

GRAINWISE™ & GLUTEN-FREE

A Publication For The CSA Nashville-Middle Tennessee Celiac Chapter #76 | www.nashvilleceliacs.org

June Meeting

Saturday, June 8th, 2-4 p.m.



LOCATION

**Centennial Women's Hospital Medical
Office Building (M.O.B.) Auditorium**
2221 Murphy Avenue
Nashville, TN 37203.

The M.O.B. faces Murphy Ave. The entrance to the Auditorium is at the corner of 22nd Ave North and Patterson.

DIRECTIONS

From I-40, take Church St. exit West. Church will turn into Elliston Place. Follow Elliston Place to 22nd Ave., turn right, go two blocks to the intersection of 22nd Ave and Patterson.

From I-440, take West End Ave. to Elliston Place. Turn left on 22nd Ave., go two blocks to the intersection of 22nd Ave and Patterson.

PARKING

We have received permission from the medical office buildings adjacent to 22nd Ave, and across from the M.O.B. Auditorium, to use their parking lots. Handicapped parking is available near the entry to the M.O.B. Auditorium. Enter through the glass doors and cross lobby to small stairs, or stay to the right and take elevator up ½ level. Select "Button A" to Auditorium.

General Meeting: *Whole Body* will be our theme for today. Kristen Pardue, RD, LDN, CLC will speak to us about makeup, lotions and other products we use on a daily basis. Her educational talk will inform us on how to check for gluten or chemicals that are harmful. Denise Tugadi from The Turnip Truck, East Nashville store, will speak on healthy eating and using supplements to meet your dietary and nutritional needs. The Turnip Truck, Urban Fare and Natural Market, is one of the largest suppliers of local merchandise in the Nashville area. www.theturniptruck.com



Business Meeting: Discussion of future plans.

Door Prizes, Coupons, Turnip Truck Gift Cards

Product Sampling: Udi's, Wild Tree, Red Apple Lipstick & More!

Refreshments: Please bring a gluten-free food to share. If home baked please bring the ingredient list and recipe. Beverages are also needed. We no longer have a hospitality chair. All members are asked to help out.

- Healthy snack ideas: fruit or relish tray with dips of yogurt, hummus, black bean or even chocolate. Trail mixes, cheese cubes, or nuts manufactured in a gluten-free facility.
- Please practice gluten-free safety to keep our members healthy. Use dedicated cutting boards, utensils, cookware, bakeware, bowls, mixers, aprons, hot pads, etc.

1:00 PM Set Up: Your help is needed! Jobs to be done: Arrange tables and chairs, Post signs, Set up Hospitality Tables and AV equipment.

Board Members are Volunteers

Co-Chair – Darryl Casey

Darrylcasey@yahoo.com, 615-481-4445

Co-Chair – Ann McQueen, 615-385-5366

aunderwoodmcqueen@gmail.com

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Dietetic Advisor – Laura Herbert

lherbert@wmed.org, 615-202-7570

Founder – Tori Ross

toriross@comcast.net, 615-371-9455

Hospitality Team – Need volunteers!

Social Chair – Need a volunteer!

Web Site Manager – Carol Ann Baily,

cabaily@mtsu.edu

Educational Materials – Greg Foreman

glforeman@gmail.com

Membership List – Candace Foreman

caelkins@comcast.net

Publicity – Need a volunteer!

Tech Committee – Need volunteers!

Cel-Kids Network Coordinator – Need a

volunteer!

Newly Diagnosed Coordinator – Peggy Czyn

615-646-2905, GFPeggyTN@bellsouth.net

Newly Diagnosed Orientation Team:

Antioch Area – Chris Fry, R.D.

cfry@comcast.net, 615-837-0875

Columbia Area – Laura Hill

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Murfreesboro Area – Gary Seise

grseise@gmail.com, 615-895-0398

A Word to the Wise

May - Proposed National Celiac Disease Awareness Month

Awareness opportunities have no boundaries and the CSA Governing Board encourages celebrating awareness activities each and every day of every month. Traditionally, since 1987, October has been celebrated as Celiac Disease Awareness Month in the US and Canada. In 2009 Canada began to provide special awareness activities in May. May is the contemporary celebration focus for Awareness Activities. – Celiac Sprue Association

A segment of the proposed House Resolution 246:

"Whereas National Celiac Disease Awareness Month is celebrated in May: Now, therefore, be it Resolved, That the House of Representatives-- (1) supports the goals and ideals of National Celiac Awareness Month;(2) recognizes that awareness of celiac disease will have a significant positive impact on the quality of life of people with celiac disease;(3) recognizes the importance of improving diagnosis rates, through increasing education about celiac disease; and(4) supports working toward an eventual cure for celiac disease through increased research and treatment." | www.csaceliacs.info

NEW TO CD OR DH?

Please contact our Newly Diagnosed Coordinator, Peggy Czyn, at gfpeggytn@bellsouth.net or 615-646-2905 for information to get you started on the GF Diet. She'll arrange an appointment with a Newly Diagnosed Orientation Mentor in your area with a grocery store tour included. Membership Registration forms are at the back of GrainWise.

IMPORTANT ANNOUNCEMENT CONCERNING MEMBERSHIP

Your membership renewal date is shown on the back page above your name. The membership list is updated with each quarterly mailing. Those who do not have a paid membership will be removed from the mailing list. Please contact Casey Bohr, Treasurer, if you have questions about your membership.

EMAIL COMMUNICATION

E-mail announcements will be sent for social opportunities, special events, volunteer opportunities and meeting reminders to all paid members with current e-mail addresses on file. E-mails will be sent from "Nashville Celiacs". Please add nashvilleceliacs@gmail.com to your contact list. If you are a med/professional and would like to be added to the "communication list" please send a note to nashvilleceliacs@gmail.com with "e-mail address" in the subject line.

NEWSLETTER INFORMATION

Do you have newsworthy information on celiac disease, gluten-free travel, restaurants, products or the diet? Please submit information to: nashvilleceliacnewsletter@gmail.com. **for the August newsletter by July 19th.**



Our Facebook page is the go-to-place for between meeting communication on special events, social events, meeting reminders, celiac in the news or personal networking. An easy way to find us is to Google "Nashville Celiacs Facebook."

Announcements

The 15th International Celiac Disease Symposium (ICDS) will take the place of the Annual CSA Conference.



CSA's Annual Membership meeting will be held Monday evening, September 23, 2013 in Chicago.

All are encouraged to attend!

Additional information about the ICDS conference can be found on page 4 of the newsletter.

For meeting and hotel info visit:

http://www.csaceliacs.info/2013_csa_conference.jsp

Living Without Magazine – The magazine for people with allergies and food sensitivities | www.livingwithout.com
A group rate is once again available for our Celiac Chapter at \$20 for a one year subscription. A group order form will be available to subscribe or renew at future meetings.

Hard Rock Café rocks for Kenneth Fine, M.D. – On May 23rd, Dr. Fine brought his seminar and musical performance to the Hard Rock Café. In addition to his work at home in Dallas, TX he travels the country to educate the general public and medical community on intestinal health, disease and diet, and how they affect overall health. Visit www.intestinalhealth.org/education/ to become familiar with this initiative.

Celiaccorner.com – This website is compiling and updating a list of **summer camps** for kids and teens. This website is also a wonderful resource for those seeking updates on the gluten-free community, research, and shopping. www.celiaccorner.com

Volunteer Opportunities Available – Please see the volunteer list on page 2. In addition we need someone who will update the Gmail contact list. Contact Darryl Casey or Ann McQueen for opportunities of interest to you.

Website Development – We have a volunteer who has offered to update our Chapter website. If you would like to give input please contact Cheryl Chamberlain.

A fun summertime evening out at



Friday, July 12

6:30 – 8:30 PM

160 2nd Ave N Nashville Tennessee 37201

Contact Ann McQueen to reserve your spot at the dining table!
615-385-5366 or aunderwoodmcqueen@gmail.com

RSVP by Tuesday, July 9th.

Kudos to

Goldbaum's Natural Foods for their donation of natural gluten-free products for sampling. They notably offer "Wonder Meals", "Ice Cream Cones", "Brown Rice Pasta", "Snack Foods", "Soup Accompaniments" of chow mein noodles, mini croutons, and couscous. Their foods are a good choice for diabetics. www.goldbaums.com

Namaste Foods for their donation of products for sampling. Namaste mixes are known for their great value and delicious taste. Products are all natural, free of the top 8 allergens, are non gmo and certified gluten-free. www.namastefoods.com

Our many volunteers who give so selflessly of their time!

Udi's for various bread products for sampling and those to give away. Triumph Dining – Best of Gluten Free 2012 Winners; Kiwi Magazine – 2012 Best Allergy-Friendly Sweet Snack; G.Freek.com – GF Awards. www.udisglutenfree.com

Calvin Eaton for baked goods from his pantry – a simple gluten and dairy free approach to classic American baking. www.theglutenfreechefblog.com

At these Tennessee Locations



Simply Living Life
6990 Moores Lane
Brentwood, TN 37027

Maury Regional Hospital
Cafeteria
1224 Trotwood Ave.
Columbia, TN 38401

HRH Dumplins
209 Cambridge Place
Franklin, TN 37067

Olivia Olive Oil
443 Cool Springs Blvd.
#103
Franklin, TN 37067

Natural Foods Market
3211 Peoples St.
Johnson City, TN 37604

Benefit Your Life
620 N. Campbell Station
Rd.
Knoxville, TN 37934

The Turnip Truck
970 Woodland St.
Nashville, TN 37206
and
321 12th Ave. South
Nashville, TN 37212

Alternative Health
Products
5083 Main St., Suite 2
Spring Hill, TN 37174

Conference

The University of Chicago
is proud to host ICDS 2013, the largest
celiac disease and gluten-related
disorders conference in the world.

September 22- 25, 2013

For complete information and registration visit:

<https://www.icds2013.org/>

The global conference for everyone who is interested in the study, treatment, and management of celiac disease and gluten-related disorders.

It is with great pleasure that we invite you to the 15th International Celiac Disease Symposium, which will take place on September 22-25, 2013 in Chicago. While the 15th ICDS meeting will continue to build upon the successes of 40 years of past ICDS scientific programs, the Chicago meeting is designed to address the interests of all of those affected by celiac disease and gluten-related disorders – from physicians and researchers to patients and clinicians to family and friends. The ICDS Chicago will present two distinct interactive educational tracks. The meeting will bring together the world's top scientists and physicians to discuss the most recent scientific advances in managing and treating celiac disease and gluten-related disorders while a separate clinical forum will be held to further educate dietitians, clinicians, and patients.

However you may be affected by celiac disease or gluten-related disorders, we welcome you to come to Chicago to share your expertise, experiences, opinions, triumphs, and struggles with your colleagues, all with the goal of improving the quality of life for those who are afflicted until the day a cure is found. **Register now** and come be part of our most memorable symposium to date. You are an important part of this team to help find a cure and we hope you will enhance the meeting with your participation in the ICDS 2013.

The ICDS 2013 is brought to you by The University of Chicago Celiac Disease Center. To learn more about The University of Chicago Celiac Disease Center, please visit our website www.cureceliacdisease.org.

Certificates of Attendance

All attendees to the International Celiac Disease Symposium 2013 in Chicago will receive an official

Recipe Corner

Fruity Tuna Salad | info@GlutenFreeChecklist.com

Ingredients:

- 1 (6 oz) can tuna in water, drained
- 1/3 cup dried cranberries
- 1/2 sweet apple, cut into 1/4-inch pieces
- 2 Tbs. light mayonnaise
- 1 green onion, chopped
- Coarse salt & fresh ground black pepper, to taste
- 4 cups chopped fresh spinach, washed

Directions:

Mix tuna, cranberries, apple, mayonnaise, green onion, salt, and pepper together in a bowl; refrigerate 1 hour. Divide spinach between 2 plates and top with the tuna salad. (Serves: 2)

Certificate of Attendance. A Continuing Education Request Form will also be provided should you wish to receive AMA PRA Category 1 Credit™. There will be a processing charge for the issuance and mailing of CME certificates.

Accreditation

The University of Chicago Pritzker School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Research

Intestinal biopsy is not always required to diagnose celiac disease: a retrospective analysis of combined antibody tests

Annemarie Bürgin-Wolff¹, Buser

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The electronic version of this article is the complete one and can be found online at:

<http://www.biomedcentral.com/1471-230X/13/19>

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Credit Designation

The University of Chicago Pritzker School of Medicine designates this live activity for a maximum of 17.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses and other health professionals will receive a Certificate of Participation. For information on applicability and acceptance, please consult your professional licensing board. CME fee: \$200 for U.S.-based physicians.

Abstract

Background

The objective of this study was to compare celiac disease (CD)-specific antibody tests to determine if they could replace jejunal biopsy in patients with a high pretest probability of CD.

Methods

This retrospective study included sera from 149 CD patients and 119 controls, all with intestinal biopsy. All samples were analyzed for IgA and IgG antibodies against native gliadin (ngli) and deamidated gliadin peptides (dpgli), as well as for IgA antibodies against tissue transglutaminase and endomysium.

Results

Tests for dpgli were superior to ngli for IgG antibody determination: 68% vs. 92% specificity and 79% vs. 85% sensitivity for ngli and dpgli, respectively. Positive (76% vs. 93%) and negative (72% vs. 83%) predictive values were also higher for dpgli than for ngli. Regarding IgA gliadin antibody determination, sensitivity improved from 61% to 78% with dpgli, while specificity and positive predictive value remained at 97% ($P < 0.00001$). A combination of four tests (IgA anti-dpgli, IgG anti-dpgli, IgA anti-tissue transglutaminase, and IgA anti-endomysium) yielded positive and negative predictive values of 99% and 100%, respectively and a likelihood ratio positive of 86 with a likelihood ratio negative of 0.00. Omitting the endomysium antibody determination still yielded positive and negative predictive values of 99% and 98%, respectively and a likelihood ratio positive of 87 with a likelihood ratio negative of 0.01.

Conclusion

Antibody tests for dpgli yielded superior results compared with ngli. A combination of three or four antibody tests

including IgA anti-tissue transglutaminase and/or IgA anti-endomysium permitted diagnosis or exclusion of CD without intestinal biopsy in a high proportion of patients (78%). Jejunal biopsy would be necessary in patients with discordant antibody results (22%). With this two-step procedure, only patients with no CD-specific antibodies would be missed.

What do you call someone who puts gluten in your food?

-villain

Sandra Robins, Gluten Free Optimist

Pillsbury introduces gluten-free pizza, pie & cookie dough

Hillary Casavant | Monday, May 13, 2013 | <http://gluten-free-living.blogspot.com/2013/05/pillsbury-introduces-pie-cookie-dough.html>

If you haven't been feeling friendly toward the Pillsbury Doughboy since going gluten free, it might be time to re-think your relationship.



Pillsbury, a bastion of gluten-filled refrigerated tubes of bread, biscuits and cookies, has moved into the gluten-free market.

The brand, which is owned by General Mills, recently announced a new line of gluten-free products featuring tubs of pizza, pastry and chocolate chip cookie dough. The products will be available nationwide this summer and in most major supermarkets by August. You'll be able to find the dough tubs in the refrigerated aisle alongside other Pillsbury products.

"Several members of the General Mills family either have celiac disease themselves or have a close friend or relative

who does," said Rachel Dickens, Pillsbury media relations representative. "Hearing our employees' and consumers' stories brought to life an untapped need for delicious gluten-free products and prompted us to find a solution."

The pie and pastry dough is made with gluten-free starches and rice and sorghum flours and is egg and dairy free. One serving contains 250 calories.

The thin crust pizza dough, made with tapioca starch, whole sorghum, whole millet and rice flours, contains egg but is dairy-free and 170 calories per serving.

The chocolate chip cookie dough is made with a brown sugar and rice flour base and contains eggs, soy and dairy. One cookie is 110 calories.

Get the full ingredient list and nutrition information on the General Mills website.

General Mills uses "stringent" programs to prevent the risk of cross-contamination, and has taken "specific steps to ensure that the process and equipment used does not provide any opportunity for gluten or gluten-containing ingredients to get into its products," according to a Pillsbury spokesperson.

Getting the Diagnosis _____

Overweight? Obese?

Perhaps It's Celiac Disease

By Sonla Kupfer, MD | IMPACT | A PUBLICATION OF THE UNIVERSITY OF CHICAGO CELIAC DISEASE CENTER | www.cureceliacdisease.org | 3rd & 4th Quarters 2012

Countless callers to the University of Chicago Celiac Disease Center have mentioned that their doctor dismissed celiac disease as a possible diagnosis because the caller was overweight or obese.

Many doctors have been trained to think of celiac patients having a weight problem in the sense that they have unexplained weight loss, or are underweight. Relatively few, it seems, actually consider celiac as a possibility when the patient is actually overweight or obese.

It may be surprising, in that case, to realize that while celiac disease classically presents as malabsorptive diarrhea and weight loss, between 22-32%, or up to one in three of US adult celiac patients, are overweight or obese.(1-3) The realization that weight issues are a real problem among celiac patients led to a study out of The University of Chicago, entitled High Prevalence of Overweight and Obese Adult Celiac Patients in the Midwestern United States (4).

The first important finding is that we had the highest rate of overweight or obese celiac patients reported to date in the United States. With a sample size of 258 patients, we found that 38% of them were either overweight (26%) or obese (12%). Over half of the patients (56.6%) had a normal BMI, and just 5.4% of the patients were underweight, a condition that many health care practitioners erroneously consider essential to a celiac diagnosis. In comparison to the general population in the Midwest, celiac patients had lower rates of being overweight or obese (60% versus 38%, respectively) and a higher prevalence of underweight (1.6% versus 5.4%, respectively).

(1) Murray JA et al 2004; (2) Cheng J et al 2010; (3)Kabbani TA et al 2012

(4) High Prevalence of Overweight and Obese Adult Celiac Patients in the Midwestern United States, Sonia S. Kupfer, MD, Shirley Paski, MD, NurAlima Grandison, Carol E. Semrad, MD, University of Chicago Celiac Disease Center, with acknowledgements to Rahman Chaudry, MD, The University of Chicago Celiac Disease Center and patients.

Learning More About EnteroLab

Blogger Shannon Brown, Nashville, TN
www.enjoyinglutenfreelife.com | March 27, 2012

Insight into Another Testing Method

The tests with EnteroLab are different than the Celiac blood tests and endoscopy many of us are familiar with. EnteroLab's Nurse and Clinical Manager, Phyllis Zermeno, answers some questions about the tests to help us learn more. Her job description includes educator, counselor, conducting consultations on diet, explaining testing procedures to clients and practitioners, helping clients and practitioners determine which tests to order based on

patient health history & symptomology, and clarifying interpretations of results. Whew. We first spoke when I called with questions about a test.

(This is in no way to be seen as an endorsement of EnteroLab or its tests. When my blood test and endoscopy were negative, I started researching other testing methods and found EnteroLab. They are considered by some to be controversial but my husband and I have found their results to be accurate. As in all things, you are responsible for your own decisions.)

Why is an EnteroLab test more sensitive than blood or saliva tests or biopsies? Why is an EnteroLab test for gluten able to find gluten sensitivity that a celiac blood test and biopsy couldn't?

The stool tests are more sensitive because approximately 80% of IgA antibody production happens in the small intestine. That is where these antibodies "live" primarily. Since fecal matter passes through this area regularly, it is the best medium to absorb the antibodies, hence the best medium to test for them. An individual must first have a reaction (sensitivity) to gluten before s/he can ever become Celiac. Most of the time, the IgA levels in the blood for anti-gliadin and tissue transglutaminase antibodies will not be elevated until the reaction is very severe and has been happening for a long time. This is especially true with an elevated tTG, which usually will not show until there is damage to the villi. Even though the biopsy is still considered the "gold standard" to diagnose Celiac, they are still often inconclusive or the correct area isn't tested, or the patient has no damage to the villi so the practitioner says it is okay for him to consume gluten. This vein of thought totally ignores the possibility of non-Celiac gluten reaction, which we know exists.

What can we say to doctors and others who question the validity of an EnteroLab test? What proof is there that it diagnoses properly?

Dr. Fine based his theory of testing fecal matter on Dr. Ann Ferguson's previous research wherein she was testing gastrointestinal contents for IgA antibodies and found them. He simply took the more practical approach of testing material that is normally evacuated from the body but had still been in the same area as gastrointestinal contents. His research was begun at Baylor University Medical Center, and it evolved into our current lab. The largest body of proof is in the extreme volume of individuals who were tested within the normal medical system and were told they had no reaction to gluten but then tested positive with EnteroLab and experienced improved health on a gluten-free diet.

How long can someone be completely gluten-free and still have accurate results from an EnteroLab test?

In retesting patients over several years, Dr. Fine has found that it usually takes anywhere from 1-2 years (sometimes longer) for a previously elevated IgA antibody count to significantly decrease in the stool. These antibodies seem to stay in the small intestine for quite some time before they are flushed from the system. This is a general guideline, however, because it will take some individuals less time to decrease their counts on the diet if their previous levels were only slightly elevated.

Your website says: "If you have recently been diagnosed as a celiac, we recommend our Gluten Sensitivity Stool Panel to establish baseline levels for your gliadin antibodies in stool and to determine the severity of intestinal damage." How does the test determine the

severity of intestinal damage? If you do retest 12-24 months later as suggested, what results are you looking for to show healing or not healing?

Using fecal fat microscopy, we count the amount of fat globules that are in the sample provided. There is a reference range of normal fat content, but if the value is above this range it is classified as mild, moderate, or severe damage. This stems from Dr. Fine's research at Baylor. Damage does not necessarily always mean to the villi, though that is one of the main types of damage seen with a gluten reaction. There can be damage to the intestinal wall and chronic inflammation of the tissue as well. Bringing the fecal fat value down (usually by adopting a gluten-free diet) helps to heal the intestine. When you retest, we like to see this number drop significantly. If you retest the antibody count, which Dr. Fine doesn't recommend before about 24 months on the diet, we also would like to see this number drop.

If a test for something other than gluten (casein, rice, corn, etc.) is positive, is it possibly temporary or is it like gluten and must be

permanently avoided? If temporary, can someone retest for these in the future even if they are not eating that food?

It is possible that reactions other than to gluten may be temporary, but if it is a severe reaction it could also be permanent, especially if the body also reacts with IgE and/or IgG antibodies to that same food. Getting the primary reaction (usually gluten) under control first is key, though, to bring the body out of the hyperimmune state*. Someone can always retest in the future to see how well

EnteroLab is a registered and fully accredited clinical laboratory specializing in the analysis of intestinal specimens for food sensitivities (reactions by the immune system to common proteins in the diet) that cause a variety of symptoms and diseases.*

– Kenneth Fine, M.D.

*Patient Care, Medical Director,
Researcher, Consultant*

www.enterolab.com

www.intestinalhealth.org

www.finerhealth.com

they have been keeping a food out of the diet, thus producing a lower antibody count than the previous result.

Is the gene testing Enterolab offers the same or different than that offered elsewhere?

Many labs offer gene testing. We feel it is important, however, to ensure they are reporting exactly what genes are present at the DQB1 locus and not just report if someone is positive or negative for DQ2 and DQ8.

For others with similar results on their gene test, my results say: “Although you do not possess the main HLA-DQB1 genes predisposing to celiac sprue (HLA-DQB1*0201 or HLA-DQB1*0302), HLA gene analysis reveals that you have two copies of a gene that predisposes to gluten sensitivity (any DQ1, DQ2 not by HLA-DQB1*0201, or DQ3 not by HLA-DQB1*0302).” Does this mean I cannot have celiac disease?

“Cannot” is too strong of a term, as there have been cases where individuals without a Celiac gene have actually been diagnosed with Celiac, but the percentage is very small. Less than one percent of diagnosed Celiacs, from what I have read, do not have at least one DQ2 or DQ8 gene.

My doctor wouldn’t order an Enterolab test (so insurance wouldn’t pay) because the test isn’t FDA approved. Are there any plans for this in the future?

The ELISA test kit that we use is actually FDA approved. The only difference is the medium being used. I have not heard Dr. Fine mention any plans to pursue FDA approval on use of fecal matter instead of blood at this time. Just so you know, though, some insurance carriers do cover our tests, but it largely depends on whether or not a physician will actually provide an order for the test and what type of coverage individuals have.

[I asked Phyllis to tell us more about this.]
*The hyperimmune state comes from having an inflammatory response within the immune system for a long period of time. The longer it manifests without removing the causative foods, the more additional foods are added to the cascade of immune response. These are usually the foods we eat most routinely in our daily diet. Some people may not be able to add foods back into the diet once the immune system is under control again due to the body’s lack of ability to process those proteins, but in some cases the reactions are not necessarily permanent. Immunologic reactions are very individualistic as to how they manifest and how severe they become, so if someone wants to attempt reintroduction of previously eliminated foods into the diet, this should be done systematically and very slowly so that the individual can determine if reaction still exists to those foods.

Glutenpro™

Glutenpro™ is headquartered in Toronto, Canada. They are focused on discovering and providing new, effective and innovative solutions for people with Celiac Disease and Gluten-Free lifestyles.

Test for celiac with 93.5% accuracy in 10 minutes with CELIACSURE™. It is safe and as accurate as tests performed in a hospital laboratory.

EZ GLUTEN test strips detect gluten in food with 99% accuracy.

GENESURE® test uses a cheek swab to check for the presence or absence of genetic markers with 99% accuracy. GENESURE® is accurate even on a gluten-free diet.

www.glutenpro.com

Tips for Celiacs – The Shared Kitchen

by Deborah Holladay | www.alamoceliac.org

In a kitchen shared by celiacs and gluten eaters, everyone must be aware that preparation surfaces and utensils are potential carriers of gluten. This became very clear to me one day when I observed a visiting family member slice his wheat flour bagel on a cutting board, return the knife to the knife block, brush the crumbs off the cutting board, and put the cutting board away. After reminding myself that not everyone gets up early in the morning thinking about gluten issues, I explained that it was important to wash the knife before returning it to the knife block or before using it to cut something else that might be shared with other family members; it was necessary to wash the cutting board before it could be used again, and it was not sufficient to brush the crumbs off; and by laying the bagel on a plate instead of on the countertop, gluten crumbs would not be left where they could be picked up by other food. An extension of these ideas would include washing utensils after they have been used for measuring oats, cracker crumbs, or other dry ingredients containing gluten, even if they appear clean.

When both gluten-free and non-gluten-free versions of the same dish are prepared at the same sitting, it not only reduces cross-contamination but also saves time to prepare the gluten-free version first.

Although sharing a kitchen between celiacs and gluten eaters is risky, it is one of the realities that many celiacs face. Using care in the preparation and serving of foods and keeping utensils and appliances clean reduces the risk.

Future 2013 Events and Meetings

Friday, July 12	6:30 – 8:30 PM	Old Spaghetti Factory, Downtown Nashville
Saturday, August 17	2 – 4 PM	Medical Speaker & Demo by Lorie Burcham of Crumb de la Crumb (formerly The Cottage Café) Centennial MOB Auditorium
Saturday, September 14	TBD	Food Fair/Picnic/Music/TACA Fall Craft Show, Centennial Park, Nashville
Saturday, October 12	2 – 4 PM	Boot Camp, Centennial MOB Auditorium
Saturday, November 9	2 – 4 PM	Annual Thanksgiving Potluck Dinner & Silent Auction, Centennial MOB Auditorium
Thursday, December 5	5 – 7 PM	Christmas Open House at Ann's

Meetings and Events will be posted on our Facebook Page.

Meetings will be held on dates scheduled although the subject matter may change.

Social events and details will be updated by an email blast and will be listed on Facebook. Dates may change.

If you have questions please contact Ann McQueen or Darryl Casey, Co-Chairs.

Centennial Women's Hospital Medical Office Building (M.O.B.) Auditorium
2221 Murphy Avenue
Nashville, TN 37203.

The M.O.B. faces Murphy Ave. The entrance to the Auditorium is at the corner of 22nd Ave North and Patterson.

Nashville – Middle Tennessee Celiac Chapter Membership Membership dues are only \$20 annually for CSA Nashville – Middle Tennessee Celiac Chapter #76. We have separate annual dues from the national CSA/USA, Inc. organization, and do not share membership lists with each other. Your membership dues renewal date will be shown on the mailing label above your name found on the outside page. You will receive four newsletters mailed quarterly as a paid member. If you haven't received a newsletter, then you may have let your dues lapse. Please call Casey Bohr at 615-773-8545 if we are in error. Your dues cover costs accrued for newsletter printing and mailing, meeting supplies, handouts, baking demo supplies, website, etc. Board members are volunteers and are not paid for their services. Please use the membership form provided below.

CSA/USA Membership | www.csaceliacs.org



The Celiac Sprue Association / United States of America, Inc. (CSA/USA) is a national support organization providing information for self-management and referral services for persons with celiac sprue (gluten sensitive enteropathy) and dermatitis herpetiformis and their families. The Nashville Celiac Chapter recommends joining the national organization as well as our local group. Membership includes: New Member Packet with quarterly publication *LIFEline*, pamphlets, CSA Restaurant Card, and more. Celiac Sprue Association | P.O. Box 31700 | Omaha, NE 68131-0700 | 1-877-CSA-4-CSA

Vendor Advertising GrainWise is a quarterly publication, with a mailing base of (±300). Ads are limited to Celiac/Gluten Free products, dining, and shopping. They may not mention prices or discounts. Ads may be provided in EPS, JPG, TIF, or PDF file formats. 1/2, 1/4 and 1/8 page ads available. Contact nashvilleceliacnewsletter@gmail.com for additional information and rates.

Disclaimer: CSA Nashville – Middle TN Celiac Chapter #76 is a chapter of the Celiac Sprue Association / United States of America, Inc. (CSA/USA) national organization. Both support groups have separate annual dues, and do not share membership lists with each other. CSA Nashville – Middle TN Celiac Chapter #76 provides support for Celiacs, parents of Celiac children, patients with Dermatitis Herpetiformis, and individuals with gluten intolerance - helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics. All recommendations, information, dietary suggestions, product news, and related data are intended for the benefit of those on our mailing list and other interested parties. The text has not been submitted for approval to the CSA/USA Medical Board. Food manufacturer's products are subject to change at any time, changes that may or may not be reflected on the labels. Always verify the gluten free status of any food by calling or writing the manufacturer. This support group has no financial interest in any companies represented herein. No liability is assumed for the use of this information. Reproduction of any material is allowed with permission (except copyrighted material), however, please reference the source of the information.

CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

New Membership
 Membership Renewal
 Information Change
 Medical/Professional Membership

(Please Print) Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Cell Phone # _____

Email Address (for meeting and event reminders; notices) _____

Who has Celiac or DH in your family? Self ___ Spouse ___ Child ___ (Age ___) Gluten Intolerance ___ Gluten Sensitivity _____

Have you met with a mentor of the Nashville Celiac Chapter? Yes ___ No ___ If yes, who? _____

Please make \$20 check payable to: CSA Nashville – Middle TN Celiac Chapter #76

Check Number _____ Amount \$ _____ Date Paid _____

Mailing Address: CSA Nashville – Middle TN Celiac Chapter #76 | PO Box 159312 | Nashville, TN 37215-9312

Optional Information: Diagnosing Doctor _____ Date of Diagnosis _____

Have you met with a dietitian? Yes ___ No ___ If yes, who? _____

CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations.

Updated 02/12

CSA Nashville – Middle TN Celiac Chapter #76 Donation Form

I would like to help support the efforts of CSA Nashville – Middle Tennessee Celiac Chapter #76, a chapter of CSA / USA, Inc.

Enclosed is my gift of \$ _____ Check # _____

Gift given is 1) In Honor of: 2) In Memory of:

(Please Print) Name _____

(Please Print) Name _____

Address _____

Address _____

City _____ State _____ Zip _____

City _____ State _____ Zip _____

Please make check payable to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312. Your gift is tax deductible to the full extent of the law. Tennessee Charitable Solicitations Act

Exemption pursuant to T.C.A. 48-101-501(a)(2) granted. TRK:GS:DH:CO# 8888

CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations.

Updated 02/12



Celiac Sprue Association/USA, Inc.
CSA Nashville - Middle Tennessee Celiac Chapter #76
P.O. Box 159312
Nashville, TN 37215-9312

NONPROFIT ORG
U.S. POSTAGE
PAID
NASHVILLE, TN
PERMIT NO. 43

RENEW! RENEW! RENEW!

Please check your renewal date on the mailing label below.

**ADDRESS SERVICE
REQUESTED**

Meeting

Saturday – June 8th
2:00 p.m.



Topic: Whole Body

Kristen Pardue, RD

The Turnip Truck



THE CSA NASHVILLE – MIDDLE TENNESSEE CELIAC CHAPTER #76 PROVIDES SUPPORT AND INFORMATION FOR PATIENTS (AND FAMILIES) DIAGNOSED WITH CELIAC DISEASE, DERMATITIS HERPETIFORMIS AND GLUTEN INTOLERANCE — HELPING THEM ADJUST TO A GLUTEN-FREE DIET WHILE PROVIDING A MEETING FORUM IN WHICH TO DISCUSS DIETARY AND MEDICAL TOPICS AND EXCHANGE INFORMATION.

Address / E-mail Changes

If you need to contact us due to a change of address, you no longer wish to receive GrainWise or for any reason, please e-mail: nashvilleceliacs@gmail.com and put "Contact Change" in the subject line.