



February 2020

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

**Join Us on Monday, February 24th 7:00 pm at
Sopapilla's in Franklin**

Meetups provide an opportunity to try new restaurants safely



We are planning a dinner for 7:00 pm at **Sopapilla's in Franklin for Monday evening, February 24th**. We hope you can plan to join us there, off Franklin Rd, just south of Moores Lane at 1109 Davenport Blvd, # 600. If you can join us for this fun dining out experience, please RSVP by Thursday, February 20th to nashvilleceliacs@gmail.com

Sopapilla's – a taste of New Mexico – provides a gluten-free menu that includes nachos, tacos, enchiladas, tamales, table-side prepared guacamole, and other tasty treats from New Mexico. They offer a variety of margaritas as well as other drinks. They even have chocolate crème brûlée for dessert that is gluten-free.

We will plan another meetup dinner in April. Let me know where you think we should plan to go next. Call Carol Ann Baily at 615-478-9998 or email carolannbaily@gmail.com

Our Next Meeting -- Saturday, March 14th 1 – 2:30 Yes, You Really Can Dine Out Gluten-Free!

Have you ever been questioned by restaurant staff about whether you are asking for a gluten-free meal because you are following a new fad diet? Restaurants tell us that they are confused when customers ask for gluten-free items but then they eat the bread anyway, or they agree to a sauce that contains wheat, saying that “a little won’t hurt.” Now, we all know that “just a little” can cause lots of problems for those of us who have celiac disease or non-celiac gluten sensitivity. So how do we communicate with restaurant personnel so that we can be sure of dining out safely?

The National Celiac Association (NCA) has provided some materials to help us learn how to talk to restaurant hosts/hostesses, wait staff, managers, and chefs to assure that we can enjoy dining out. We have combined those suggestions with our local experiences dining out to provide you new ways of talking about celiac disease when you are ordering your meal.

We will also look at special cuisines to see what we need to know about those dishes before we make menu selections and how we can speak to those restaurant workers who do not speak English well. We hope you will come to this meeting prepared to share your dining out experiences during the presentation so you can contribute to this program.

We are planning to add a restaurant recommendation database to our website. This program will be the base of our information to help our members dine out safely gluten-free.

We are meeting at Westminster Presbyterian Church, located at 3900 West End Ave, just a few blocks west of I-440.

Although I-440 is not the best route these days with all the construction, it may be less traveled on Saturdays when we meet.

Take whatever route you prefer to West End Ave. and Mayfair Ave, to the west of the Church. Turn into Mayfair Ave., off of West End Ave. There are a few disabled parking places to the right, along the street. There is a nice large lot across Mayfair on the left for everyone else. Just to the right of the disabled parking places, there is a ramp leading down to the door of Goodpasture Hall where we will be meeting. We'll put out signs for the Celiac Meeting so you can see the ramp and go directly to the meeting room. If you have any problems, call Carol Ann Baily, 615-478-9998, to get directions.



NEW!

Gluten in Medication Disclosure Act

Senator Richard Blumenthal from Connecticut introduced [Senate Bill S.3021](#) in December. The Gluten in Medicine Disclosure Act uses the same language as the House bill by the same name that was introduced in April 2019. The Gluten in Medicine Disclosure Act is "A bill to amend the Federal Food, Drug, and Cosmetic Act to require the label of a drug that is intended for human use and contains an ingredient that is derived directly or indirectly from a gluten-containing grain to identify each such ingredient, and for other purposes."



The NCA is asking that you support this important bill by **contacting your Senators** at <https://senate.gov/senators/contact> and asking them to sign on as a co-sponsor. On page 4, you will find a sample letter that you can edit and send to your Senators.

You can also **contact your Representatives** at <https://congress.gov/representatives/find-your-representative> requesting that they sign on as a co-sponsor for the House bill. On page 5, you will find a sample letter that **you can edit and then send to your Representative**. Members need to hear from you to understand why this is important; **including a personal story can be helpful**.

S. 3021: The Gluten in Medicine Disclosure Act of 2019:
Providing Transparency for Consumers

Dear **Senator Name**,

Celiac disease is a serious, genetic autoimmune disorder affecting 3 million Americans in which ingesting gluten causes damage to the villi of the small intestine. The only treatment is the total elimination of gluten-containing products, including all wheat, barley, and rye sources. For some, failure to avoid these **can lead to life-threatening complications**, including some cancers. Importantly, a Mayo Clinic study revealed that the rate of celiac disease has almost quadrupled over the past 50 years.

In 2004, the Food Allergen Labeling Consumer Protection Act required packaged food labels to identify all ingredients containing wheat and other allergens. This requirement **does not extend to prescription drugs, making it nearly impossible for consumers to determine the presence of gluten in prescription medicine**. After repeated efforts to shed light on this issue, the FDA initiated a draft guidance in 2017 (which is still being finalized), encouraging drug manufacturers to disclose the presence of gluten. While some manufacturers have taken this step already, many have not. This leads to anxiety of not knowing whether or not medication is doing more harm than good.

On December 11, 2019, Senator Richard Blumenthal introduced the **Gluten in Medicine Disclosure Act of 2019** to the floor of the Senate. This Bill will require drug manufacturers to label medications intended for human use with a list of ingredients, their source, and whether gluten is present. A gluten-containing drug that does not meet these requirements would be considered misbranded under Section 502 of the Federal Food, Drug, and Cosmetic Act. This labeling will allow concerned consumers to know, for example, if the starch in their prescription medicine comes from wheat or corn, an important distinction.

Please join Senator Blumenthal in **cosponsoring** this important piece of legislation to make it easier and safer for individuals with celiac disease or gluten sensitivity to make informed decisions of needed medications. For more information or to cosponsor, please contact Alison Council (Alison_Council@blumenthal.senate.gov) in the office of Congressman Blumenthal. Thank you!

Sincerely,

Your Name

Your Address

H.R. 2074: The Gluten in Medicine Disclosure Act of 2019: Providing Transparency for Consumers

Dear **Representative Name**,

Celiac disease is a serious, genetic autoimmune disorder affecting 3 million Americans in which ingesting gluten causes damage to the villi of the small intestine. The only treatment is the total elimination of gluten-containing products, including all wheat, barley, and rye sources. For some, failure to avoid these **can lead to life-threatening complications**, including some cancers. Importantly, a Mayo Clinic study revealed that the rate of celiac disease has almost quadrupled over the past 50 years.

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On April 3, 2019, Congressman Tim Ryan along with his colleague, Congressman Tom Cole, introduced the **Gluten in Medicine Disclosure Act**, which will require drug manufacturers to label medications intended for human use with a list of ingredients, their source, and whether gluten is present. A gluten-containing drug that does not meet these requirements would be considered misbranded under Section 502 of the Federal Food, Drug, and Cosmetic Act. This labeling will allow concerned consumers to know, for example, if the starch in their prescription medicine comes from wheat or corn, an important distinction.

Please join Representatives Ryan and Cole in **cosponsoring** this important piece of legislation to make it easier and safer for individuals with celiac disease or gluten sensitivity to make informed decisions of needed medications. For more information or to cosponsor, please contact Rachel Jenkins (rachel.jenkins@mail.house.gov) in the office of Congressman Ryan. Thank you!

Sincerely,

Your Name
Your Address

Upcoming Events for NCAT-- April Meetup TBA; Do you Want Another Picnic, June 13? Meeting on September 12; Holiday Potluck on November 14!

We are trying to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT). **We need your input, however.**

What restaurant would you like to try for our April meetup dinner? **Please send us your ideas.**

We also want to know if you want to have another **Picnic in June**. Last year's was a brunch picnic and over before noon. It was lots of fun and different. If you came, do you want to do it again? If you missed it, are you interested in coming this year? **We need to know what you would like to do.**

We set a date for the September meeting, but we need some ideas for a program. **What would you like to hear about or learn from this program? Give us your ideas. We'll find a speaker.**

Put November 14 on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and most delicious meeting of the year!

