

# GRAINWISE & GLUTEN-FREE™

Empowering People for Gluten Free Living  
Meeting Saturday, February 10, 1-3 pm  
at the MOB Auditorium

*Sarah Ferguson will be exploring some common misconceptions about celiac disease & the gluten free diet*



Our speaker will be Sarah Ferguson, RD, LDN, the dietitian at Vanderbilt University Medical Center's Celiac Disease Clinic where she provides counseling, education, and support to patients with celiac disease and gluten sensitivity.

What does it mean when a product says "manufactured in a facility that also processes wheat"? Should you buy it? Is it safe for you? Are natural and artificial flavorings safe? Should you use only gluten-free shampoo or cosmetics? Should gluten free foods contain zero gluten?

*Sarah's presentation will explore some of the common misconceptions about celiac disease and the gluten free diet.* She says: "Many myths exist surrounding celiac disease, non-celiac gluten sensitivity and the gluten free diet. As the popularity of the gluten free diet increases, it can be confusing to sort through all of the misinformation. This interactive talk will focus on debunking common myths and speaking the truth around hot topics related to celiac disease and the gluten free diet.

Sarah Ferguson graduated from Indiana University with a double major in Community Health and Dietetics and completed her dietetic internship at VU Medical Center. She is passionate about promoting healthy eating.

**Come hear the latest on gluten free living at our next meeting.**

## Save the Date!

**April Meeting**  
April 14 --1-3 pm

Do you have an idea for a program you'd like to see?  
Please email your suggestions to  
[carolannbaily@gmail.com](mailto:carolannbaily@gmail.com)

**Pinewood Kitchen Dinner**  
TBA

We are working on a date for a group dinner at the Pinewood Kitchen in Pinewood TN. They feature local veggies and meat that they produce themselves and prepare gluten free. Watch your email for details.

# What's the National Celiac Association?

## CSA ceased to exist in 2017

Our Chapter of the **Celiac Support Association**, was informed during 2017 that our parent organization was shutting down. The CSA assets were acquired by the New England Celiac Organization, based in Boston, Massachusetts. They then launched a **new national organization, the National Celiac Association (NCA)** to offer services across the



## NCA supports those with CD and NCGS

NCA is a member-based group that supports those with CD (Celiac Disease) and NCGS (Non-Celiac Gluten Sensitivity) through monthly e-newsletters, an informational website, and the *Gluten-Free Nation* magazine. More than 70 support groups and former CSA chapters are currently in the process of joining the NCA team, and NCA is welcoming even more. Additionally, NCA collaborates with Harvard Medical School's Celiac Research Program for a yearly Celiac Conference in Boston, MA where the association is headquartered amongst several world-renown celiac centers.

Lee Graham, Executive Director of NCA visited our meeting in September and outlined the NCA plans for those members at our meeting and for the Board at a dinner meeting at the home of Craig Wierum, our physician advisor. **NCA will continue the former CSA's Gluten-Free Certification Program** that offers a seal of recognition out of NCA's Seward, Nebraska office. Recognition Seal products are tested using the most sensitive ELISA and other relevant validated tests available in the United States; **the lowest level of testing in the nation at 5 parts per million. Last but not least, CSA's members will also continue to be an integral aspect of the association.**

One of the NCA's other objectives will be to further develop the Gluten-Free Food Bank, created last year as a pilot program in Massachusetts. The food bank aims to supplement food assistance programs with gluten-free options, addressing the problem of those diagnosed with CD and NCGS who may not have the resources to purchase gluten-free food that can be quite costly. The program is supported by generous donations from gluten-free food companies and monetary donations that allow NCA to purchase and deliver gluten-free foods to food pantries. In less than one year, the program delivered over 2,500 pounds of gluten-free food to those in need. They had just sent gluten free donations to Texas after the hurricane and were working on gathering donations for the hurricane headed to Florida at the time of our meeting.

**Our Board did decide to apply to become an NCA chapter. We have incorporated our group in Tennessee as NCA Tennessee (NCAT) and we have now submitted our application to the NCA. We will soon be able to celebrate a new name and new national support for our members. More details in April.**

## Thought for Food & Son Will Provide Tresomega Nutrition Pasta at our meeting on February 10



Thought For Food & Son distributes healthy food and will be sending samples of Tresomega Nutrition's gluten free, organic Quinoa pasta. Their pastas are a nutrient packed superfood made with a unique blend of organic Royal Bolivian Quinoa, organic Amaranth, a grain rich in vitamins and minerals, and organic white rice.

Quinoa and Amaranth are gluten free ancient grains that have been providing health benefits since the time of Egyptian Pharaohs. The pasta's are available in Penne, Elbow, Fusilli, Orzo, Linguini and Spaghetti cuts. The pasta line has been honored with the prestigious "American Masters of Taste Gold Award" for its superior taste. This honor separates the ordinary from the extraordinary!

**Come to the meeting and get samples of this gluten free product!**

## Give Us Your Ideas for the April Meeting

We always want to plan meeting topics that interest you and your family. However, we sometimes run out of ideas. Plus, we might not have stumbled upon the topic you have been waiting for.

So, it is your turn to let us know what you would like to know more about.

**Cooking or baking?**

**Nutritional advice for celiacs?**

**The latest research on gluten sensitivity?**

**Dealing with specific problems – neurological, dermatological, gastroenterological?**

**Is there something else that we don't even know you want to know?**

Contact Carol Ann Baily at [carolannbaily@gmail.com](mailto:carolannbaily@gmail.com) or phone her 615-478-9998 to share your ideas.

### Meeting Location for our Meetings

Our regular meeting place is in the Medical Office Building Auditorium. The entrance is located at **the corner of 22<sup>nd</sup> Ave N. and Patterson St. (Use 2200 Patterson for your GPS.)** about a block from Centennial Hospital.

A few parking places are in the lot facing the entrance. Other medical offices across the street have also granted us permission to park there on Saturdays when they are closed.





# Check out our website

You can see our Calendar of Events, renew your membership, plus read medical articles of interest to those with Celiac and Non-Celiac Gluten Sensitivity. You can also see the contact info for our Board members.

[www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)

We're also on Facebook at [www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898](https://www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898)

*Researchers working on a new test to detect celiac disease in those who are gluten free.*

The NCA Jan. 2018 online newsletter provides a link to an article about researchers who are testing an experimental blood test that promises to accurately identify people who do, or don't, have celiac disease, even if they are following gluten-free diets.

Celiac disease affects roughly one percent of people in the U.S. But far more than one percent of the population is following a gluten-free diet, which makes it harder to diagnose real cases of celiac disease. The two main blood tests used to screen for celiac disease rely on detecting an immune response to gluten, but that immune response gradually disappears in people who avoid gluten. "Unfortunately, many persons with gluten sensitivity go gluten-free without consulting their clinician for exclusion of celiac disease," said lead study author Dr. Vikas K. Sarna's from Oslo University Hospital in Norway. "In such cases, guidelines recommend . . . performing a gluten challenge involving daily consumption of gluten for up to 8 weeks, followed by an endoscopic procedure for a biopsy taken from the small intestine (duodenum). Our blood test may replace such a gluten challenge and duodenal biopsy."

**The new test is designed to detect immune cells in a blood sample that are specifically targeted at gluten proteins, even when the individual hasn't been recently exposed to gluten.** Sarna's team tried their test on 62 patients with celiac disease and 19 individuals without celiac disease who were on a gluten-free diet, 10 patients with celiac disease who were eating foods containing gluten and 52 healthy individuals following normal diets. They also used the currently available celiac tests on these participants for comparison.

The old tests detected celiac disease in 9 out of 10 patients who weren't on a gluten-free diet. But the old tests identified celiac disease in only 4 of the 62 patients who'd been following a gluten-free diet. **The new test, by comparison, was 96 percent accurate in distinguishing celiac disease patients from people who didn't have celiac disease but were still following gluten-free diets. It was 95 percent accurate for distinguishing celiac disease patients who were eating gluten-containing foods from healthy individuals following normal diets,** the researchers report in *Gastroenterology*.

Sarna said. "Although we need more research in this field, we propose that the test be used to exclude celiac disease in persons on a gluten-free diet. It is important to point out that this test is still not available for commercial use, although there is a huge demand of a test for celiac disease that can be applied for persons that are already on a gluten-free diet," Sarna said. **"I do hope that the promising results from our study can initiate commercial initiatives along with more research, to allow this test to be used in the general public in the near future."**

SOURCE: [bit.ly/2B7EeBP](https://bit.ly/2B7EeBP) *Gastroenterology*, online November 13, 2017.