

TREATMENT

There is no known cure for Celiac Disease. Eliminating wheat, rye, oats, barley (WROB) and any products made with these grains is essential. Once a diagnosis has been confirmed, adherence to a gluten free diet is required. Once the immune system misidentifies these grains, the cascade of events leading to tissue damage will follow. When WROB products are removed from the diet, tissues can heal and the overall health of the patient will improve.

Anytime any WROB products are eaten, some tissue damage will occur, regardless of the presence or absence of symptoms.

Maintenance of a gluten-free diet is not as simple as it may seem. The laws regarding labeling are improving but patients should make it a habit of reading ALL labels to avoid any change in ingredients. This includes pharmaceutical labels. Discuss "binders" with your pharmacist before starting new prescriptions.

Gluten can be found in many soups, salad dressings, processed foods, soy sauce, even licorice. Sources of gluten include foods labeled as containing:

- ▶ hydrolyzed vegetable protein
- ▶ modified food starch
- ▶ binders, fillers, excipients, extenders
- ▶ grain vinegar & alcohol
- ▶ malt & other natural flavorings

With proper substitutions, diets of persons with CD and DH can be varied and appealing. Many delicious recipes can be prepared from WROB-free flours.



Created and approved by the Executive Board
Made possible by fundraising events 2007 SACS

MISSION

The Southern Arizona Celiac Support Group (SACS) is a non-profit organization dedicated to providing support for persons with Celiac Disease (CD), gluten intolerance and/or Dermatitis Herpetiformis (DH) and their families and friends.

GOALS

SACS has the following goals:

- ▶ To provide an environment for mutual support for CD/DH persons and their families.
- ▶ To provide practical information regarding CD/DH and the gluten-free diet.
- ▶ To exchange information relating to CD/DH with other organizations.

MEMBERSHIP

Benefits of membership in SACS include:

- ▶ Newsletters containing timely information on CD/DH, treatment, nutrition, food and drug updates, support articles, recipes and food sources, and up-coming dining club venues
- ▶ Information and referral services
- ▶ Meetings with guest speakers and special events
 - ▶ Board
 - ▶ General Membership
 - ▶ Round-table
 - ▶ Lunch Bunch
- ▶ Raise funds for research and education.
- ▶ Library materials (videos, books and other resource materials)

General Group Meetings

These meetings are held five (5) times a year on a Saturday from 9-12 a.m. The locations vary. The usual agenda features a 'meet and eat' with beverages and grazing on an impressive array of GF foods brought in by members. Then, there is a short business meeting followed by various speakers in the Celiac community on topics of interest. There is no charge. Check our website at www.SouthernArizonaCeliacSupport.org for dates and places.

Roundtable Meetings

1 p.m. on the **fourth Wednesday of each month** at Ward Six City Hall, 3202 E. 1st St. (Speedway and Country Club). These monthly meetings are especially helpful for the newly diagnosed to bring questions to and learn about any new GF products, restaurants, recipes, etc. Members bring GF snacks to share with others. This is a very informal meeting and everyone is welcome. (No meetings in Nov. and Dec. due to holiday conflicts)

Gluten-free Lunch Bunch

meets the **second Friday of each month** at noon at various restaurants around town. Learn how to approach restaurant managers or chefs to find out what meals can be modified or are gluten-free. See the website for locations as they change monthly. Participants pay for their own meals.

Celiacs helping Celiacs

Help is just a phone call or email away as our volunteers are available at any time.

Medical Advisory Board

Our Medical Advisory Board consists of physicians, nurses, dieticians and pharmacists. They make sure the information SACS gives out is complete and correct and offer general help to the membership.

CELIAC

DISEASE

A chronic digestive disorder found in genetically susceptible individuals in which damage to the mucosal surface of the small intestine is caused by an immunologically toxic reaction to the ingestion of foods containing gluten. The inciting toxic protein fractions, collectively called gluten, are found in forms of wheat (including durham, semolina and spelt), rye, oats, barley, and related hybrids such as triticale and kamut.

Southern Arizona Celiac Support Group

P.O. Box 13521

Tucson, AZ 85732

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www.SouthernArizonaCeliacSupport.org

WHAT HAPPENS IN CELIAC DISEASE?

The function of the small intestine is digestion and absorption of nutrients. When gluten is consumed by people with Celiac Disease (CD), the absorptive villi on the surface of the small intestine are damaged or destroyed. As a result, the body is unable to absorb basic nutrients – protein, carbohydrates, fats, vitamins, minerals, and in some cases, water and bile salts. If left untreated, the damage can be life threatening.

SOME OF THE LONG-TERM DISORDERS AND/OR COMPLICATIONS OF CD INCLUDE:

- ▶ Bone disease & Osteoporosis
- ▶ Internal hemorrhaging with Vitamin K deficiency
- ▶ Central and peripheral nervous system disorders – usually due to unsuspected nutrient deficiencies
- ▶ Pancreatic disease
- ▶ Lymphoma and other intestinal malignancies
- ▶ Other food sensitivities / lactose intolerance

OTHER ASSOCIATED IMMUNOLOGICAL DISORDERS:

- ▶ Dermatitis Herpetiformis (DH)
- ▶ Insulin-dependent Diabetes Mellitus
- ▶ Systemic Lupus Erythematosus
- ▶ Thyroid Disease
- ▶ IgA Nephropathy

LESS COMMON— CD IS ALSO LINKED TO:

Chronic Active Hepatitis, Scleroderma, Myasthenia Gravis, Addison's disease, Rheumatoid Arthritis, and Sjorgren's Syndrome

SYMPTOMS

CD symptoms are as varied as the nutritional deficiencies caused by the malabsorption. Symptoms may appear at any age. Infants, toddlers and children may exhibit growth failure and vomiting. The most *common* symptoms being:

- ▶ abdominal cramping, intestinal gas, distensions and bloating
- ▶ chronic diarrhea or constipation often with pale bulky stools
- ▶ anemia
- ▶ fatigue, weakness and lack of energy
- ▶ steatorrhea – foul, frothy, sometimes floating stools
- ▶ weight loss or gain
- ▶ depression and irritability

An intense blistering, itchy skin condition known as Dermatitis Herpetiformis (DH), a related skin condition can also occur anywhere on the body.

WHO GETS CELIAC DISEASE?

CD is most commonly found in genetically susceptible Caucasians of Northern and Southern European ancestry, but can also occur in other populations. It is estimated that one in 133 persons in the United States is affected. Since many cases go undiagnosed or are asymptomatic for years, the incidence in the U.S. population is believed to be much greater than the number diagnosed. CD occurs in 5-10% of the offspring and siblings of the celiac disease patient. In 80% of identical twin pairs, both twins have the disease.

CAUSE

The cause of Celiac Disease (CD) which includes Dermatitis Herpetiformis (DH), also termed Gluten-Sensitive Enteropathy (GSE), or celiac sprue, is unknown. The genes (HLA class II) are involved in the regulation of the body's altered immune response to the gluten protein fractions. In these hereditary immune system disorders, protein fractions in wheat, rye, oats and barley (WROB) set off a chain of events which leads to tissue damage to the lining of the small intestine. Dermatitis Herpetiformis involves this same destruction to the small intestine and includes a skin disorder where immune deposits trigger itchy, blistering skin eruptions.

Some factors associated with the onset of celiac disease include:

severe emotional stress, physical trauma, a viral infection, pregnancy, surgery, or other environmental factors.

DIAGNOSIS

Diagnosis can be made from infancy through old age. Antibody tests are not 100% diagnostic, but may be useful to identify those people who need a biopsy and who are currently consuming gluten. A small bowel biopsy is the Gold Standard for diagnosis of CD. In the case of Dermatitis Herpetiformis, diagnosis is made by biopsy of the skin lesions and staining for IgA in the tissue. Eighty-percent of DH patients have small bowel sensitivity to gluten.



MEMBERSHIP AND SUPPORT

Enclosed is my \$12 tax-deductible contribution for an annual membership.

Enclosed is my donation of:

\$50 ____, \$100 ____, \$250 ____,

Other _____ Total Enclosed _____

Mail to: Southern Arizona Celiac Support Group
P.O. Box 13521
Tucson, AZ 85732

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

E-mail: _____

for Self

for Child

Child's Name: _____

Southern Arizona Celiac Support Group

CSA/USA, Inc., Chapter 15 is a recognized 501 (c)(3) non-profit organization. All proceeds are tax deductible to the extent allowed by law.