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Oklahoma Celiac Support
1403 Classen Drive
Oklahoma City, OK 73106

The Celiac Express

~ A Gluten Free Newsletter ~

Another great project of the Oklahoma Celiac Support Group
#5 Local Chapter of the Celiac Sprue Association, U.S.A.

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www.OKceliac.com

Book Review
submitted by: *Judy Mahieu*

Celiac Disease, A Hidden Epidemic, Peter H.R. Green, MD and Rory Jones; Harper Collins Publishers, 2006, 334 pages; First Edition

Dr. Green is Director of the Celiac Disease Center, Columbia University, New York, the only center in the United States that provides comprehensive medical care, including nutritional counseling, for adult and pediatric patients with celiac disease (CD). He is a professor of clinical medicine at Columbia University and is one of the few physicians in the United States with an intense clinical and academic interest and expertise in celiac disease. The book is co-authored by Rory Jones, a health/medical science writer and film producer who in 1998 was diagnosed with celiac disease and dermatitis herpetiformis.

This is the first published authoritative guide detailing proper diagnosis, treatment and management of CD. This is a handbook that physicians, everyone diagnosed with CD or with CD symptoms should own. Dr. Green identifies and discusses major disease factors caused by CD which include some forms of cancer, liver disease, peripheral neuropathy, infertility and autoimmune conditions such as Type 1 Diabetes and thyroid disease; the psychological impact of CD and a gluten free diet also. An added feature is research findings pertaining to both pediatric and adult patients of all races and economic status. The book is arranged in an easy to understand format and topic specific sections.

The book is comprehensive in its understanding of the physical processes in CD and their affect; genetic, environmental and immunological factors and identification of further needed medical research. It offers an

excellent glossary outlining food ingredients and the presence of gluten in each. This offers a quick and easy check of foods or products without going online and searching the web. The book is an excellent handbook for the patient, care giver, physician, pharmacist, dietician and other healthcare professionals.

CD affects approximately 1% of the U.S. population and 97% percent of these are undiagnosed.

The reader will learn that CD is the most common and one of the most under diagnosed hereditary autoimmune conditions in the United States and is as common as hereditary high cholesterol. CD affects approximately 1 percent of the U.S. population and 97 percent of these are undiagnosed. Of the 2.1 million people with type 1 diabetes, 8 to 10 percent also have CD. CD is a multi system disorder and the primary target is injury to the small intestine making it unable to absorb nutrients properly. Of interest is that people are often treated for an autoimmune condition before being diagnosed with celiac disease. CD is a disease that will not go away or be outgrown and if untreated, food malabsorption continues and the disease progresses with CD becoming more varied and complex.

Of particular interest to me: Dr. Green's discussion of Food allergy versus Gluten Intolerance versus Food or Gluten Sensitivity; research regarding the positive affect breast feeding has on an infant breast fed for at least six months; low occurrence of breast cancer in women with CD; overweight as well as underweight people diagnosed with CD, myriad of symptoms of CD; the retrospective recognition of CD symptoms; management of CD; restaurant guidelines and appendix containing list of books and articles of interest; explanation of grains, a guide to ingredients, and medical contact information.

Support Group Meeting

Date: Tuesday, September 12th

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

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

Program: **“How to Talk to Your Health Care Provider”** presented by *Grace Scruggs, R.N.*

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.

CelKids OK will provide coloring activities for the children so that the grown ups can enjoy the speaker.

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

CelKids OK

The Oklahoma Celiac Support Group now has CelKids OK, a group dedicated to Celiac Children in Oklahoma and promoting living the good life gluten free. Joey Rodman, director of CelKids OK has been working hard to schedule fun activities for the celiac children. Upcoming events include a picnic in the park, a fall hay ride and a cookie swap in December.

The hay ride is being planned for a Saturday afternoon in October. The cost will be \$6 per person and will include gluten free s’mores and a bonfire, providing there is no burn ban in effect. Additional activities will include a hay maze, tricycle races, corn maze, petting zoo, and a free pumpkin from the pumpkin patch.

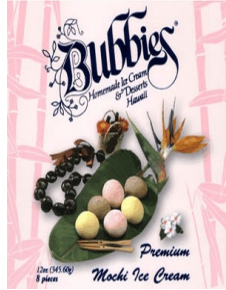
CelKids OK has its own newsletter. If you did not receive the inaugural edition, please e-mail Joey at Joey.Rodman@gmail.com and request to be added to the mailing list for future editions. You can view the *CelKids OK* newsletter at: okceliac.com/newsletters.php.

Got questions, suggestions about CelKids OK, you can e-mail Joey or call her at: 405-286-2899. Don’t forget to check out Oscar and the CelKids OK website at: www.OKceliac.com/kidspage.php.

Woof!

Woof!





Got a Sweet Tooth?

In the mood for a delicious gourmet dessert?

Try Bubbies® Premium Mochi Ice Cream available online at:
<http://bubbiesicecream.gourmetfoodmall.com/>



October is Celiac Awareness Month

The Oklahoma Celiac Support Group has several things planned to help get the word out about Celiac Disease during the month of October, including a PR blitz. We will have Celiac brochures available at the September meeting for you to deliver to your doctor, pharmacist, veterinarian, health club; etc. Every effort helps promote our purpose in educating people about Celiac Disease.

29th Annual CSA Conference Green Bay, Wisconsin

“Research, Education, Support
A Winning Combination”

Co-Hosted by: CSA Green Bay Celiac #102 and CSA Fox Valley Celiacs Chapter #26

Offered as part of Celiac Awareness Month, this educational conference is designed to assist individuals and their families who are interested in current information relating to celiac disease/dermatitis herpetiformis, their diagnoses and treatments.

CSA Dietitian Day Thursday, October 5, 2006

Registration opens 7:30 am - Welcome 8:30 am

CSA Conference October 6-8, 2006

Friday/Saturday Registration opens 7:30 am - Welcome 8:30 am

Sunday - Welcome 9:00 am

For more information, visit:

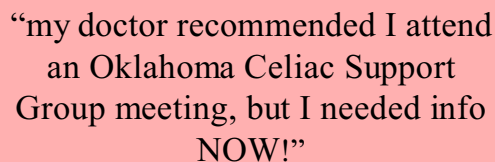
<http://www.csaceliacs.org/Conferences/200629thAnnualCSAConference.php>

Book Review

submitted by: *Angel Fithen*, Lifelong celiac, diagnosed at age 44.10

Living Gluten-Free for Dummies by *Danna Korn*

I'm a newly diagnosed celiac--seven months gluten free now, and my six-month follow-up antibody tests were negative! Yeah! After my initial diagnosis, my gastroenterologist recommended I attend an Oklahoma Celiac Support Group meeting; but it was two months away. I needed info NOW! At the bookstore I actually looked for this book, but it hadn't yet been published. Most of my information, therefore, was from the internet; alone at home, with all the overwhelming feelings of a celiac newbie.



“my doctor recommended I attend an Oklahoma Celiac Support Group meeting, but I needed info NOW!”

I bought the book six months into my “gluten-free living” because I became a research-aholic.” And I’m glad I did. Here’s why: I’m a firm believer in learning from repetition. Especially since I was depressed, and had extremely cloudy thinking. The dummies series help you think with their visually appealing layouts, boxes, tips, bold lettering, etc.

I even learned a few new things such as “gob dropping” which I read nowhere on the net.

Danna covers enough to get you started with your new life; such as the genetics behind CD and associated illnesses, definitions of celiac, grains and gluten, labeling laws and reading those labels, diet, training the non-celiacs in your family on new kitchen living techniques, new recipes/how to adapt your existing recipes, restaurant do’s and don’t’s, tips for teaching children newly diagnosed, and how to deal with it yourself on an emotional basis. That was a thoughtful chapter.

This is the first book I’ve read by Dana Korn; she must have a following because of her optimism and humor. I found her writing pleasant, and her information consistent with what I’d read online. What’s nice is that you can take this compilation of information with you when and if you need it – I imagine that’s a good reason to have a book! It’s on Amazon for \$13.59 + shipping, unless you order over \$25. You could always get Dr. Peter Green’s , which I also enjoyed for different reasons. Sometimes it takes a while for shipping, so if you’re in a hurry, just go to the bookstore and pay \$19.99.

I would recommend this book to anyone who is newly affected by this disease. I think a few of my several doctors through the years should have a copy for themselves and/or their waiting rooms too ... we gotta spread the word!

Gluten Free Friendly Dining

Mimi's Café located 3015 W. Memorial Road in Oklahoma City, telephone: 405-302-3830, offers a gluten free menu and a knowledgeable staff to ensure a great dining experience.

Mimi's Café Corn Chowder

(*modified to be gluten free)

Yields 2-1/2 quarts

4 Tablespoons Butter or Margarine
3 Cups Frozen Corn, Thawed
6 Tablespoons Onion, Chopped
2 Tablespoons Sugar
3/4 Cup Celery, Large Dice
2 Teaspoons Salt
2-1/2 Cups Hot Water
1 Pinch White Pepper
2 Cups Raw Potato, Peeled and Cut in 1/2" Cubes
* 3 Tablespoons Gluten Free Flour
1 Quart Half & Half

On medium heat, melt butter, and simmer onion and celery for 5 minutes until soft, but not brown. Add water, potato, corn, and seasonings. Cover and simmer for 30 minutes, or until potatoes are barely tender.

Whisk the gluten free flour into 1 cup of the half and half, and stir into the soup. Add the remaining 3 cups of half and half. Simmer for about 15 minutes, until the soup has thickened to a creamy consistency.

Thank You!

A very special thank you to the following contributors to this edition of The Celiac Express:

Angel Fithen, Oklahoma City
Judy Mahieu, Centralia, Missouri
Joey Rodman, Oklahoma City

If you have any suggestions or articles, please submit to: HMcline@aol.com.

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