

GRAINWISE & GLUTEN-FREE™

The Newsletter of the soon to be National Celiac Association –Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Let's Have a Picnic!



We have reserved the picnic pavillon at River Park in Brentwood for a picnic on Saturday June 16th from 11:30 am – 1:30 pm. We owe special thanks to Gretchen Mansourian, one of our members who is a Brentwood resident, for making this reservation possible.

We will provide a great barbecue for everyone, plus plates, tableware, napkins, cups, and ice. **Please bring a side dish to share that serves 10 – salads, veggies, or desserts, plus the beverages that your family prefers.**

We hope you can bring your whole family for a great gluten-free picnic meal while meeting others who are living gluten-free with celiac disease or non-celiac gluten sensitivity.

Please let us know by June 13th the number in your family who will attend so we can have enough for everyone.

SEE PAGE 2 FOR ALL THE DETAILS.

Save the Date!

Sept. Meeting

Sat. Sept. 15, 1-3

Valerie Kraft, who began The Celiac Saga for teens, is now a sophomore at VU. She will speak on learning to deal with celiac as a teen and a college student.

Holiday Potluck

Sat. Nov. 17, 12:30 pm

Come celebrate the holidays with our annual gluten-free turkey dinner. Plan to bring sides and desserts, and beverages to share. This is always our best meeting.

UPDATE on NCA

Since CSA was dissolved in 2017 we have been working with the NCA to become a chapter of the new national organization. They have asked us to rewrite the by-laws and to become incorporated as a Tennessee non-profit organization.

Recently the lawyers for NCA have asked us to add some more things to the by-laws and make a small change in our incorporation papers. So, it will be another month or two before we become an official NCA chapter.

NCA is continuing the valuable Gluten-Free Recognition Seal Program to assure customers they are choosing a product that has undergone the most stringent third-party gluten-free certification available for product, processing and packaging. **Products carrying NCA's Recognition Seal test at 5 ppm of gluten or less.**

NCA Conference
New Facts on Celiac
Nov. 10-11, 2018
in Boston

Let's Have a Picnic!
Saturday, June 16th 11:30 – 1:30
River Park in Brentwood

Please bring a side dish to serve 10 to share at our Picnic on June 16th. Prepare a gluten-free salad, vegetable dish, or dessert to accompany the barbecue. Also, please bring the beverages that your family prefers.

We will provide the barbecue for our whole group, plus the paper products – plates, tableware, napkins, cups, etc. and the ice for the drinks.

Remember to practice gluten-free safety when you prepare your dishes to keep our members healthy. Use dedicated cutting boards, utensils, cookware, bowls, and bakeware to avoid cross-contamination.



Be sure to let us know how many people will come with you to the picnic. **Please RSVP by June 13th to nashvilleceliacs@gmail.com so we can get enough barbecue, plates, cups, napkins, etc. for the whole group.**



River Park in Brentwood (37027) is located at 1100 Knox Valley Drive, just off Concord Rd, a short distance east of I-65 and the WSM Broadcasting Tower.

The Picnic Pavilion is part of 46 acres including a two-mile bikeway and walking path along the Little Harpeth River, connecting Crockett Park on one end and Concord Park at the other.

THE IMPORTANCE OF DETECTING CELIAC DISEASE IN LATER LIFE

Celiac.org/blog/2018/03/importance-detecting-celiac-disease-later-life-2

Celiac Disease Foundation, March 29, 2018, reprinted from the *Houston Celiac Perspective*, April/May 2018

Researchers based in Finland and the UK recently conducted a review of existing literature on celiac disease in later life. The article, published in *Alimentary Pharmacology & Therapeutics*, highlights how celiac disease can often be missed in the elderly population due to the dismissal of subtle celiac disease symptoms, such as fatigue, as being due to old age. With few studies published focusing on celiac disease in this population, Collin et al. set out to review the occurrence, presentation, diagnosis, and management of celiac disease in later life.

While celiac disease was previously thought to be a rare condition primarily affecting children and young adults, it is now known to be one of the most common genetic autoimmune diseases worldwide, and it can present at any age. Collin et al. report that about 25% of all celiac disease diagnoses are now made in persons aged 60 or above, and approximately 60% of cases in older adults remain undetected due to vague or non-classical symptoms obscuring the diagnosis. Another factor complicating diagnosis in later life is that elderly celiac disease patients are more likely to test negative on the celiac disease blood test and have lower levels of tissue transglutaminase antibodies (a diagnostic marker for celiac disease) even while consuming a normal diet with gluten. Because of this, physicians should not immediately rule out a possible diagnosis of celiac disease in elderly patients based on a negative blood test alone if there are enough other compelling signs or symptoms of the disease.

Some question whether it is meaningful to detect celiac disease in the elderly population, especially when the symptoms are mild, arguing that the adoption of a strict, gluten-free diet is a difficult lifestyle change. The researchers from this study, however, maintain that correctly diagnosing these patients is worthwhile, as the available evidence suggests a significant improvement in quality of life on a strict, gluten-free diet. Notably, this improvement in quality of life has been demonstrated even in seemingly asymptomatic elderly patients.

Beyond improvements in quality of life, the study authors emphasize the importance of achieving the proper diagnosis and implementing treatment to improve overall health and potentially prevent severe complications, such as enteropathy-associated T-cell lymphoma and low-energy bone fractures. While the healing of damaged villi may be slower in elderly patients when compared to younger patients, recovery is still expected to be good with adherence to a strict diet. Collin et al. report the findings from one study by Hankey and Holmes which found strict compliance with the gluten-free diet in 90% of their elderly celiac disease patients. These results demonstrate that while making such a large lifestyle change later in life can be difficult, it is certainly possible for patients who are motivated to improve their health and quality of life.

More importantly, the study authors conclude the level of suspicion of celiac disease should be as high in older patients as it is in younger patients. This, paired with screening at-risk groups – such as those with other autoimmune diseases or a family history of celiac disease – should help increase the rate of detection of celiac disease in elderly patients so they may benefit from the gluten-free diet.

Check out our website

You can find renewal information. You can see the contact info for our Board members. Our newsletters are archived there. You can also see Calendar of Events plus medical articles of interest to those with Celiac and non-celiac Gluten Sensitivity.

www.nashvilleceliacs.org

Join our **Gluten-Free Dinner Club** too:

<http://www.meetup.com/NashvilleGlutenFree/>

We're also on Facebook at www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/33398998988

Sept. 15th Program – Valerie Kraft

Jack McFadden and Carol Ann Baily met Valerie Kraft when she was in Nashville on a college visit to Vanderbilt two years ago. She is a very enterprising young lady who had suffered for years before being diagnosed as a celiac. She began The Celiac Saga for teens, while still a teen herself, to encourage others to be tested so they could begin living the gluten-free life.

Valerie has now finished her freshman year at Vanderbilt. She will be back in Nashville in the fall to begin her sophomore year. We've asked her to speak about children and teens struggling with celiac symptoms and about her gluten-free college life. If she doesn't have a conflict on campus, she will be our September speaker.



ESSENTIALS OF CELIAC DISEASE AND THE GLUTEN-FREE DIET is now available as a free download on Amazon, Barnes & Noble and Apple. The guidebook will help you learn the basics of celiac disease: signs and symptoms, genetic and antibody testing, diagnosis and required follow-up testing. You will learn what gluten is where gluten is found and how to avoid it. It will help you make healthy food choices while grocery shopping and preparing foods inside your home to manage your gluten-free diet.

You will be able to identify gluten-free grains, meal options and snacks for safe eating anytime. You will learn how to eat gluten-free outside your home at social gatherings, restaurants and while traveling. You will also discover the pioneering research initiatives, programs and services offered by the University of Chicago Celiac Disease Center.