



THE 2025 NEXT GEN WOMEN'S LEADERSHIP, ENTREPRENEURSHIP, POSITIVE PSYCHOLOGY, SPIRITUAL LEADERSHIP CONFERENCE

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Celiac disease (CD) is a chronic autoimmune condition triggered by gluten, causing significant challenges in diagnosis, management, and long-term health. Despite growing awareness, many patients—including myself—face years of misdiagnoses, inconsistent symptom recognition, and struggles in accessing proper care (Fasano et al., 2003; Lebwohl et al., 2018). As both a researcher and a patient with CD, I have personally experienced the frustration of delayed diagnosis, the complexities of dietary management, and the ongoing need for greater medical and societal understanding of this disease.

This presentation explores the real-world challenges of living with CD, highlighting disparities in diagnosis across different demographics, the burdens of adhering to a gluten-free diet, and the broader impact on physical and emotional well-being (Murray et al., 2014). Many patients report symptoms for years before receiving an accurate diagnosis, leading to unnecessary suffering and potential complications. Even after diagnosis, maintaining strict dietary compliance is a daily struggle, with hidden gluten sources, financial barriers, and the social stigma surrounding food restrictions (Rubio-Tapia et al., 2012).

Drawing from both personal experience and research insights, this discussion emphasizes the need for earlier diagnosis, improved physician education, and stronger patient support systems.

By amplifying the patient perspective alongside data-driven findings, we can work toward more effective treatment approaches and policies that improve the quality of life for individuals with CD. Through this presentation, I hope to raise awareness, challenge misconceptions, and contribute to a healthcare landscape that prioritizes early detection, comprehensive care, and genuine patient support.

UNDERSTANDING CELIAC DISEASE: A PERSONAL AND PROFESSIONAL PERSPECTIVE

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Biography

With over two decades of unwavering commitment to healthcare analytics and operations, Dr. Ewa J. Kleczyk, Ph.D., exemplifies excellence and innovation. As a seasoned Healthcare Executive, she has been instrumental in pioneering advanced real-world data solutions that are crucial for the development and commercialization of healthcare drugs. Dr. Kleczyk is renowned for her exceptional leadership, particularly in building high-performing teams and delivering innovative solutions throughout her distinguished career. A highly sought-after speaker at industry conferences and major events, Dr. Kleczyk has made significant contributions through her numerous academic, industry, and community publications. Her involvement on various boards and features in prominent magazines like "Building Her Dream," "CIO Views" (where she appeared on the cover), BLACK 31 Magazine, and Empowered Magazine, highlight her influence in the field. She is a frequent guest on local and community podcasts, where she passionately advocates for equitable healthcare. Notably, she participated in the Women Rising Book project, which became a best-seller on Amazon within hours of release, contributing a chapter on strategies