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Quarterly, 2012

GrainWise & Gluten-Free™

A Publication For The CSA Nashville-Middle Tennessee Celiac Chapter #76 | **www.nashvilleceliacs.org**

June Meeting

Saturday, June 9, 2-4 p.m.

Summer Dishes: Time to shop farmers markets and produce stands for local produce to mix up "raw food" gluten-free summer dishes! Demos by Darryl and Dennis to show you how to use your favorite veggies and fruit. Sampling, too, of course!

Cupcakes! With cupcakes all the rage do you sometimes feel left out? Do you wish you could decorate a cupcake to look like the ones in the bakery or on the front cover of a magazine? In our cupcake clinic you will learn some tips for baking and decorating cupcakes that will leave you feeling like a pro!

Open Forum: Bring your questions. We will do our best to provide you with the answers.

Business Meeting: Awareness. Community involvement. Member participation.

Summer Activities: As summer activities are planned they will be posted on our Facebook page, our website, and an e-mail blast will be sent to our members. If you would like to host a social or arrange for gluten-free dining at a restaurant please send an e-mail to: nashvilleceliacs@gmail.com . Currently our website has some technical difficulties. We are trying to resolve the problem.

Refreshments: Bring a GF snack to share. If home baked please bring the ingredient list and recipe. Beverages will be provided.

1:00 PM Set Up: Your help is needed! Jobs to be done: Arrange tables and chairs, Post signs, Set up Hospitality Tables and AV equipment.

35th ANNUAL CSA CONFERENCE, October 4-6, 2012, "Charting the Course," Hyatt Regency Long Island, Hauppauge, NY. Here is a great opportunity to combine family time at a celiac conference with sightseeing in nearby New York City! Special programs are designed for CSA KidZone (ages 7-11), CSA Teen scene (ages 12-16), and CSA Young Adults (ages 17-21). Visit www.csaceliacs.org for more information.

Celiac Sprue Association®
1-877-CSA-4-CSA • www.csaceliacs.org

LOCATION

Centennial Women's Hospital Medical Office Building (M.O.B.) Auditorium
2221 Murphy Avenue
Nashville, TN 37203.

The M.O.B. faces Murphy Ave. The entrance to the Auditorium is at the corner of 22nd Ave North and Patterson.

DIRECTIONS

From I-40, take Church St. exit West. Church will turn into Elliston Place. Follow Elliston Place to 22nd Ave., turn right, go approximately two blocks to the intersection of 22nd Ave and Patterson.

From I-440, take West End Ave. to Elliston Place. Turn left on 22nd Ave., go approximately two blocks to the intersection of 22nd Ave and Patterson.

PARKING

We have received permission from the medical office buildings adjacent to 22nd Ave., and across from the M.O.B. Auditorium, to use their parking lots. Handicapped parking is available near the entry to the M.O.B. Auditorium. Enter through the glass doors and cross lobby to small stairs, or stay to the right and take elevator up ½ level. Select "Button A" to Auditorium.

The CSA Nashville – Middle Tennessee Celiac Chapter #76 is affiliated with the Celiac Sprue Association®

Board Members are Volunteers

Co-Chair – Darryl Casey
Darrylcasey@yahoo.com, 615-481-4445

Co-Chair – Need a volunteer!

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Newsletter Team – Need volunteers!

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Social Chair – Need a volunteer!

Web Site Manager – Carol Ann Baily,
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Membership List – Candace Foreman
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Tech Committee – Need a volunteer!

Cel-Kids Network Coordinator – Need a volunteer!

Newly Diagnosed Coordinator – Peggy Czyz
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Living the Gluten-Free Lifestyle

and other notes from Darryl . .

Your Health---Beyond Gluten

What has happened to us? Despite the most advanced medical technology in the world, we are sicker than ever by nearly every measure.

Two out of every three of us are overweight. Cases of diabetes are exploding, especially amongst our younger population. About half of us are taking at least one prescription drug. Major medical operations have become routine, helping to drive health care costs to astronomical levels. Heart disease, cancer and stroke are the country's three leading causes of death, even though billions are spent each year to "battle" these very conditions. Millions suffer from a host of other degenerative diseases.

Could it be there's a single solution to *all* of these problems? A solution so comprehensive, but so straightforward, that it's mind-boggling that more of us haven't taken it seriously?

FORKS OVER KNIVES examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn. Review taken from www.Forksoverknives.com ---go there to read more.

– Darryl Casey, Co-Chair

Our deepest sympathies go out to the family of Carol Rubino. Carol passed away March 30, 2012. Carol's husband and son have celiac, and she took an active part in our Celiac Chapter managing the publicity. Funeral services were held at Franklin First United Methodist Church.

NEW TO CD OR DH?
Please contact our Newly Diagnosed Coordinator, Peggy Czyz, at gfpeggytn@ bellsouth.net or 615-646-2905 for information to get you started on the GF Diet. She'll arrange an appointment with a Newly Diagnosed Orientation Mentor in your area. We'd be happy to meet with you and give you a grocery store tour. Membership Registration forms are at the back of GrainWise.

IMPORTANT ANNOUNCEMENT CONCERNING MEMBERSHIP
The membership is updated with each mail out. Those who do not have a paid membership will be removed from the mailing list. *Your dues renewal date will be shown on the back page above your name.* You will receive four newsletters mailed quarterly as a paid member. With membership renewal your newsletter will be reinstated with the next issue. Contact Casey Bohr, Treasurer, if you have questions about your membership.

HOSPITALITY COMMITTEE
Many thanks to Rowena and Ed Stokowski for stepping forward to Chair the Hospitality Committee. Others on the committee are Carol Ann Baily, Brenda Boswell, Candace Foreman, and Missy Mutchnik. We appreciate all you do!

GlutenTox Kits Available from Celiac Sprue Association
All GlutenTox Kits use the G12 antibody to detect the toxic fragment of wheat, barley, rye and some strains of oat. They feature adjustable sensitivity down to 5ppm for GlutenTox Home and GlutenTox Pro, and 3ppm for GlutenTox Sticks. Unsure which GlutenTox kit is right for you? Call the Celiac Sprue Associaton with questions at 877-272-4272. Order from the CSA website store.

EMAIL COMMUNICATION
E-mail announcements will be sent concerning social opportunities, special events, volunteer opportunities and meeting reminders to all paid members with e-mail addresses.
E-mails will be sent from "Nashville Celiacs". If you are not sure if your current e-mail address is on file or if you receive a med/professional copy and would like to be added to the "communication list" please send a note to our g-mail account: nashvilleceliacs@gmail.com with "e-mail address" in the subject line.

NEWSLETTER INFORMATION
We have set up a Gmail account for GrainWise newsletter communication. Do you have newsworthy information on celiac disease – or – gluten-free travel, restaurants, products or the diet? *Submit information to:* nashvilleceliacnewsletter@gmail.com *Deadline is August 15th for the September newsletter.*

FiddleCakes
On April 6th we received a note from Tasha Ross. We wish her the best as she takes some time to decide what she will do next.

"By now most of you have heard that FiddleCakes is closed for business. While this was not an easy decision, it was and is the right decision for me. I want to thank you all for your support over the past few years. " Tasha

Next Meeting

June 9

2012 Schedule

Saturdays, 2:00 – 4:00 pm

January 28

March 10

June 9

September 15

November 10
Annual GF Thanksgiving Dinner & Silent Auction

CLASSES IN THE GULCH
News From
The Turnip Truck

In February, we began hosting a series of in-store classes at our Gulch location store led by members of The Turnip Truck staff and/or visiting educators and specialists. The class is held every 2nd Thursday of each month and repeated on the 2nd Saturday of each month.

The class begins with a brief tour of the store where you can learn what our store has to offer. The tour ends in a specific area of our store for a more in-depth discussion.

For JUNE, we will be joined by someone from the organization, ***CSA Nashville****, which provides support and information for patients (and families) diagnosed with Celiac Disease and Gluten Intolerance — helping them adjust to a Gluten-Free Diet.*

The Turnip Truck offers many gluten free alternatives. Come learn how to eat and shop for a gluten-free diet, whether you have to eat a gluten-free diet for health reasons or if you are simply interested in learning about more available options.

Here are the details:
Thursday June 14th 6:00-7:00pm
Saturday June16th 10:00-11:00am
(321 12th Ave South- Nashville 37203)

For those who participate, we offer a 10% discount for groceries purchased at the time of the class.
Classes are free but space is limited.
To sign up for this class, please email:
kathryn@theturniptruck.com

We look forward to seeing you there!
-Kathryn Johnson
The Turnip Truck Natural Market
www.theturniptruck.com

GF Vendor Fair – Columbia, TN
Saturday, October 6th, across the street from the Maury Regional Medical Center in the annex building. More information to follow in the September newsletter.

If the following announcement looks familiar it is a rerun from our last newsletter. We still need you!

WE NEED . . . a full board to be operational. The co-chair position MUST be filled.
Co-chair: Work with co-chair to set meeting dates, secure speakers, direct meetings, provide information to newsletter editor and website manager. Skills: Self-starter, resourceful, people-person. Manual provided.

Ask us how you can be of help. We would love to see our Chapter develop in the following areas!

Please contact Darryl Casey or
Ann McQueen.

Publicity: Publicize meeting notices and events.

Social Committee: Plan for gluten-free dining opportunities at local restaurants or people's homes.

Fundraising Committee: Coordinate events to raise funds – including bake sales at meetings, annual silent auction, Whole Foods Market events.

Tech Committee: We need people with a technical background to be the go-to person for questions concerning website use, setting up AV equipment for meetings, e-mail communication, etc.

R.O.C.K.
There is no longer an active R.O.C.K. group in the Nashville area. To give children with celiac disease in the Nashville – Middle TN area and the parents of celiac children the opportunity to connect we are seeking individuals who would start a Cel-Kids Network chapter. Please contact one of the Board Members or Chapter Advisor if you have an interest.

Domino's New Gluten-Free Pizza NOT Safe for Celiacs!

We have received many questions concerning the Domino's pizza gluten-free issues. Please find below a link to a TV segment from Fox 5 NY News in New York City in which both myself and Suzanne Simpson, from the Celiac Disease Center at Columbia University responded to questions.

We think that Domino's Pizza received very bad advice concerning the production, preparation and marketing of this product. It is extremely disappointing and confusing for those with celiac disease that a gluten-free product could be advertised as not being appropriate for people with celiac disease. This issue highlights the need for there to be a standardization of the preparation of gluten-free products and the development of appropriate regulations.

Link to Segment:
http://www.myfoxny.com/story/18431115/dominos-pizza-gluten-free-crust-controversy

Best,
Peter HR Green, MD
Professor of Clinical Medicine
Columbia University
Director, Celiac Disease Center at Columbia University

After a bit of a backlash, the NFCA released a statement saying it is reconsidering the tiered designation program, and suspending use of the "Amber" label.
www.pizzamarketplace.com | May 22, 2012

NEWS FROM THE AMERICAN CELIAC DISEASE ALLIANCE

RE: Gluten Allergy Labeling (2012, Vol. 11)

Provided by CSA Chapter #25, CSA/USA, Inc.
Houston Celiac Perspective Newsletter

On February 13th, the President outlined the Administration's priorities for the FDA and other agencies forthe upcoming fiscal year. The multi-thousand page budget is dry reading, particularly when trying to make senseof such large dollar figures. So, you can imagine the surprise when skimming over pages and seeing the words 'gluten-free,' 'labeling,' and 'celiac disease!' (FDA, Page 138:)
For individuals with celiac disease, the only way to prevent harmful health effects is to adhere to a life-long diet free of gluten. In 2011, CFSAN conducted the following actions involving accurate gluten labeling of food products:

• Conducted and peer-reviewed a safety assessment of gluten exposure in individuals with celiac disease, to provide further data on a possible alternative approach to identifying a specific gluten threshold level as one of the criteria to define "gluten-free." FDA had previously issued a proposed rule in 2007 on gluten-free food labeling that used an analytical methods-based approach to propose less than 20 parts per million gluten as one of the criteria to define the term "gluten-free."
• Published a Federal Register notice in August 2011, reopening the comment period on the Agency's proposed rule on "gluten-free" food labeling. This notice announced the availability of the Agency's safety assessment on gluten exposure in individuals with celiac disease and solicits public comment on the safety assessment and a number of issues related to defining the term "gluten free" in a final rule. After FDA reviews and considers the comments, *the Agency* intends to issue, by the end of fiscal year 2012, a final rule that defines "gluten free" for labeling food products, including dietary supplements.

Frito-Lay Announces Gluten-Free Labeling *by Kiersten, May 22, 2012*

By Zach; www.triumphdining.com

Continuing in the spirit of National Celiac Disease Awareness Month, we've got another billion-dollar corporation looking to hop on the bandwagon in support of a gluten-free lifestyle. This week's multi-national advocate goes by the name of Frito-Lays, which is owned by the global food and beverage tycoon, PepsiCo. The Celiac efforts that Frito-Lays (North American branch) is putting forth, as of last week, is "an initiative to validate and label products as gluten-free."

Due to a majority of Frito-Lays products already being naturally made without gluten ingredients, this initiative by the PepsiCo. branch is not a process to extract gluten from their products, but rather a process to identify and label all of their products which can be ratified as gluten-free by the standard set by the FDA's 2007 Proposed Rule For Gluten-Free Labeling.

Many Frito-Lay snack and munchies originally don't have gluten in them and are generally considered safe. This initiative to label their products as gluten-free will satisfy the below 20 parts per million principle – making them gluten-free worthy by FDA standards.

Kari Hecker Ryan, PhD, RD, works for Frito-Lay North America as a group manager of nutrition science and regulatory affairs. She went on the record stating, "We understand that living with gluten sensitivities can present some challenges, and when you or a loved one is diagnosed it can be overwhelming and confusing. We are doing our due diligence to ensure that our validated products comply with the proposed standards by testing ingredients and finished products, so the shopper can trust our gluten free claim."

Gluten-Free Diets and Magnesium Deficiency

How to prevent magnesium deficiency on a gluten-free diet

By Teri Gruss, MS, About.com Guide /*© 2011 Teri Lee Gruss*

According to the National Institutes of Health, "Individuals with chronic malabsorptive problems such as Crohn's disease, gluten sensitive enteropathy, regional enteritis, and intestinal surgery may lose magnesium through diarrhea and fat malabsorption." Diabetics, alcoholics and the elderly are also at increased risk for magnesium deficiency.

This means that people with Celiac disease and non-Celiac gluten-sensitivity need to make sure that their gluten-free diets supply an optimal amount of this very important mineral.

Magnesium is used in at least 300 enzyme systems in the human body, it's essential to energy metabolism, bone mineralization, glucose metabolism, the synthesis of proteins and fats and healthy muscle contractions, blood clotting, blood pressure, tooth enamel and immune function. As you can see, maintaining healthy magnesium levels is vital to good health!

Magnesium is absorbed through the small intestines. People with Celiac disease, especially those just diagnosed may not be able to absorb adequate amounts of magnesium through their diet due to intestinal cellular damage.

Once on a gluten-free diet people at risk for magnesium deficiency face another obstacle - the refined grains and starches used in so many gluten-free recipes and products are low in magnesium because the mineral-rich bran and germ have been removed. Therefore, to prevent a deficiency of this very important mineral, it's essential to add foods high in magnesium to your diet.

The goods news - there are lots of delicious gluten-free foods, including grains that are high in magnesium, including gluten-free buckwheat, oatmeal and millet. Nutritious foods including halibut, spinach, potatoes, bananas and almonds are also excellent sources of magnesium.

Use the following lists of food sources of magnesium and magnesium-rich gluten-free recipes to make sure you are getting enough magnesium in your gluten-free diet!

Foods High in Magnesium:

- 1/2 cup buckwheat whole groat flour - 150 milligrams
- 1/2 cup gluten-free oats - 138 milligrams
- 3 ounces of halibut - 90 milligrams
- 1 ounce of dry roasted almonds - 80 milligrams
- 1/2 cup cooked spinach - 75 milligrams
- 1 medium baked potato with skin - 50 milligrams
- 1/2 cup cooked millet - 50 milligrams
- 1/2 cup cooked blackeyed peas - 45 milligrams
- 8 ounces plain skim milk yogurt - 45 milligrams
- 1 medium banana - about 30 milligrams

Magnesium-Rich Gluten-Free Recipes:
http://glutenfreecooking.about.com

- Gluten-Free Buckwheat Crepes
- Buckwheat Mini Loaf Bread
- Fast and Creamy Overnight Gluten-Free Oatmeal
- Gluten-Free Halibut Shrimp Ceviche
- Gluten-Free Spinach Quiche
- How to Make Fresh Homemade Almond Meal
- Gluten-Free Amaretti Cookies
- Collection of Gluten-Free Potato Recipes
- Gluten-Free Bean and Corn Salad with Blackeyed Peas
- 10 Gluten-Free Millet Recipes
- Gluten-Free Banana Bread

RDAs for Magnesium

- Infants...0-6 months...30 mg/day (AI)
- Infants...7-12 months...75 mg/day (AI)
- Children...1-3 years...80 mg/day
- Children...4-8 years...130 mg/day
- Children...9-13 years...240 mg/day
- Adolescents...14-18 years...Males 410 mg/day...Females 360 mg/day
- Adults...19-30...Males...400 mg/day...Females...310 mg/day
- Adults...31 and older...Males...420 mg/day...Females 320 mg/day
- Pregnancy...18 and younger...400 mg/day
- Pregnancy...19-30...350 mg/day
- Pregnancy...31 and older...360 mg/day
- Breast-feeding...18 and younger...360 mg/day
- Breast-feeding...19-30...310 mg/day
- Breast-feeding...13 and older...320 mg/day

AI= adequate intake mg=milligrams

How to Make Gluten-Free Hot Dog / Brat Buns *- An easy, no-fuss method*

By Teri Gruss, MS, About.com Guide
Gluten-Free Hot Dog Buns

Use mini loaf pans (5-inches long by 3 3/4-inches wide) to make perfectly sized hot dog and brat buns. You will need 3 to 4 mini loaf pans to make 6 to 8 buns.

1. Prepare your favorite gluten-free bread batter using a recipe or mix. Divide the batter between 3 or 4 mini loaf pans if necessary, filling each pan about 1/2 full. Smooth the top of each loaf with a small spatula dipped in water.
2. Preheat oven to 350° F / 176° C.
3. Allow batter to rise just to the top edge of the pans in a warm, draft-free location - about 30-45 min.
4. Bake in preheated oven at recommended temperature for your recipe. Reduce baking time to about 35 min., or until a digital thermometer inserted into the center of loaf reads 206 F.
5. Remove loaves from pans and cool on a rack. When the loaves are completely cool, use a serrated bread knife and divide each loaf in half *lengthwise*. Next, cut each half lengthwise, but not completely through. See photo.

Gluten Sensitivity in Mothers Linked to Schizophrenia Risk in Children

By Traci Pedersen *Associate News Editor*
Reviewed by John M. Grohol, Psy.D. on May 13, 2012

http://psychcentral.com/news/2012/05/13/gluten-sensitivity-in-mothers-linked-to-schizophrenia-risk-in-children/38538.html

Children born to mothers who have a gluten sensitivity may be at greater risk for developing certain psychiatric disorders later in life, according to scientists at Karolinska Institutet in Sweden and Johns Hopkins Children's Center in Baltimore.

The findings add to the growing body of evidence that several adult disorders may take root before and shortly after birth.

"Lifestyle and genes are not the only factors that shape disease risk, and factors and exposures before, during and after birth can help pre-program much of our adult health," said investigator Robert Yolken, M.D., a neuro-virologist at Johns Hopkins Children's Center.

"Lifestyle and genes are not the only factors that shape disease risk, and factors and exposures before, during and after birth can help pre-program much of our adult health," said investigator Robert Yolken, M.D., a neuro-virologist at Johns Hopkins Children's Center.

"Our study is an illustrative example suggesting that a dietary sensitivity before birth could be a catalyst in the development of schizophrenia or a similar condition 25 years later."

The findings demonstrate a strong link but do not mean that gluten sensitivity will invariably cause schizophrenia, say the researchers. The study, however, does provide an intriguing look into what drives up risk and could lead to the development of new prevention strategies.

"Our research not only underscores the importance of maternal nutrition during pregnancy and its lifelong effects on the offspring, but also suggests one potential cheap and easy way to reduce risk if we were to find further proof that gluten sensitivity exacerbates or drives up schizophrenia risk," said study lead investigator Håkan Karlsson, M.D., Ph.D., a neuroscientist at Karolinska Institutet and former neuro-virology fellow at Johns Hopkins.

The study involved the examination of 764 birth records and neonatal blood samples of Swedes born between 1975 and 1985. About 211 of them eventually developed non-affective psychoses, such as schizophrenia and delusional disorders.

The researchers measured levels of IgG antibodies to milk and wheat in the stored neonatal blood samples. IgG antibodies are markers of immune system reactions triggered by the presence of certain proteins. Since the mother's antibodies travel through the placenta during pregnancy to give immunity to the baby, a newborn's higher IgG levels reveal a protein sensitivity in the mother.

Babies whose mothers had abnormally high levels of antibodies to the wheat protein gluten had almost double the risk of developing schizophrenia later in life, compared to children with normal levels of gluten antibodies.

The link persisted even after investigators accounted for other factors known to increase schizophrenia risk, including maternal age, gestational age, method of delivery and the mother's immigration status. The risk for psychiatric disorders did not increase among those with elevated levels of antibodies to milk protein.

The researchers say the notion that a person's psychiatric disorder may be linked to his mother's food sensitivity began with an observation made by U.S. Army researcher F. Curtis Dohan, M.D. just after World War II. Dohan noticed that food scarcity in post-war Europe and wheat-poor diets led to notably fewer hospital admissions for schizophrenia. The link had been purely observational, but it has piqued the curiosity of scientists ever since.

Past research has also shown that people with schizophrenia have abnormally high rates of celiac disease, a rare autoimmune disorder characterized by gluten

sensitivity. Although it is a hallmark of the condition, gluten sensitivity by itself is not enough to diagnose celiac disease.

Scientists note that other research has found that some people with schizophrenia have gluten sensitivity without having any other signs of celiac disease.

Yolken and Karlsson say the team is conducting followup studies to further investigate how gluten or gluten sensitivity increases schizophrenia risk and whether it only affects those already genetically predisposed.

The study is published in *The American Journal of Psychiatry*.

Source: Karolinska Institutet

Dieticians Offer Tips on Juicing

Juicing can be a good way to increase fruit and vegetable intake as long as people get enough fiber and watch out for extra calories from sugar used to sweeten recipes, registered dietitian Hanna Kelley said. RD Christy Tunnell says juice can have a place in a healthy diet but shouldn't just be added on top of other meals and snacks because that would add more calories to the daily diet. - **SmartBrief for Nutritionists May 21, 2012**

The Star Press (Muncie, Ind.) (May 19, 2012)

Juicing isn't just a great way for adults to get more fresh produce into their diets, but it is a great option for picky eaters, dietitians say.

Be careful, however. Juice still has calories, and if you're adding sugar to the juice there are even more calories. Also, juicing eliminates the fiber found in fruits and vegetables, and fiber is needed for digestive health.

"When you do that you're essentially taking away all of the fiber that's there unless you add some of the pulp back," said Hanna Kelley, a registered dietitian and executive director of Indiana Dietetics Association. "When you take away that fiber, it's increasing the risk for constipation."

Not getting enough fiber isn't a concern for (Debbie) Gant. She eats oatmeal made from steel-cut oats daily as well as other whole grains and whole fruits and vegetables. Ginger often is used in juicing recipes and it's good for the digestive system, she added.

Dietitian Christy Tunnell often warns patients to eat their calories not drink them. If the juice needs to be sweeter, adding a favorite fruit works just as well. Tunnell, who juices, believes juice has its place in a person's diet.

"You don't want to just have it on top of all the other foods or snacks you're having throughout the day because you are going to add calories on top of everything else you're eating," said Tunnell, director of dietetics, environmental services and patient transport, at IU Health Ball Memorial Hospital. - Written by OSEYE T. BOYD

NEW GUIDE TO WHO REALLY SHOULDN'T EAT GLUTEN

By Melinda Beck, *The Wall Street Journal/Health Journal*, 2/7/2012 | Sources: BMC Medicine, WSJ reporting

http://online.wsj.com/article/SB10001424052970204136404577206891526292590.html

You've got abdominal pains, bloating, fatigue and foggy thinking. You feel worse after eating wheat or other foods with gluten, and better when you avoid them. A report is calling for a new classification system for gluten-related disorders, including celiac disease; dermatitis herpetiformis; gluten ataxia; wheat allergy and gluten sensitivity. Melinda Beck has details on Lunch Break.
Is it a wheat allergy, celiac disease or the power of suggestion, given all the buzz around gluten-free diets? Or might it be an ailment medicine doesn't officially recognize yet? Aiming to clarify the situation, a group of 15 experts from seven countries is proposing a new classification system for the gluten-related disorders plaguing a growing number of people around the world for unknown reasons. The proposal defines a spectrum of illnesses based on the kind of immune defenses people mount to gluten, from wheat allergies to autoimmune responses, such as celiac disease, in which the body mistakenly attacks its own tissue. Other autoimmune forms include dermatitis herpetiformis, which causes itchy skin lesions, and gluten ataxia, which affects brain tissue, resulting in unsteady gait and lack of motor control The experts also propose a third category for "gluten sensitivity," in which patients report the same symptoms as celiac disease but test negative for telltale antibodies. Some doctors have dismissed such complaints as imaginary, or fueled by the boom in gluten-free foods. U.S. sales of gluten-free foods grew to $2.3

billion in 2010, more than doubling from 2006, according to Packaged Facts. The market-research firm surveyed 277 consumers of gluten-free products in 2010, and nearly half said they perceived them as "generally healthier."

"Confusion about gluten sensitivity has been rampant," says Alessio Fasano, director of the University of Maryland's Center for Celiac Research and a co-author of the proposal, published this week in the journal BMC Medicine. "That prompted a few of us to say, 'Let's put some facts on the table to assess what's known and what's not known.' " The proposal—partly supported by a maker of gluten-free products, Italy's Dr. Schär AG—also spells out diagnostic criteria to help physicians determine which, if any, disorder a patient suffers from. "It is well possible that many individuals are on a gluten-free diet for no sound medical reasons," the authors note. The American Gastroenterological Association says that much more needs to be known about gluten sensitivity before official guidelines can be devised—including how many people suffer from it and to what degree. About 1% of people in the U.S. have celiac disease, a fourfold increase over the past 50 years. Some gastroenterologists say that for every patient with celiac disease, they see six to eight who have the same symptoms, but without the tell-tale antibodies or intestinal damage needed to confirm celiac. Evidence is mounting that gluten sensitivity does exist. Dr. Fasano and colleagues last year compared blood samples and intestinal biopsies from people with suspected gluten sensitivity to those with confirmed celiac disease and healthy controls, and found distinct differences in each. And in a study published last year, researchers in Australia showed in a double-blind, placebocontrolled trial that subjects with suspected gluten sensitivity had substantially fewer symptoms on a gluten-free diet than control subjects who unknowingly ingested gluten. "Many physicians would roll their eyes and say, 'God, another crazy person with food sensitivities,'" says Peter Green, director of the Celiac Disease Center at Columbia University and a co-author of the proposal. "It's only now that studies are coming out showing that there's something real about gluten sensitivity. " In fact, he notes that patients with gluten sensitivity often have even more severe symptoms than those with celiac disease, which is frequently "silent" or asymptomatic, even though antibodies to gluten are slowly damaging their intestinal tracts. That's partly why celiac disease is underdiagnosed, he says. Confusing the picture further are private labs that offer tests of stool or saliva that they say can definitively diagnose gluten sensitivity. Experts say that such tests haven't been validated and shouldn't be relied on for a diagnosis. "If anyone claims they have a test that is specifically for gluten sensitivity, there is no such thing, though I'm not ruling it out in the future," says Dr. Fasano. He and other researchers are hoping to find a biomarker that can officially diagnose gluten sensitivity. But for now, the proposal notes, it can only be diagnosed by ruling out the other disorders. Specifically, it says that physicians should suspect gluten sensitivity when patients complain of abdominal pain, bloating, diarrhea, constipation, anemia and other celiac symptoms, but don't have wheat allergies or the antibodies seen with celiac disease. If a biopsy is done, it generally won't show damage to the intestinal villi. Only about half of people with gluten sensitivity have one of the two gene variations seen in virtually all celiac patients, so gene tests can rule out celiac, but not diagnose gluten sensitivity conclusively. (The blood tests cost about $100; the gene test about $300, and the biopsy $600 or more.) Ultimately, the best test for gluten sensitivity is to see whether symptoms improve on a gluten-free diet. To avoid the power of suggestion, some doctors give patients blind tests with foods that may or may not contain hidden gluten.

Experts urge people who suspect they have problems with gluten to be tested for celiac disease before going gluten-free on their own. Otherwise, with no gluten to react to, their blood tests will show false negatives. "This is the single biggest problem I see, and I see it every day in practice," says Joseph Murray, a celiac expert at the Mayo Clinic in Rochester, Minn. Convincing patients who feel better to go back on gluten for testing purposes may be a hard sell. But getting a firm diagnosis is crucial, experts say, because those with celiac disease need to be on a strict gluten-free diet for the rest of their lives, or risk long-term complications including osteoporosis, infertility and some cancers. Those with gluten sensitivity may be able to eat small quantities occasionally without problems. Cynthia Kupper, executive director of the nonprofit Gluten Intolerance Group, suggests that rather than going gluten-free on their own, people who suspect they have a gluten disorder should first keep a food diary to see if their symptoms occur shortly after consuming it. She also notes that a gluten-free diet isn't necessarily healthier, with many gluten-free products having more fat and calories than the foods they replace. She welcomes the new classification system—in part because she sees the range of gluten disorders in her own family: She has celiac disease. Her daughter shows no signs of it, but her granddaughter has severe symptoms whenever she eats anything with gluten in it, even though tests for celiac are negative. "When you take her off gluten, she becomes a happy child again. She's not popping Pepto-Bismol like it's candy," Ms. Kupper says.

Classifying the Symptoms

Gluten-related disorders are rising around the world. One group of international experts has proposed classifying them based on the kind of defenses the body mounts.

WHEAT ALLERGY

Wheat allergy Can affect skin, gastrointestinal tract or respiratory tract
Symptoms: Hives, nasal and chest congestion, nausea, vomiting, anaphylaxis
Prevalence: Less than 1% of children, most outgrow it
Diagnosis: Blood and skin prick reveal IgE antibodies; food challenge
Treatment: Avoid wheat products

CELIAC DISEASE

Celiac disease Antibodies to gluten damage intestinal villi needed to absorb food
Symptoms: Abdominal pain, bloating, diarrhea, fatigue, osteoporosis, cancer; can also be asymptomatic
Prevalence: 1% of adults of European descent, up four-fold in 50 years
Diagnosis: Gene tests show HLA-DQ2 or HLA-DQ8 variations; blood tests reveal Ttg or EMA antibodies; biopsy shows villi damage
Treatment: Strict gluten-free diet can reverse symptoms

GLUTEN ATAXIA

Gluten ataxia Antibodies to gluten attack cerebellum
Symptoms: Loss of balance and coordination; few GI symptoms
Prevalence: Gluten may be the cause of ataxia in a fifth of all sufferers of the ailment
Diagnosis: Blood tests show Ttg6 and AGA antibodies; brain images are abnormal
Treatment: Gluten-free diet may stabilize ataxia but some damage may be irreversible

GLUTEN SENSITIVITY

Gluten Sensitivity: Gluten may trigger a primitive immune defense
Symptoms: similar to celiac disease without villi damage; foggy thinking, mood swings
Prevalence: Unknown
Diagnosis: Rule out celiac disease and wheat allergies; possible AGA antibodies in blood; symptoms ease when avoiding gluten
Treatment: Avoiding gluten, though small amounts on occasion may not cause problems

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Fresh roses in tea cups, a lovely buffet, and guests who were amazed at how delicious everything was, all added up to a delightful tea!

Kudos to:

GF Tea Sponsors: Michael Martin and Dori Wilbert, Marketing Team, Whole Foods Market, 1566 West McEwen Drive, Franklin, TN for the use of the Community Room and the generous donation of baking supplies for the GF Tea fundraiser and awareness event hosted by our Chapter on April 28th. & The Iron Gate, Main St., Franklin for the lovely Perfect Setting Placemats designed by Nashville's Hester & Cook Design Group.

The GF Tea committee - promoting awareness, bakers, servers and cashier all played an important part in making our guests feel welcome and ensuring a delightful afternoon for all! Peggy Czyz, Denise Jania, Nancy Parker, Ann McQueen, Ruth Root, Rowena and Ed Stokowski, Diane Buckberg, Chris Chamberlain, and Cheryl Chamberlain, Chair.

Nashville – Middle Tennessee Celiac Chapter Membership
Membership dues are only $20 annually for CSA Nashville – Middle Tennessee Celiac Chapter #76. We have separate annual dues from the national CSA/USA, Inc. organization, and do not share membership lists with each other. Your membership dues renewal date will be shown on the mailing label above your name found on the outside page. You will receive four newsletters mailed quarterly as a paid member. If you haven't received a newsletter, then you may have let your dues lapse. Please call Casey Bohr at 615-399-2812 if we are in error. Your dues cover costs accrued for newsletter printing and mailing, meeting supplies, handouts, baking demo supplies, website, etc. Board members are volunteers and are not paid for their services. Please use the membership form provided below.

CSA/USA Membership | www.csaceliacs.org

The Celiac Sprue Association / United States of America, Inc. (CSA/USA) is a national support organization providing information for self-management and referral services for persons with celiac sprue (gluten sensitive enteropathy) and dermatitis herpetiformis and their families. The Nashville Celiac Chapter recommends joining the national organization as well as our local group. Membership includes: New Member Packet with quarterly publication *LIFEline*, pamphlets, CSA Restaurant Card, and more. Celiac Sprue Association | P.O. Box 31700 | Omaha, NE 68131-0700 |1-877-CSA-4-CSA

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CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

O New Membership O Membership Renewal O Information Change O Medical/Professional Membership

(Please Print) Name_____

Address_____City_____State_____ Zip_____

Phone #_____Cell Phone #_____

Email Address (for meeting and event reminders; notices) _____

Who has Celiac or DH in your family? Self __ Spouse __ Child__ (Age___) Gluten Intolerance __ Gluten Sensitivity_____

Have you met with a mentor of the Nashville Celiac Chapter? Yes__ No__ If yes, who?_____

Please make $20 check payable to: CSA Nashville – Middle TN Celiac Chapter #76

Check Number_____ Amount $_____ Date Paid_____

Mailing Address: CSA Nashville – Middle TN Celiac Chapter #76 | PO Box 159312 | Nashville, TN 37215-9312

Optional Information: Diagnosing Doctor _____Date of Diagnosis_____

Have you met with a dietitian? Yes__ No__ If yes, who?_____

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Updated 02/12

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Please check your renewal date on the mailing label below.

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June Meeting

Saturday, June 9th
2:00 p.m.

Summer Dishes

Cupcakes!

Business Meeting

Door Prizes

Refreshments

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