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Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

online at WWW.SouthernArizonaCeliacSupport.org

November 2006

DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.

Tucson to host CSA 2007 Conference!

By GEORGINA RUBAL

Are you sorry you missed out on this year's CSA conference where you could feast on GF food galore or learn from the top Celiac researchers? Great news! Next year's conference will be just a short drive away in our own backyard. No travel expenses and no hotel fees will make this the most affordable conference ever for our members. Tucson will host the 30th Annual CSA conference the last week of September 2007 at the *Westward Look Resort*, off West Ina Road.

SACS was chosen to host CSA's nation-wide conference due to the positive reputation that our group has in working hard and creatively to spread awareness. Let's show every-

one how great our group really is.

This is a wonderful opportunity for members and the group. We will need volunteers to help out as part of

on September 27th-30th. Volunteers will be needed to be in charge of registration throughout the day, hand out evaluation forms at every seminar, sit at the SACS table and do much more. Plus, this is a great time to learn about the newest information in CD research and to mingle with hundreds of other Celiacs.

While *next* year's conference will be fantastic, this year's 29th Annual CSA conference in Green Bay, WI set a record for CSA conferences because attendees represented the widest range of the 50 states ever. With the help of the NIH consensus conference and over 10,000 CSA (Please see **Conference** page 6)



At CSA Conference SACS Pres. Cheryl Wilson with Tom Sawyer, owner of **Tom Sawyer GF Flour**

the planning conference committee and especially during the conference

GF Potluck a taste rehearsal for Thanksgiving



Want to try out that new recipe before you risk serving it to critical Aunt Mabel at Thanksgiving Dinner? Well, you are in luck as there will be plenty of eager taste testers at **SACS' annual GF Potluck Saturday, November 18th, at noon. This year, we will meet at St. Mark's Presbyterian Church, 3808 East Third Street, which is one and one-half blocks west of Alvernon and 2 blocks south of Speedway. (See map P.6)**

You don't want to miss this won-

derful opportunity to have LOTS of great GF food – 'real' food this time and not just the fantastic desserts we enjoy every meeting.

Please bring your favorite covered dish, salad or dessert, and remember to list the ingredients of your dish on a 3" x 5" card to put next to the dish as many members are sensitive to more than just gluten.

We are really hoping for some Thanksgiving-type dishes this year, but we ALWAYS love casseroles, vegetables or potato dishes! SACS will provide the drinks and table service.

You will hear highlight reports

from attendees of the National CSA Conference at Green Bay in October, as well as the National Celiac Symposium which is taking place November 10th in New York. We also have a special report about what one of our members has been doing to increase Celiac awareness in our public schools.

Please plan to attend this fun and informative event, and invite those whom you think might benefit from enjoying *good* GF food. As always, we will have a question/answer session at the end, as well as a raffle. Hope to see you there!

Tubac chef does GF meals

Chef Fernando Espinosa spoke to at least 50 SACS members at our Sept. general meeting about cooking for gluten-intolerant diners. He said there are many food options for those of us who sometimes feel we are not able to enjoy good meals as others do. Chef Espinosa spoke on how to find various flours and spices that can be used to prepare delicious meals.

As far as eating out is concerned, he suggested restaurants with chefs, rather than the "cooks", found in fast food and/or chain establishments. The chefs are better able to provide safe, delicious

meals. Trained chefs are able to prepare specific ingredients rather than use ready prepared mixes common in fast food or chain restaurants.

Espinosa ranked first in his class at Scottsdale Culinary School. While attending there, he lived with and cooked for his Celiac uncle. Chef

Espinosa found the challenge of preparing high quality, delicious and safe meals for his uncle to be very personally rewarding.

French-style cooking is the chef's favorite. However, overseeing a major restaurant in a southwest style resort,



By LARRY SWINK

calls for Southwest foods. So, when you enjoy his creations, you will quickly find to your delight, the excellent taste of sauces, etc. familiar to French cooking.

You will want to treat yourself and your family soon to what has become our favorite dining experience in Arizona. Fernando Espinosa is execu-

tive chef at the new *Dos Silos Mexican Restaurant*, located at Tubac Golf Resort, just 40 miles or so south of Tucson. General Manager Abel Garcia has an excellent staff that will make your experience truly one to cherish. Call ahead for times, and please make reservations *if* you have eight or more diners. Their phone is 520-398-3737. Let Abel or your server know you require GF, and feel free ask for Fernando and his suggestions for your dining pleasure.

**No Roundtable
in Nov. or Dec.**

GF camp experience offered

A SACS member and her daughter want to make sure our readership is aware of a good summer camp that offers GF menu options. Laura D. will be presenting this information at the November general meeting, but she thought parents/grandparents might want to know about it sooner, since the camp quickly filled all its sessions in summer 2006.

Camp Kanata in Wake Forest, NC is currently taking applications for its summer 2007 session. For the week of July 8-14, 2007, they are again offering a GF meal option for campers. Their URL is www.campkanata.org.

(2) Or, for further information, see



www.gluten.net, the GIG website, and look under "Events" for the Kids' Camp description. You may also contact Rose Kenyon, the local GIG volunteer, who is coordinating this effort at rkenyon@smithlaw.com, 919.821.6629 (work) or 919.872.5798 (home).

Chapter 15 Notes

Go to www.celiac.nih.gov and you will see the National Institute of Health's (NIH) *Celiac Disease Awareness Campaign*. They have an e-newsletter you can subscribe to.

Travel Tip: Carry two copies of a note from your doctor stating you need GF food. Pack one with the GF food you have in your luggage and carry one with you.

Tucson GF food company:

Miracle Munchies at <http://www.miraclemunchies.com/> or call Mindy at 520.909.7489. She creates specialty mixes for breads, cakes, and desserts that cater to almost any dietary restriction.

Goya 16 Bean Soup Mix doesn't list barley (or other ingredients) on the package label, but, according to Goya headquarters at 1-800-631-3104, the '16 Beans' does contain barley!

GF Tuna: Whole Foods Tuna (365 brand), Bumblebee Albacore Tuna, Chicken of the Sea Salmon in water, Starkist (except Tuna Creations - Herb & Garlic and the crackers in Lunch to-Go®), Polar Tuna, and Genoa Tuna (Costco) are all GF.

Millstone and Godiva flavored coffees *are* gluten-free. Godiva chocolates are not GF and they did note that there is a slight risk of cross contamination with their chocolates.

Honeybaked Ham says that, in addition to the baked apple and green bean casseroles that they offer, the ham glaze also *contains* wheat. Check carefully before ordering from them.

CSA/USA: 877-272-4272, 8 a.m. to 3 p.m. Central Time. Their URL is: www.csaCeliacs.org.

Change of address/phone number or email: Notify us via the website or call 742-4813

Health news to use

Brain fog may have biological basis

Mayo Clinic researchers have uncovered a new link between CD and dementia or other forms of cognitive decline. The investigators' case series analysis was based on 13 patients.

"There has been very little known about this connection between celiac disease and cognitive decline until now," said Keith Josephs, M.D., Mayo Clinic neurologist and study investigator. "This is the largest case series to date of patients demonstrating cognitive decline within two years of the onset of celiac disease symptom onset or worsening."

Joseph Murray, M.D., Mayo Clinic gastroenterologist and study investigator states, "There has been a fair amount written before about celiac disease and neurological issues like

peripheral neuropathy (nerve problems causing numbness or pain) or balance problems, but this degree of brain problem -- the cognitive decline we've found here -- has not been recognized before. I was not expecting there would be so many celiac disease patients with cognitive decline."

The next step in the research will be to investigate the measure and nature of the connection between the two conditions. "It's possible it's a chance connection, but given the temporal link between the celiac symptoms starting or worsening and the cognitive decline within a two-year time span, especially the simultaneous



occurrence in five patients, this is unlikely a chance connection," said Dr. Josephs. "Also, these

patients are relatively young to have dementia."

Theories to explain the connection between CD and cognitive decline include the following, according to Dr. Murray:

- * Nutritional deficiency
- * Inflammatory cytokines -- chemical messengers of inflammation that could contribute to problems in the brain
- * An immune attack on the brain that may occur in some patients with celiac disease

The cognitive decline that occurred in three of the celiac disease patients studied, according to Dr. Josephs, is relatively unique in its reversal in two of the patients and stabilization in one patient. Typically, cognitive decline continues to worsen, he says. "This is key that we may have discovered a reversible form of cognitive impairment," he said.

Patients with a median age of 64, sought help for amnesia, confusion and personality changes. All had some symptoms of advanced adult-onset CD, too.

Leadership Contacts

For email and phone contact info on any SACS' leaders, please email this website.



In Memoriam

Lois Ann Franklin

1932-2006

Long-time member Lois Ann Franklin passed away Oct. 13th from complications associated with lymphoma. She was a frequent participant at the Round Table and the Lunch Bunch and famous for her delicious jams and jellies.

We shall all miss her.

New endoscopy device faster and more accurate

A confocal laser endomicroscopy device developed by Optiscan, an Australian company, permits gastroenterologists to make an accurate real-time diagnosis of CD, bypassing the need to take, prepare and evaluate biopsy specimens in a laboratory. This technique would allow the doctor to view and evaluate as many "samples" as needed to make a correct diagnosis and immediately give the results to the patient.

According to their press release: "Optiscan's unique and patented technology has miniaturized the microscope's scanning head, so that it is now so small it can fit inside the body. Once the miniaturized scanner is integrated into an endoscope to create an endomicroscope, doctors can for the first time safely and instantly get high quality images of

Brown rice beats the bread out of stuffing



MARILYN DUNBAR

Marilyn Dunbar said that she initially made this stuffing just for herself on Thanksgiving and Christmas. And, then it grew so popular with her family that no one wanted the traditional bread stuffing any more. You can personalize this dish by adding other ingredients and/or cut it in half for a smaller bird.
(4)

BROWN RICE TURKEY

STUFFING - for 20 lb. bird

- 4 cups uncooked brown rice**
- 2 cubes Telma Chicken consommé, dissolved**
- 2 tsp. salt**
- 3 sticks margarine or butter (1 ½ cups)**
- 2 tsp. sage or poultry seasoning**
- 2 medium onions, chopped**
- 6 to 8 celery stalks, chopped**

Cook rice to package directions with salt and consommé. Sauté the celery and onion in the butter and then mix this with the rice. Cool the mixture before stuffing turkey. Any extra stuffing may be baked in a casserole dish after adding turkey drippings to taste. Cook the pan-stuffing for 30 minutes at 350 F degrees. Any leftovers can be added, with turkey meat, to a soup base, or just add water for a rich, hearty soup.

Mark your calendar

(See SACS Leadership box Page 3 for phone numbers/email addresses)

Nov. 10 – Lunch Bunch, Dakota Cafe & Catering CO 6541 E Tanque Verde Rd, noon. RSVP @ 888-2935

Nov. 18 – General meeting, St. Mark's Presb. Church, Potluck, noon.
(no Roundtable in Nov. & Dec.)
(no Lunch Bunch meeting in Dec.)

2007

Jan. 24 - Roundtable, 1 p.m. Ward Six

City Hall at 3202 E. 1st St..

Feb. 28 - Roundtable, 1 p.m. Ward Six
City Hall at 3202 E. 1st St..

March 28 - Roundtable, 1 p.m. Ward Six
City Hall at 3202 E. 1st St..

April 25 - Roundtable, 1 p.m. Ward Six
City Hall at 3202 E. 1st St..

May 23 - Roundtable, 1 p.m. Ward Six
City Hall at 3202 E. 1st St..

Southern Arizona Celiac Support
Chapter 15, CSA/USA
P.O. Box 0905
Cortaro, AZ 85652-0905

ADDRESS CORRECTION REQUESTED

First Class Mail



Sharing advice for a gluten-free life.

SACS does outreach at Medicare Health Fair

By SUE BEVERIDGE



Sue Beveridge - Vice president / Membership

The 8th Annual Armory Park Medicare Health Fair held Thursday Nov. 2nd was our opportunity to participate in a health program for seniors. Many of our new members are older and are being

diagnosed because they have recently developed severe symptoms or have had symptoms all of their lives. They were never told Celiac is a possible diagnosis so reaching this population is another important avenue of our educational outreach.

Our banner listing possible symptoms, our chapter name and web site attracted attention and then awareness by visitors attending the fair. "I have many of those symptoms.", "My doctor never suggested celiac.", "What is celiac?", and "Can I be tested for it?" Were some of the comments we heard.

The fair, hosted by the Pima County Council on Aging, had information on Medicare with the featured topic be-

ing Medicare Part D on medications. There were also representatives from Social Security, Medicare Advantage Health Plans, local hospitals, and numerous local associations such as The American Cancer Society, the Alzheimer's Association, the American Diabetes Association and the National Multiple Sclerosis Society and the Senior Companion Program.

The representative from the University of Arizona Cooperative Extension had excellent information on osteoporosis prevention and treatment. Their web site, www.bonebuilders.org, is very good, easy to use, and has several links to other organizations like the National Osteoporosis Foundation at www.nof.org. Since many of our membership have bone density problems, these websites are an excellent resource.

Jeannine Faidley and I represented our chapter at this event. Your chapter dues and continuing support of SACS funds these educational outreach programs. We are also mounting an educational campaign aimed at reaching school nurses and providing them with informational brochures.

We are always looking for ideas on how to better fulfill our educational goals. If you know of some health

fair or other venue where we might benefit from attending, please let any board member know. And, as always, volunteers to represent us at these events are always welcome!

SACS email list

I get emails bounced back from the following people on our distribution list. **If you want to remain on the emailing list for occasional reminders about SACS' events, please email me your correct address.** If any of you in SACS *don't* want to be on the list, remind me of that, too! Thanks. [CD editor]



- Barbara McNees
- Barbara Vogen
- Jennifer Benedict
- Jerry Reeves
- Robert Gilby
- Sharon Gilbert
- Susan Treece

Lunch Bunch canceled for December 2006

ATTENTION

All the money collected from the raffle at this month's general meeting will be donated for Oscar's Christmas present so he can have GF Christmas cookies and food. Plan on buying some tickets at our potluck on the 18th.



McCormick Spices answer GF question

(Member Erika Williams received the following from a McCormick Spices representative in response to a question concerning the GF status of McCormick products. Since most of us will be baking for the upcoming holidays, Erika was kind enough to share the information.)

"We are aware of special allergies and intolerances to certain ingredients such as the following: Peanuts, Fish, Soy proteins, Sulfites, Tree nuts, Eggs, Wheat proteins, Yellow No. 5 & 6, Shellfish, Milk, and Red Pepper

As a responsible food company, McCormick follows the U.S. Food Drug & Cosmetic Act regulations to ensure consumer safety concerning food allergens. We declare these ingredients on our label in the



Erika Williams

(Please see **Spices** page 6)

Conference

(continued from page 1)

members, the word is really getting out there.

The 2006 Conference started off with an optional tour to Lambeau Field for a GF tailgate party with beer-boiled Brats and burgers on Thursday, October 5. For the first time, CSA held a “dietitian’s day”

Spices

(continued from page 5)

ingredient statement. Federal regulations require us to list sulfites if they are over 10 parts per million, so we use that as our label declaration limit. ***If a product does not have an ingredient statement, it is a pure spice or herb with nothing added and is gluten free.*** (emphasis added) In addition, the alcohol in all of our extracts does not come from grain and is gluten free.

Because we are constantly improving our products, we do not offer a list of our products that do not currently contain glutes. We encourage you to read the ingredient statement on your package at the time of pur-

dedicated to educating nutrition specialists on spreading awareness and about the specifics of the diet. This event had a large turn-out and was a great success.

The first official day of conference opened with GF pancakes, sausage, GF banana bread, cinnamon rolls, pastries, muffins and a wealth of other GF goodies for breakfast. Highlights of the day included Dr. Joseph Murray from the Mayo Clinic and Dr.

chase to ensure accurate, up to date information.

In addition, we follow good manufacturing practices at our plants. Our employees are trained in the importance of correct labeling and the necessity of performing thorough equipment wash-downs to eliminate cross-contact of ingredients.

Although we cannot guarantee our products to be 100% free of allergens not listed on the label, we want you to know that we take this situation seriously and have taken extra precautions to eliminate the possibility of mislabeling or cross-contact.”

**No Roundtable
in Nov. or Dec.**

Hamilton from the NIH.

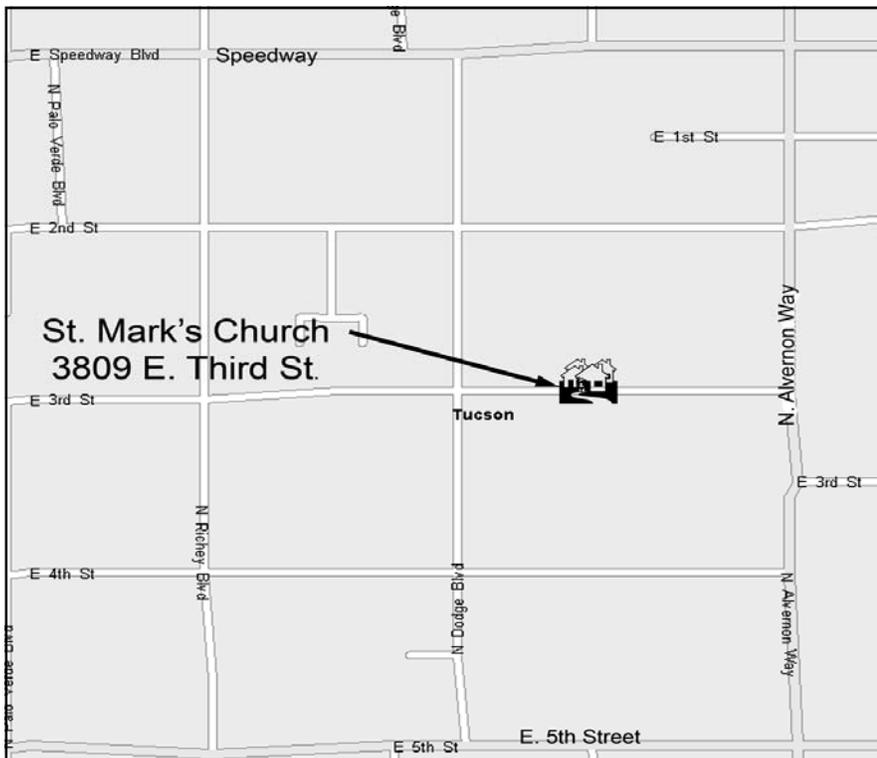
The weekend continued on with speakers discussing topics ranging from GF pharmaceuticals, the controversy over oats, cooking gluten-free, how to manage Celiac disease and diabetes combined, traveling gluten-free and much more. In between breaks consisted of wandering through the vendor hall and sampling many new GF goodies.

Scope

(continued from page 3)

of tissue at a cellular level from their patients. This gives doctors new levels of information providing a highly magnified view of living tissue that is entirely consistent with the macroscopic views that they are used to seeing from their endoscopes.”

As we’ve come to expect, this device was developed outside the US in a country where CD is routinely screened for. If you are interested in the technical details and/or want to see images from the scans, they are available at these URLs: http://www.optiscan.com.au/about/about_02.asp and http://www.optiscan.com.au/Technology/Images_01.asp. There is no word on when this technology will be available in the US.



Shop at **Amazon.com** through our website at www.SouthernArizonaCeliacSupport.org. Go to our website and follow the links so SACS can get a percentage of whatever purchases you make from **whatever** you buy at Amazon.com.