer from celiac disease or non-celiac gluten-related disorders. We agree with Ms. Karla Zaldívar, President of the *Asociación de Celíacos y Sensibles al Gluten de El Salvador* (ACELYSES) that it will be of help for people who suffer from these disorders and who wish to understand their condition beyond the explanations provided by their physician. These informed patients will make a better team with their physicians and specialists from related disciplines and may even, in some measure, contribute to generate a better approach to celiac disease and to non-celiac gluten sensitivity from a scientific perspective.

November 2014

Luis Rodrigo and Amado Salvador Peña