

ABSTRACT

This thesis deals with autoimmune diseases called celiac disease. It includes a questionnaire designed to match young people aged 15-26 years using social networks.

The study placed several goals. The main goal was to determine to what extent celiac disease is known. Next, how many people adhere to BZLD (gluten free diet) and for what purpose, raise awareness of celiac disease and gluten free diet and refute some of the myths about celiac and gluten.

The results show that young people's awareness of the disease is above average, even though they were mostly healthy individuals. The cause of adherence to gluten free diets are mostly health problems. Only a small percentage of the interviewees hold it in order to reduce the weight. Most have no reason to hold it at all. The extension of information on this disease was ensured by sharing the information leaflet on social networks or the possibility to look at the correct answers in the test. Concurrent myths were explained under questions in the questionnaire.

Celiac disease is an illness that is very poorly diagnosed. Symptoms often vary, sometimes they may not show up at all. Therefore, there is a risk that this disease will not be recognized in a timely manner. By widening the basic information among as many people as possible, it should help accelerate a possible diagnosis of celiac disease.

Keywords: celiac disease, celiac sprue, gluten intolerance, gluten, gliadin, gluten-free diet, small intestine, villi