



Volume 8, Issue 5

Celiac Digest

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

online at WWW.SouthernArizonaCeliacSupport.org

April 2010

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.

Gluten Free Food Faire 2010!

SACS' **Gluten-Free Food Faire** for 2010 is going to be bigger and better than ever. Don't miss it on **Saturday, April 24th from 9 am to 1 pm at the Christ Community Church Gymnasium, 7801 E. Kenyon Dr.**, (CCC is located on the NW corner of Pantano & Kenyon between 22nd & Broadway. See map on p. 6)

According to Kim Pebley, GFFF Vendor coordinator for 2010, some businesses had to be turned away due to lack of space. A list of vendors who applied to secure their place before all of the vendor spaces were filled is listed on page 3. She has started a waiting list for quali-

fied vendors to be invited to next year's event. SACS may have to seek a larger venue for the 2011 GFFF.

Besides the vendors, samples and GF products to buy, the GFFF will also offer many other activities. One of the most wonderful opportunities for attendees is the free celiac blood screening brought to us by a donation of 200 blood tests from Prometheus Labs. Walk-in testing may be available if test kits



and lab time are available. It is always better to pre-register via using the **form available** on our website or call any SACS board member to have a registration form sent to you.

Phlebotomists from the Pima Medical Institute will perform the blood draw under the supervision of their instructor and MAB member, Meg Roop, R.N.

SACS Medical Advisory Board will be present to answer your medical questions in one-on-one conversations.

The Cel-Kids group will have *ee-gee's*, cookies to decorate, a clown, and a balloon artist to keep them

(Please see **GFFF** Page 2)

Vendors significant contributors at SACS' 2010 Potluck

SACS February's 2010 **Potluck** was bigger and better than ever with more members and more guests attending than in past years and participants also taste-tested GF product provided by various vendors.

HoneyBaked Ham, which is now GF, donated enough ham to serve 50 people. **Innocent Indulgence** sent GF/CF Brownie Bites and Cheesecake, which were quickly snapped up. **Jack and the Bean** sent a representative who cooked and served three different flavors of their delicious GF soups. **Katz Gluten Free** sent cupcakes and challah rolls while **Jo-Sef Gluten Free** contributed a variety of cookies. Hector Sosa of **Boricua Farms Distributors** supplied medium

and hot salsa for us, and **Maya Tea** gave apricot herbal tea for everyone. Many of these generous vendors will also be at the GFFF.

More vendor participation and cooperation means more GF products and a better life for all of us.

Member Linda Burton brought two unbelievably delicious made-from-scratch angel food

cakes which she served with fresh strawberries and whipped cream.

(Please see **Potluck** Page 6)



From left: SACS' members JEANNINE FAIDLEY and ESTHER HOPKINS talk to **Jack and the Bean** representative TERESA STEWARD as they sample the three soups she brought.



Center: left JANELLE LUPIANI, RD has her arm around MAB member NANCY SCHULLER, RD. Both are flanked by dietetic interns who were participating in this continuing education program.

About 24 dieticians and dietician interns earned Continuing Education (CE) credits from a SACS' sponsored presentation March 18th at the Tucson Heart Center.

MAB member Nancy Schuller, RD led the standing-room-only class and discussed celiac disease, gluten intolerance and how they affect the body and mind.

She covered signs and symptoms, silent symptoms, vitamin deficient-

cies, related auto-immune disorders, available diagnostic blood tests and foods containing gluten and hidden gluten.

Nancy also brought several books such as *Recognizing Celiac Disease*, *Living Gluten Free for Dummies*, and others so that the audience could do further research on their own later.

Nancy's special guests, Cheyenne and McKendra Clark, put a very human face on CD as Cheyenne described her struggles to help her daughter. After a short Q and A session with Cheyenne interacting with the audience, Nancy gave her Power Point presentation.

The Tucson Heart Hospital kitchen served a wide array of all GF snacks fruit, vegetable and cheese trays, cookies, crackers, chips and iced tea.

Cheyenne and McKendra Clark, Kim and Marisa Pebley and Pat Hirsch represented SACS at this event. Your continued membership and volunteer support makes these educational outreach meetings possible.

GFFF

(continued from page 1)

busy, so be sure and bring the kids.

There will be ongoing raffles for GF items and donated goods as well as a silent auction. SACS will have copies of Dr. Ford's book *The Gluten Syndrome* for sale and DVDs of his presentation at our Nov. 7th meeting.

This year SACS is also selling maps indicating GF restaurants in the Tucson area. Restaurant cards will also be available for sale. These cards will help explain how to prepare our meals safely to servers and kitchen staff.

Gene Spesard's ever-popular informational booth on GF Dining in Tucson will be back, too.

There is no need to bring GF goodies to share. Just come and enjoy sampling the newest and best in GF food and CD health information. Everyone is welcome and it is **totally free**, but you'll be sorry if you don't bring your wallet to buy GF products and other goodies offered.

(Please contact any board member if you are able to help with this event as we need many volunteers.)

(2)

Chapter 15 Notes

Check out the April 2010 issue of the *Desert Leaf*, p. 62, where SACS' president Cheryl Wilson gives an in-depth interview on CD and promotes our upcoming GFFF. This article has generated many phone calls to SACS.

NoRTH Restaurant (Skyline Drive) offers Spelt Penne "Wheat Free" as an option on their menu. Spelt *is* a type of wheat, contains gluten and is *not* safe for celiacs or anyone with gluten intolerance. Federal law on food labeling for allergens does not apply to restaurants.

Tapazole tablets, manufactured by King Pharmaceuticals, are no longer gluten free. The company says they may contain wheat.

Fixodent by Proctor and Gamble is no longer described as being gluten free. According to the manufacturer, while no gluten containing ingredients are used, there is possible cross-contamination from the raw materials.

CSA/USA: 877.272.4272, 9 a.m. to 4 p.m. Central Time. Their URL is: www.csaCeliacs.org.

Membership changes? Notify us via the website or call 520.495.4829. Email the website if you wish to be added to or removed from our email notification list.

The Gluten Syndrome

By Dr. Rodney Ford

Book \$15/ea

DVD \$10/ea

GFFF Special Price
(valid only at the GFFF)

Get both for \$20!

An explosion of vendors for GFFF

Arbonne
Barn Goddess
Boricua Farms
Chébé Bread
Dietz and Watson Meats
El Charro
French Meadow Bakery
Gluten Free Creations
Homemade Gourmet
Honey Baked Ham
Ian's Natural Foods
Innocent Indulgence
Jack and the Bean Soup
Katz Gluten Free
Kettle Cuisine
Lotus Garden
New Life
Organic Bistro
Pamela's
Petosa Family Food
Picazzo's
Simply Boulder
Sprouts
Sunflower
The Grainless Baker
Tucson Tamale Co.
Whole Foods



*Sample the goodies
and buy products.*



CSA/USA, Inc., Chapter 15 Southern Arizona Celiac Support Group

www.SouthernArizonaCeliacSupport.org

Help yourself and others by joining or renewing your membership.

Enclose your tax-deductible payment of \$15 (or \$65 for 5 years) made payable to CSA Tucson Chapter #15. Mail to: Hetty Pardee, 3468 E. Lester, Tucson, AZ 85716-3236

Date _____, 20____ (Enter or make any address corrections here)
Name _____

New Member
 Renewal

Address _____

(Our fiscal year is from July 1 to June 30) _____ Zip _____

Phone _____ Fax _____ Email _____

(Check here if you are **UNWILLING** to let us share your phone number with other members)

Member with Celiac Sprue? _____ Dermatitis Herpetiformis? _____

Physician's name: _____ Gastroenterologist's name: _____

Year diagnosed: _____ Current member of National CSA/USA, Inc.? _____

WE ARE ALL VOLUNTEERS, SO WE NEED YOUR HELP!

Can you sign up to help with ...

- Officer or board member? Publicity? Newsletter?
- Bulk orders? Mailing? Computer/Website? Phone Tree?
- Transportation? Assist Committee Chairperson? Educational goals?
- Other? _____

Input: Is there a goal relating to education that you think is important for our group to develop?

Newsletter deliver options (choose one)

- Email only Paper copy only **Both** email and paper

ANA Positive Rheumatic Conditions

By **LINDSEY PEARSON, NMD**
Family Medicine
Tucson Natural Medicine Center

CD Autoimmune Comorbidity Series

Happy Spring to everyone!

Along with the spring weather comes blooming flowers and trees, as well as not so welcomed seasonal allergies. If you're one of the many with seasonal allergies to local grasses, trees, and desert plants, you are not alone.

I want to first offer some at-home remedies that may give you some relief from the dripping nose, itchy eyes, and scratchy throat.

Allergies to Southwest plants, trees, and grasses are IgE mediated, hypersensitivity reactions, just like IgE food allergies. The body releases histamine and heparin from mast cells, a type of white blood cell responsible for the symptoms experienced in seasonal allergies. Conventionally, doctors prescribe anti-histamines such as Zyrtec, Allegra, and Claritin.

The anti-histamine binds to the histamine receptor, thus blocking the ability of histamine to bind to it which otherwise causes allergy symptoms like runny nose, itchy eyes, and sneezing. These anti-histamines work well to control symptoms but do not prevent the mast cells from releasing histamine. Alternatively, allergy sufferers can use diet, nutrients, and herbs to either complement or replace pharmacological treatment. Nutrients such as quercetin and omega-3 essential fatty acids (EFAs) are natural mast cell stabilizers. They prevent the mast cell from breaking open and releasing histamine. Other nutrients and foods that help decrease allergies are vitamin C, vitamin E, vitamin D, zinc, selenium, bioflavonoids, dark-colored berries, onions, garlic, broccoli, bromelain, and pineapple. Like IgE food allergies, environmental allergies can also be assessed by blood tests.

Ask your physician to consider running a Southwest Allergy Panel to assess your IgE antibodies to several southern Arizona plants, trees, and

grasses. By the way, the food and nutrient treatments for seasonal allergies are the same treatment for IgE food allergy symptoms!

Allergies are hypersensitivity reactions to foreign particles, whereas **autoimmune conditions are situations where the body's immune system is attacking the body itself**, often causing a myriad of signs and symptoms that often confuse physicians and patients. Continuing with the philosophy of "If you have one autoimmune condition, you should check for others," I decided to address Anti-Nuclear Antibody positive rheumatic conditions in this edition.

Remembering that celiac disease (CD) is an autoimmune condition of the small intestines with several gastrointestinal (GI) and non-GI manifestations, it is imperative for people with CD to be proactive in their health care and make sure they are screened for comorbid autoimmune conditions, as well as nutrient deficiencies and their sequelae such as iron deficiency and anemia or vitamin D deficiency and osteoporosis.

A group of comorbid autoimmune conditions that is associated with CD is the **Anti-Nuclear Antibody positive rheumatic conditions**. Autoimmune rheumatic conditions are also referred to as *connective tissue disorders* and include: **Systemic Lupus Erythematosus (SLE); Rheumatoid Arthritis (RA); Mixed Connective Tissue Disease (MCTD); Sjogren's Syndrome; CREST; Reynaud's Syndrome; and Scleroderma**. There are also non-connective tissue ANA positive conditions such as Addison's disease, Hashimoto's Thyroiditis, Autoimmune Hemolytic Anemia, Multiple Sclerosis (MS), and Type I Diabetes Mellitus. There are also several medications and types of infections that may cause a positive ANA test.

Anti-Nuclear Antibodies, commonly referred to as ANAs, are anti-

bodies against the nucleus of cells. They are commonly elevated in connective tissue autoimmune diseases. Approximately 5% of the population has elevated ANA titers without visible disease. ANA titers can be checked by your physician through a blood test and is commonly ordered as an "ANA Titer Screen with reflex."

Reflex testing means if the overall ANA titer is positive, the lab will do further testing to measure specific ANA subunits. Since there are several conditions that are associated with a positive ANA titer, the subunits may allow your doctor to narrow down or diagnose a specific condition, make a prognosis, and monitor treatment efficacy.

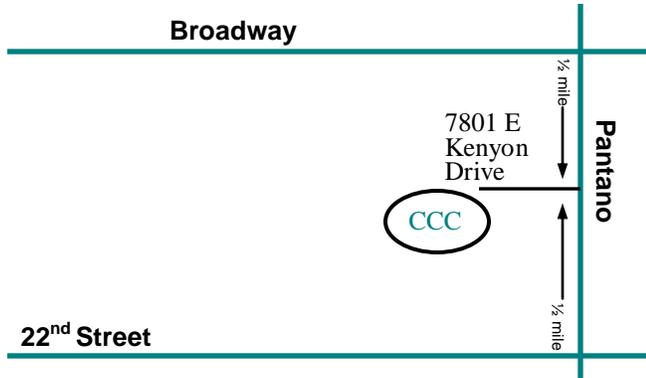
It makes sense for CD patients to be screened every few years for comorbid autoimmune conditions even if symptoms are not present. It is best to catch increasing titers early in order to prevent irreversible damage. Your primary care provider should be versed in celiac disease, comorbid conditions, management, and nutrition in order to provide you with adequate care as a celiac patient. Celiac disease untreated, mismanaged, or under treated may lead to serious conditions. However, if properly managed through physician-patient education, patient empowerment, and preventive medicine strategies, celiac patients can live healthy, fulfilling lives.

In a future article, I will include a cut-out card of screening tests with Sonora Quest and Lab Corp test codes that you can bring with you to your doctor's visit. It can be a discussion tool to ask your provider about appropriate screening tests for you.

I hope to see many of you at the wonderful Gluten Free Food Faire on Saturday, April 24th. Please stop by the Medical Advisory Board table to introduce yourselves and say hello. I enjoy meeting as many of you as possible.



Map to GFFF



Membership Renewal

Cut out the form on page 4 and send in your membership renewal today.

SACS events and outreach programs mean a better, safer life for every gluten-intolerant individual.

(Want to remain a member but feel paying the fee would be a financial hardship? Please contact SACS' membership chairperson)

Potluck

(continued from page 1)

See page 7 so you can make this treat yourself.

The general meeting part of the Potluck included a vote on changing SACS' Bylaws and the introduction of Kim Pebley as the new Vice-President/Membership Chairperson. Kim urged everyone to get involved

in volunteering, especially at the GFFF. Kim is currently the Vendor Coordinator for the 2010 GFFF.

Sue Beveridge, the current VP/Membership Chairperson announced that she is resigning from that position but will remain involved with SACS and helping out from time to time.

Pat Hirsch spoke about the progress she has made in publicizing the 2010 GFFF.

Mark your calendar

(See SACS Leadership box Page 7 for phone numbers/email addresses)

2010

April 16: 1-3 p.m., **Exec. Board Meeting**, Ward 6 City Hall, 3202 E. 1st St, SACS members welcome

April 24: 5 p.m. **Gluten Free Friday Dining**, Create Café, 4660 E Camp Lowell Dr

April 24: 9:00 a.m. - 1:00 p.m. **Gluten Free Food Faire**, Christ Community Church, 7801 E. Kenyon Drive, (see map online)

April 28: 1 p.m. **Roundtable**, Ward 6 City Hall, 3202 E. 1st St

May 14: noon, **Lunch Bunch**, Location TBA

May 26: 1 p.m. **Roundtable**, Ward 6 City Hall, 3202 E. 1st St

May 28: 5 pm, **Gluten Free Friday Dining**, Picazzo's, 7850 N. Oracle Road,

June 11: noon, **Lunch Bunch**, Location TBA

June 23: 1 p.m. **Roundtable**, Ward 6 City Hall, 3202 E. 1st St

June 25: 5 pm, **Gluten Free Friday Dining**, Opa, 2990 N Campbell Ave

July 9: noon, **Lunch Bunch**, Location TBA

July 23: 5 pm, **Gluten Free Friday Dining**, Jax Kitchen, 7286 N Oracle Road

Gluten-Free Creations free delivery

Log on to the Gluten-Free Creations website at <http://www.glutenfreecreations.com/>, click on the **Order** tab and select your GF goodies. During the check out process, indicate you will be picking up the order at the GFFF on April 24th in the 'Comments section' and don't select any shipping options. Orders may also be placed by calling 602.522.0659 or 602.955.2034.

You can pay for the product with a credit card online, **but** you will need cash if you elect to pay for your order C.O.D. at the GFFF. Order deadline for this offer is April 19th, so don't miss it.

LynnRae will be bringing **dairy-free Pink Champagne Cupcakes** with her to Tucson on April 24th.



LOTUS GARDEN 荷園
Cantonese & Szechuan Cuisine

Darryl K. Wong

40 Years Serving Tucson

Sun.-Thurs. 11:30am-10pm • Fri.-Sat. 11:30am-11pm
5975 East Speedway • Tucson, Arizona 85712
520-298-3351 • Fax 298-3352 • lotusgdn@aol.com
(Cell) 907-2427 www.lotusgarden.com

Late diagnosis harmful to future health

When celiac disease is diagnosed in adulthood, mucosal damage might never completely resolve, even on a gluten-free diet, according to an online report in *The American Journal of Gastroenterology*.

"Celiac disease is a serious inflammatory condition that does not always heal," said senior researcher Dr. Joseph A. Murray from the Mayo Clinic College of Medicine.

Dr. Murray and his colleagues analyzed mucosal recovery and all-cause mortality in 241 adults who had diagnostic and follow-up biopsies. All of the diagnostic biopsies showed some degree of intestinal villous atrophy, and nearly half the patients had total villous atrophy. The median age at diagnosis was 47 years, and all had been following - or attempting to follow - a gluten-free diet since learning of their celiac disease.

Out of 165 patients with first follow-up biopsies within 2 years of diagnosis, only 58 (35%) had mucosal



recovery.

For the entire group, the actuarial rate of intestinal healing at 2 years was 34%. At 5 years, 66% of patients had

mucosal recovery.

Most patients (82%) had at least some clinical response to the gluten-free diet, but clinical response was not related to mucosal recovery on the first follow-up biopsy. Among the 192 patients with a complete or partial clinical response, 119 (62%) had persistent mucosal damage.

Compliant patients had a recovery rate of 61%, mostly compliant had a recovery rate of 21% and people not following the diet carefully had a recovery rate of 18%. So, yes, even a tiny bit of gluten is bad for you.

Seventeen patients died during the first 10 years of follow-up. Eleven had at least one follow-up biopsy, and all but one still had mucosal

damage in the last biopsy before death. Cancer was the most common cause of death in these patients.

The mortality rate was 87% lower with confirmed mucosal recovery versus persistent mucosal damage by gluten. (emphasis added)

Dr. Murray recommended intestinal biopsy "after 1 year of gluten-free diet" and, for patients with persistent mucosal damage even on the diet, "close surveillance, follow-up with diet review, and, if symptoms are present, look for refractory change."

Angel Food Cake—from scratch



By LINDA BURTON

sized bowl, combine cornstarch, potato starch, guar gum, 3/4 cup sugar, and salt. Set aside.

In large mixing bowl, combine egg whites, water, cream of tartar, and vanilla. Mix until frothy. While continuing to beat egg white mixture, slowly beat in the 1/3 cup sugar. Continue beating until stiff peaks are formed.

Fold in flour mixture, making sure **no** lumps remain. (Lumps make hard little clumps in your cake after it is baked) Pour batter into ungreased angel food cake pan. Press batter down slightly to remove any large air spaces.

Bake 35-40 minutes, until light golden brown. Invert pan over glass bottle.

This cake cools upside down. Once cool, remove from pan

This recipe is from *The Gluten-Free Kitchen* cookbook by Roben Ryberg.

1/2 cup cornstarch
1/3 cup potato starch
3/4 teaspoon guar gum
3/4 cup sugar
1/2 teaspoon salt

1 1/4 cup egg whites (I use the whites of 13 fresh eggs)
1 tablespoon water
1 teaspoon cream of tartar
2 teaspoons GF vanilla
Additional 1/3 cup sugar

Preheat oven to 350°. In medium-

Leadership Contacts

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



GLUTEN-FREE CREATIONS

*Pre-order for
free delivery at
the 2010 GFFF
(see page 6)*

Making Life TastierSM

Food Allergies or Intolerances?

**Muffins Breads Pizzas Low-fat Donuts
Brownies Cakes Cookies - and more!**

*All of them divinely delicious and wheat and *gluten-free*

- Many items dairy, soy or egg free
- All enriched with folic acid and B vitamins

** Our entire facility is certified wheat-free and gluten-free by GFCO - no gluten is allowed anywhere!*

Order online at : www.glutenfreecreations.com Or, visit us at: Gluten-Free Creations Bakery,
2940 East Thomas Phoenix, AZ 85016 (Behind Midas Muffler). Visit our website or call
602.522.0659 for our hours of operation. (Closed Sunday & Monday)