



Celiac Digest

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

online at WWW.SouthernArizonaCeliacSupport.org

Volume 15, Issue 1

April 2014

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.

Monitoring for Celiac Disease

What problems might I develop in the future?

Individuals with celiac disease on a gluten-free diet may develop obesity, increased cholesterol levels, constipation, and select vitamin or mineral deficiencies. With recovery of inflammation, the intestine is much more efficient at absorbing nutrients. Gluten-free foods are not low in calories. Rice grains are absorbed more efficiently than wheat grains and have a higher glycemic index (higher rise in blood sugar after rice grain ingestion). Individuals with celiac disease often eat more to compensate for poor absorption, which can lead to weight gain when the bowel recovers on a

gluten-free diet. Smaller portion size and increased exercise may be necessary to maintain normal body weight. Cholesterol is also absorbed more efficiently and may result in an elevated cholesterol level when compared to the lower cholesterol levels found prior to starting a gluten-free diet. In half of celiac patients, the increase in cholesterol may be beneficial in the form of HDL, good cholesterol. Constipation may develop due to low fiber in the diet. Certain vitamin deficiencies may develop as gluten-free products are particularly low in iron, folate and B-vitamins. Brown rice grains and other whole grains have a lower glycemic index and provide more dietary fiber. A multiple vitamin with minerals is recommended with a gluten-free diet. A calcium supplement with vitamin D may be needed

if milk is avoided due to lactose intolerance. Autoimmune diseases such as diabetes and thyroiditis usually develop prior to discovery and treatment of celiac disease, but others may occur after a gluten-free diet. There is a small increased risk for gastrointestinal cancers and lymphoma in celiac disease warranting timely screening for colon cancer. There are no other cancer screening tools for prevention available at this time.

Source: University of Chicago, Celiac Disease Center, 2012.

What you can do

- Exercise
- Eat high fiber foods
- Ask your doctor about supplements
- Get screened for colon cancer
- Stay on your gluten free diet

Celiac Disease Facts and Figures

Prevalence:

- In average healthy people: 1 in 133
- In people with related symptoms: 1 in 56
- In people with first-degree relatives (parent, child, sibling) who are celiac: 1 in 22
- In people with second-degree relatives (aunt, uncle, cousin) who are celiac: 1 in 39

Diagnosis:

- 60% of children and 41% of adults are asymptomatic (without any symptoms).
- Only 35% of newly diagnosed patients have chronic diarrhea, dispelling the myth that diarrhea must be present to diagnose celiac disease.
- The average length of time it takes for a symptomatic person to be diagnosed with celiac disease in the US is four years; this type of delay dramatically increases an individual's risk of developing autoimmune disorders, neurological problems, osteoporosis and even cancer.

Diagnosis Age:

4 – 12 yrs of age 16.7%
12 – 20 yrs of age 27%
Over 20 yrs of age 34%

- Early diagnosis of celiac

disease thus is important, as it might prevent complications.

Source: Characteristics of adult celiac disease in the USA. Green, P.H. et.al. American Journal of Gastroenterology, 2001, 2006.

Support SACS on Amazon

by Gene Spesard
Webmaster

Did you know that you can place Amazon orders through a link on SACS' website and at the same

time help our support group? Just go to our website and select Amazon.com on the menu to log into Amazon, and then place your orders. SACS is an Amazon associate and they will pay us a small percentage of the purchase at no cost to you. Amazon notes that you connected through the SACS' website and then gives SACS about 5% of the purchase price.

Please remember to connect through SACS website when you order from Amazon. And someday your products

will be delivered via Amazon drone.

www.SouthernArizonaCeliacSupport.org



SACS

by Bruce Friedman

The Southern Arizona Celiac Support Group is your local resource for exchanging and gathering information about Celiac Disease.

We maintain an open forum for members to exchange ideas and experiences that provide assistance and encouragement to others with gluten free requirements.

Through a program of outside speakers, potluck meals, monthly luncheons and dinners, as well as monthly round table discussion groups, and even cooking classes, we offer a complete scope of assistance for our members who are caring for themselves or others with gluten sensitivity.

Our medical advisory board includes a number of professionals who are available for consultation as needed.

Your ideas, comments, and questions are welcome.

MEET YOUR SACS EXECUTIVE BOARD MEMBERS



Corene Johnson
President

Retired high school Business Education teacher.
Diagnosed in 2008.
Email: corene-robert@comcast.net



Toni Sacconi
Vice-President

Retired educator, golfer, hiker, gardener
Diagnosed in 2006
Email: tsacconi@msn.com



Hetty Pardee
Sec/Treasure

Homemaker and volunteer for several non-profit organizations.
Diagnosed in 2002
Email: shpardee@msn.com



Katherine Addis
Member at Large

Owner of "Your Gluten Free Kitchen"
Diagnosed in 2002
Email: Kathy@YourGlutenKitchen.com



Gene Spesard
Member at Large
Web Master

Retired from UA Libraries
Diagnosed in 2004
Email: genespesard@gmail.com



Bruce Friedman
Member at Large

Worked in public relations and communications.
Diagnosed in 2010
Email: bruce4110@comcast.net



Kathe Kubish
Member at Large

Retired Commercial Land Appraiser for Pima County Assessor's Office.
Diagnosed in 2004
Email: kathekubish@gmail.com

Please contact any of the Board Members with comments, concerns, questions, or ideas.

Next Newsletter will feature SACS Medical Board Members.

Potluck on the Patio

May 31st

The Southern Arizona Celiac Support Executive Board would like to invite you and your family to a potluck on the patio.

Please bring something to cook on the grill for yourself and your family, plus a side dish to share with others. Don't forget to attach the list of ingredients for your dish to avoid causing allergic reactions in others.

The party will start at 5 p.m. to give our members who do not drive at night, plenty of time to arrive and leave before dark. Water and soft drinks will be provided.

Please plan to bring your family and meet other members of our Celiac Support Group. Learn how others cope with Celiac Disease. Enjoy good food and a Tucson May evening with friends before the weather gets too hot. The event will be held at the home of Corene & Robert Johnson.

For more information call Corene Johnson at 577-6930 or email: corene-robert@comcast.net



WHAT:

Sunset Potluck/BBQ
on the Patio

WHY:

To enjoy the company, food,
and weather.

WHEN:

May 31st, Saturday
5 pm to sunset

WHERE:

4662 E. Don Jose
Swan/Sunrise Area
Corene Johnson, Hostess

LUNCH BUNCH

Second Friday at Noon

April 11 – Macayos Mexican Kitchen
7360 N. Oracle
742-2141

May 9th - Mina's Thai
5575 E. River
299-0453

June 13 - Eclectic Café
7035 E. Tanque Verde
885-2842

July 11 – Gourmet Girls
5845 N. Oracle Road
408-9000

August 8 – Blue Willow
2616 N. Campbell
327-7577

Sept 12 - Blanco Tacos
La Encantada
2905 E. Skyline Drive
232-1007

Oct 10 – Tucson Tamale Company
2545 E. Broadway Blvd.
305-4760

Nov 14 – Applebee's
4625 E. Grant Road
319-0544

Dec 12 – Cody's
2708 E. Ft Lowell
322-9475

DINING OUT

Fourth Tuesday at 6 pm

April 22- Outback
4871 E. Grant
323-8892

May 27 – El Saguarite
1763 E. Prince Road
297-1264

June 24 – Applebee's
5870 E. Broadway
750-9780

July 22 - North
La Encantada
2995 E. Skyline Drive
299-1600

August 19 - El Charro
6910 E. Sunrise
514-1992

Sept 23 - Mama Louisa's
2041 S. Craycroft
790-4702

Oct 28 – BJ's Restaurant & Brewhouse
4270 N. Oracle
690-1900

No Dinners in November or December because of holidays. All locations are subject to change.

Please RSVP to
Corene-robert@comcast.net
Or call Corene at (520) 577-6930



Round-Table Continues to be very Popular

The large room at 3202 E. 1st Street (Speedway and Country Club) fills up fast. Every fourth Wednesday at 1:00 pm, people start streaming in with lots of gluten free goodies to share.



These monthly meetings are especially helpful for the newly diagnosed, as well as “seasoned” members. Virginia Morgan, our Round-Table facilitator, does an excellent job answering questions. Participants not only get their questions answered, they learn about GF products, restaurants, recipes, and SACS membership events.

This is a very informal meeting and everyone is welcome. There are no meetings in November and December due to holiday conflicts.



Dinning at Lotus Garden

Every fourth Tuesday SACS Members dine at a Tucson restaurant. On March 25th, they were at Lotus Garden. The food was delicious.

Join us at lunch or dinner each month. Not only will you be in good company, you will also learn how to approach restaurant managers or chefs to find out what meals can be modified to suit your needs. See the website for locations. Participants pay for their own meals. Also see page 5 of this newsletter for locations until December.

MEMBERSHIP RENEWAL

- Enclosed is my \$15 tax-deductible contribution for an annual membership.
- Enclosed is my \$65 tax-deductible contribution for a 5-year membership.
- Enclosed is a donation of: \$ _____

Mail to:

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail: _____

Date _____

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.

Renew Your Membership

Our membership year is from July 1st to June 30th. Now is the time to renew your membership for 2015.

Membership entitles you to Newsletters, General Meetings with guest speakers, Round-table, special events, and the dining out lunches and dinners.

Please tear off the above Membership Renewal Form, fill it in, enclose your payment, and mail or bring it to one of our many events.

You can also renew online through our website and pay with your credit card or PayPal account.

If you have any questions, feel free to contact any of the Board Members.

Southern Arizona Celiac Support
Chapter 15, CSA/USA
P.O. Box 13521
Tucson, AZ 85732

PLEASE FORWARD IF NECESSARY



Sharing advice for a gluten-free life.

Bring Your Friends

Potluck on The Patio

May 31, 2014
4662 E. Don
Jose Drive

5pm to Sunset

See inside for details

Save the Date

Sunset Potluck
May 31, 2014

Pie Making Class
November 1st

Christmas Party
December 13,
2014

General Meeting
Date October
Day to be
announced

Mark Your Calendar

April 22 — 6pm, Fourth Friday
Evening Dining @ Outback,
RSVP Corene 577-6930

April 23 — 1pm, Roundtable
Forum @ Ward 6 City Hall

May 9th — Noon, Lunch Bunch
@ Mina's Thai

RSVP Corene 577-6930, or
email corenerobert@comcast.net

SACS Roundtable Fourth
Wed each Month (except
Nov/Dec)

GF Lunch Bunch
Second Friday each Month

GF Dining Out
Fourth Tuesday
Evening
each Month

