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The Celiac Express

~ A Gluten Free Newsletter ~

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Issue 3



www.OKceliac.com

Happy Birthday to Me! Support Group Meeting

Date: Tuesday, May 9th

Time: 6:30 pm- Meet & Greet
7:00 pm- Party!

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

Program: "Happy Birthday to Me!"
It's a Gluten Free Birthday Party!

Join us on Tuesday for Gluten Free
fun. We will enjoy cake and ice
cream as well as Bingo.

Several members have volunteered to
provide gluten free birthday cakes.
All other members are asked to bring
gluten free ice cream or topping to go
with our birthday cakes.

We will be celebrating each of our
birthdays, as well as our support
group turning 20 years old!

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

**Membership Directories
Available for \$5 at the May 9th
meeting.**

Akin's Gluten Free Sampling a Success

On April 22nd, both Akin's Natural
Food Markets in Oklahoma City
hosted gluten free food samplings.
*Brent Dorsch, Gary Fletcher, Jack
Mills, Pat Sharp and Heather Cline*
volunteered at the Oklahoma Celiac
Support Group's booth at each store.
Many of our members stopped in to
sample and buy gluten free products.

This is another example of Akin's
continued support of Oklahoma
Celiacs.

Women's Health Note

Did you know that Celiac Disease is
the third most missed disease in
women?

Recent studies have been reported in
various newspapers citing these
diseases as the most missed in
women:

1. Heart Disease
2. Ovarian Cancer
3. Celiac Disease
4. Osteoporosis
5. Multiple Sclerosis

Know the facts on celiac disease!

www.OKceliac.com

Toby Keith's *I Love this Bar and Grill* is working with us to provide a gluten free menu. If you haven't tried Toby Keith's, it is delicious and the staff is very responsive to special dietary needs.

Stay tuned....

On the World Wide Web

Gluten Free Essentials - featuring organic rice flour and non-GMO Sorghum Flour:

<http://www.gfessentials.com/>

Cloud County Tea Company - featuring gluten free teas:

<http://www.cloudcountyteas.com/>

Zavida Coffee - featuring gluten free coffees:

<http://www.zavida.com/>

Pass It Along...

When you are finished with your Celiac Express Newsletter, please share it with your neighbor, friend, colleague or doctor.

McDonald's Litigation

If you are interested in the celiac law suit against McDonald's and want to know about your rights, you can contact:

William Stout
Attorney at Law
405- 605-8639

Celiac Presentation on June 5th

Or very own, *Deborah Thompson*, will be making a power point presentation on Celiac Disease and gluten sensitivity at the Southern Oaks Branch Library on South Walker on June 5, 2006, from 6:30 to 7:30 p.m.

The Ultimate Cheesecake in Edmond, OK 405-359-8308

makes the gluten free Raspberry Swirl Cheesecake for PF Chang's. The Ultimate Cheesecake can make other flavors of cheesecake upon request. You must pre-order and specify it needs to be gluten free. It will take 7-10 days, so order early.

★★★

Check out PF Chang's
Gluten Free Menu in this issue!

Celiac Disease 101

Symptoms

Celiac disease affects people differently. Symptoms may occur in the digestive system, or in other parts of the body. For example, one person might have diarrhea and abdominal pain, while another person may be irritable or depressed. In fact, irritability is one of the most common symptoms in children.

Symptoms of celiac disease may include one or more of the following:

- Gas
- Recurring abdominal bloating and pain
chronic diarrhea
- Pale, foul-smelling, or fatty stool weight
loss / weight gain
- Fatigue
- Unexplained anemia (a low count of red
blood cells causing fatigue)
- Bone or joint pain
- Osteoporosis, osteopenia
- Behavioral changes
- Tingling numbness in the legs (from nerve
damage)
- Muscle cramps
- Seizures
- Missed menstrual periods (often because of
excessive weight loss)
- Infertility, recurrent miscarriage
delayed growth
- Failure to thrive in infants

Diagnosis

Recognizing celiac disease can be difficult because some of its symptoms are similar to those of other diseases. In fact, sometimes celiac disease is confused with irritable bowel syndrome, iron-deficiency anemia caused by menstrual blood loss, Crohn's disease, diverticulitis, intestinal infections, and chronic fatigue syndrome. As a result, celiac disease is commonly under-diagnosed or misdiagnosed.

To diagnose celiac disease, physicians will usually test blood to measure levels of:

- Immunoglobulin A (IgA)

- Anti-tissue transglutaminase (tTGA)
- IgA anti-endomysium antibodies (AEA)

Before being tested, one should continue to eat a regular diet that includes foods with gluten, such as breads and pastas. If a person stops eating foods with gluten before being tested, the results may be negative for celiac disease even if celiac disease is actually present.

Screening

Screening for celiac disease involves testing for the presence of antibodies in the blood in people without symptoms. Americans are not routinely screened for celiac disease. Testing for celiac-related antibodies in children less than 5 years old may not be reliable. However, since celiac disease is hereditary, family members, particularly first-degree relatives-meaning parents, siblings, or children of people who have been diagnosed-may wish to be tested for the disease. About 5 to 15 percent of an affected person's first-degree relatives will also have the disease. About 3 to 8 percent of people with type 1 diabetes will have biopsy-confirmed celiac disease and 5 to 10 percent of people with Down syndrome will be diagnosed with celiac disease.

- Mouth ulcers (painful)
- Tooth discoloration or loss of enamel
- Itchy skin rash - dermatitis herpetiformis

A person with celiac disease may have no symptoms. People without symptoms are still at risk for the complications of celiac disease, including malnutrition. The longer a person goes undiagnosed and untreated, the greater the chance of developing malnutrition and other complications. Anemia, delayed growth, and weight loss are signs of malnutrition: The body is just not getting enough nutrients. Malnutrition is a serious problem for children because they need adequate nutrition to develop properly.

Treatment

The only treatment for celiac disease is to follow a gluten-free diet, which means NO wheat, oats, barley or rye in any form.

Flourless Almond Cake

To garnish: Lightly dust the top of the cake with confectioners' sugar using a sieve or sifter. Tip: If you don't have a food processor, the almonds can be ground separately in a nut grinder and then mixed with the sugar and orange peel. Tidbit: 8 ounces of almonds is roughly 3 cups. Serves: 8.

8 ounces sliced almonds
½ teaspoon grated fresh orange peel
1 cup plus 4 tablespoons confectioners' sugar, plus additional for dusting
6 large egg whites

Preheat oven to 350 degrees. Spread 2/3 cup almonds in a 9-inch round cake pan. Bake 12 to 15 minutes or until lightly toasted, stirring once. Cool almonds in pan on wire rack.

Meanwhile, in food processor with knife blade attached, pulse remaining almonds with orange peel and 1 cup confectioners' sugar until almonds are very finely ground.

In large bowl with mixer at high speed, beat egg whites until soft peaks form. Sprinkle in remaining sugar, one tablespoon at a time, beating just until whites stand in stiff peaks when beaters are lifted. With rubber spatula, gently fold almond mixture into egg whites just until it is no longer visible.

Transfer the toasted almonds to a plate.

Very lightly grease the same cake pan; line bottom with waxed or parchment paper. Dust side of pan with gluten free flour. Return almonds to pan and spread evenly; top with batter. Bake cake 40 minutes or until top is golden brown and cake begins to pull away from pan.

Cool cake in pan on wire rack 10 minutes. With knife, carefully loosen side of cake from pan. Invert onto rack to cool completely. Carefully remove the paper, using a knife to keep any nuts from sticking. Transfer cake to serving plate to serve.

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