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## **Assessing the level of assistance for people with disorders related to gluten consumption in the Republic of Moldova**

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<https://www.longdom.org/proceedings/assessing-the-level-of-assistance-for-people-with-disorders-related-to-gluten-consumption-in-the-republic-of-moldova-60770.html>

### **Abstract**

Gluten ingestion has been linked to a spectrum of clinical disorders such as celiac disease (CD), non-celiac gluten sensitivity (NCGS), wheat or grain allergy, gluten ataxia and herpetiform dermatitis, collectively called gluten-related disorders. The most severe of these disorders is MC, an autoimmune disease that affects the small intestine and has a prevalence of about 1% in the general population of Western countries. Nutritional therapy is the only possible treatment, unanimously accepted by the medical community. A GF diet means the strict elimination of all gluten-containing products. Often, the food security of people who are forced to follow a GF diet is vulnerable due to limited product availability, high cost, under-labeling, risk of cross-contamination, lack of knowledge and information about celiac disease and the gluten-free diet, such as and psychological factors in celiac patients, etc. Many organizations around the world have developed a system and a caring approach to patients with MC. Some systems have information about patients' rights, specific laws, administrative regulations and lists of services. The aim of the research is to assess the level of assistance for people with gluten-related disorders in the Republic of Moldova (RM). The assessment of the level of assistance of persons with CD in the Republic of Moldova was based on a system of 6 questions: Does the Republic of Moldova have regulations on packaged industrial food for persons with CD? Does the country have regulations regarding unpackaged meals and food for people with CD? Is there a specialized healthcare service for celiac patients? Is there a financial incentive for patients with CD? Is there a GF certification program for manufactured products for people with

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GD? Does the country have a national CD association? The results of the study showed that ensuring a level of care for people with CD in the Republic of Moldova has been and continues to be a rather sensitive issue, which affects the food security of this segment of the population. The review of national investments and policies as well as the integration of nutrition goals to support people with celiac disease is current and required at all levels: legislation, education and training, community support through social events, workshops, business / industry support.

*Keywords: gluten-related disorders, celiac disease, non-celiac gluten sensitivity, allergia, nutritional therapy*