

Oklahoma Celiac Support
1403 Classen Drive
Oklahoma City, OK 73106

The Celiac Express

~ A Gluten Free Newsletter ~

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Issue 4



www.OKceliac.com

Support Group Meeting

Date: Tuesday, July 11th

Time: 6:30 pm- Meet & Greet
7:00 pm- Meeting

Location: Integris Baptist Hospital
Conference Rooms F,G
and H

Program: Weight Management on the
Gluten Free Diet presented by *Karen
Massey*, RD, LD, CDE.

After the meeting, we will enjoy our
traditional gluten free refreshments.

Each family is asked to bring a gluten
free refreshment. Please bring an
index card with the manufacturer's
telephone number and date which you
verified the gluten free status of your
product. If you bring a homemade
treat, list each ingredient on an index
card by brand name. We want
everyone to be sure that the food is
safe. Plus, we need to keep in mind
some members are lactose intolerant or
diabetic. Drinks will be provided.

For directions or more information,
visit our website at OKceliac.com.

**Membership Directories available
for \$5 at the July 11th meeting.**

OKCeliac Breaking News...

The Oklahoma Celiac Support Group is
proud to announce the formation of
CelKids OK. This is a group dedicated to
Celiac Children in Oklahoma.

The director of **CelKids OK** is *Joey
Rodman*, a Celiac and mother of two
Celiac daughters. *Joey* and her girls live in
Oklahoma City and have maintained a
gluten free household since May 2004.

Joey believes it is important for people on
the gluten free diet to be able to meet up
with others and discuss challenges and
find solutions for living in the "real
world." *Joey's* goal for our CelKids OK is
to educate and support both parents and
children on the gluten free diet. Of course,
she also understands the importance of
good gluten free fun!

Please feel free to contact *Joey*:

Joey Rodman
CelKids OK Director
Joey.Rodman@gmail.com
405-286-2899
www.OKceliac.com/celkids.php

Want some fun summer kid ideas? Check
out our new Kids' Page featuring Oscar.
Go to www.OKceliac.com/kidspage.php.



Woof!

Woof!

CelKids OK Meeting

All celiac children and their parents are invited and encouraged to attend the inaugural CelKids OK meeting. It will be a 10-15 minute informational meeting, beginning at 6:45 p.m. on Tuesday, July 11th, just before the general support group meeting.

Gluten free ice cream cones will be served to the celiac children. A sign up sheet will be available for all interested persons to sign. Joey Rodman, director, will introduce herself and goals for CelKids OK.

If you are a celiac child or the parent of a celiac child, make plans to attend.

Check out our new and improved www.OKceliac.com. We hope you enjoy the new look and ease in getting around. Be sure to visit our most recent addition: the CelKids OK page designed for our Celiac children. Just click on the "Celiac Kids" link you will find on the lefthand side of any page.

As always, your comments are welcome. Don't forget to visit our message board.

CSA'S 29th Annual Conference

The 29th Celiac Sprue Association Conference will be held in Green Bay, Wisconsin from October 6-8, 2006.

This year's theme is "A Winning--Combination Research, Education, Support." A new feature this year is CSA Dietitian's Day on Oct. 5.

If you or someone you know is interested, visit CSA online at: www.CSACeliacs.org.

Gluten Free Culinary Summit

Online registration is now available for the Gluten-free Culinary Summit from August 26 - 28, 2006 at the beautiful Copper Mountain Resort in Colorado.

Discover a world of gluten-free delights and know-how at this new, one-of-a-kind culinary symposium packed with seminars, cooking demonstrations and special events lead by a powerhouse cast of chefs and industry experts. For event and registration information, please visit: <http://www.theglutenfreelifestyle.com/> (click on the Summit emblem on the home page).

Seating is limited. Early Bird Registration Deadline is July 28, 2006. Please call 303-368-9990 or e-mail info@prchefs.com with questions.

Know your children's rights

Many parents report problems with their school or day care not listening to their child's needs with Celiac Disease. Many requests are simple, such as not feeding the child crackers or cookies. Other requests include heating gluten free meals provided by the parents or preparing special meals. Some requests are honored; others are met with resistance.

If you have concerns about whether your child's needs are being met, visit: <http://www.ed.gov/about/offices/list/ocr/docs/hq5269.html>.

This is another example of the great information available at www.OKceliac.com.

Donations Accepted

The Oklahoma Celiac Support Group is a not-for-profit organization and supports itself entirely on donations. If you would like to provide financial support for this newsletter or any of the other wonderful projects we do throughout the year, please send a donation to: Oklahoma Celiac Support Group, 1403 Classen Drive, Oklahoma City, OK 73106.

If you need a receipt for tax purposes, please indicate and one will be provided.

Thanks!

We have many great members and volunteers and want to send a special thank you to JoAnn and Brian Speers. JoAnn and Brian provided the professional photography for our membership directories. All services were provided to the Oklahoma Celiac Support Group free of charge.

JoAnn and Brian, please know that your efforts are greatly appreciated. Thank you!

Google Alerts

Need a great way to stay current on the latest information on any topic of interest? Go to www.google.com and click on "more" and then on "Alerts."

"Google Alerts" are e-mail updates of the latest relevant Google results (web, news, etc.) based on your choice of query or topic. Some handy uses of Google Alerts include: monitoring a developing news story, keeping current on a competitor or industry, getting the latest on a celebrity or event, or keeping tabs on your favorite sports teams. Google Alerts are also a great way of keeping apprised on the latest research on Celiac Disease or Celiac in the news in Oklahoma or some other health issue that is important to you.

Medical Minute

submitted by: *Grace Scruggs*, RN

There is often confusion regarding which tests should be done to diagnose celiac disease. Also, if the patient is gluten free for some period of time prior to testing, any tests may have false negative results. Patients need to be eating gluten prior to any testing performed by their doctors. Suggested minimum is two slices bread daily for six weeks.

For the most accurate outcome, biopsy of the small bowel is still considered the "gold standard." However, not all personnel collecting the tissue are aware of how to remove it for accuracy. Also, not all lab technicians know how to prepare and read the biopsied tissue.

The IgA anti-endomysial antibody (AEA) has been used for quite some time, along with several others, in achieving a diagnosis of celiac disease. However, it is expensive and requires special handling by laboratory personnel. Also, this test can be inaccurate if a person is immunoglobulin gamma A (IgA) deficient, as they can have a false negative anti AEA result.

Recently, researchers developed another test, anti-tissue transglutaminase (tTg). It is much less expensive and easier to run. Many gastroenterologists are using it now to screen their patients. It has been touted as the only one necessary to

be used in diagnosing CD. However, for two reasons it has been discovered recently that including one or two others is necessary to achieve accurate results. 1) tTg antibody has been found in patients with Crohn's disease and ulcerative colitis as well as in celiac patients. It might be that a person would be falsely diagnosed with celiac disease when the underlying illness is Crohn's or ulcerative colitis. 2) It was also found that when the tTg is run by researchers they get accurate results. However, when it is sent to commercial laboratories, its accuracy goes down as low as 38%. That means there might be many who do not find out what is wrong with them because the test was not run correctly.

Sources: Clin Chem Lab Med. 2004; 42(10):1092-7 (tTg Antibodies in Inflammatory Bowel disease: New Evidence); ACG 69th Annual Scientific Meeting: Abstract 4. Presented Nov 1, 2004 (Antibody to tTg May Fall Short for Accurate Triage of CD) (Julian Abrams, MD, Columbia Univ. Med Center, NYC) ; www.Celiac.com, Diagnosis, Testing and Treatment of Celiac Disease:

Interpretation of Celiac Disease Blood Test Results, Tom Ryan, Technical Service Specialist, INOVA Diagnostics American Celiac Society Newsletter excerpt by Dr. Joseph Murray, Mayo Clinic, Rochester, MN, quoted on www.celiac.com.

Pamela's Recipe Contest

Pamela's Products announces their Delicious Gluten-Free Recipe Contest. Competition is open to US residents 18 or over with an original gluten-free recipe that uses a Pamela's Products brand product.

The contest runs from June 15th through August 15th, 2006. Three lucky and talented winners will each receive a beautiful new Stand Mixer or a gift certificate for up to \$200 at a kitchen supply store. All qualified entrants will also receive a free gift from Pamela's Products.

Pamela's Products has defined three categories for competition:

1. "Decadent Dessert";
2. "Traditional Sweet", and
3. "Something Savory."

To enter your original recipe simply go to the Pamela's Products website at www.pamelasproducts.com between June 15th and August 15th, 2006, for the contest entry form and rules. All recipes must be gluten-free and original to the entrant.

Holiday Dinner Sign Up

Jack Mills will be gathering volunteers for the Holiday Dinner at our July meeting. Please be prepared to sign up for one of the many volunteer opportunities on Tuesday.

The Holiday Dinner is the best meeting all year and a winner thanks to everyone who makes it work, year after year.

Editor in Chief:
Heather M. Cline
1403 Classen Drive
Oklahoma City, OK 73106
HMCLine@aol.com
www.OKceliac.com

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