

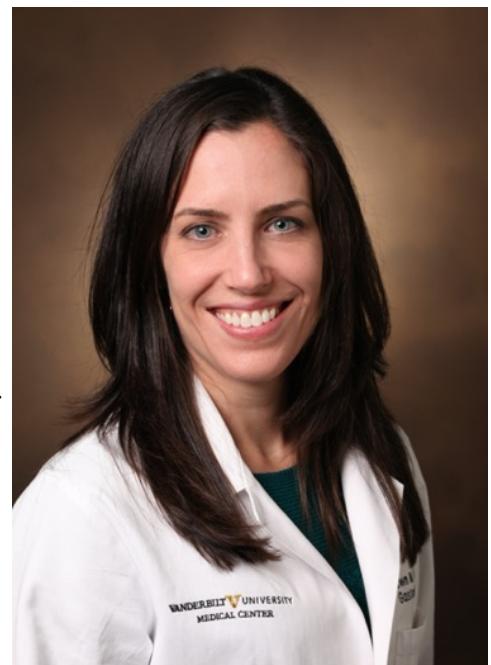


NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Our Next Meeting -- Saturday, May 15th 1:00 – 3:00 Dr. Dawn Adams will speak on research for new diagnostic tools and therapies

Dawn Wiese Adams MD, MS is an Assistant Professor of Medicine at Vanderbilt University Medical Center (VUMC). Dr. Adams received her medical degree from The Cleveland Clinic Lerner College of Medicine in 2009. During her medical training, she earned a Master of Science in Nutrition at Case Western Reserve University. Dr. Adams completed her internal medicine residency and gastroenterology fellowship training at VUMC and joined the faculty in the Division of Gastroenterology in August 2015. Dr. Adams is the Medical Director for the Center of Human Nutrition which cares for patients with malnutrition due to gastrointestinal disorders. Dr. Adams founded and directs the Vanderbilt Celiac Disease Clinic which is the only regional facility that provides comprehensive care for patients with Celiac Disease. Dr. Adams also serves as Medical Director for a Vanderbilt OptionCare Joint Venture to improve quality of care for patients on home IV therapy.

Dr. Adams's research interests include Celiac Disease, short bowel syndrome and consequences of home IV nutrition (parenteral nutrition). Her clinics care for patients with Celiac Disease, intestinal failure, short bowel syndrome, refractory diarrhea and severe weight loss. Dr Adams will discuss investigational diagnostic tools and therapies for Celiac Disease.



Zoom Instructions, if you are new to Zoom.

Once again, we have decided that we still need to meet via Zoom for our next meeting.

If you haven't used Zoom yet, it is very easy. We will set up a meeting for May 15th 1-3 pm and then we will send you a link to that meeting and a password so only our members and guests can get in the Zoom classroom. You may use a computer, an iPad, or your smartphone to log into the Zoom meeting. After 12:45, you may enter the Zoom meeting with both audio and video from your computer or phone. We will be able to see each other and we will be able to converse as we usually do.

Gallery or Speaker View – At the top right of the Zoom screen, there is a symbol. When you click on it, you can change between a gallery view (when you can see all the participants on the screen) or a speaker view (when you can see the speaker alone on the screen). When we meet at the beginning and for questions at the end, gallery view will be best. When the speaker is making the presentation, then you can switch to speaker view. When the speaker shows a PowerPoint presentation, that will be in the larger part of the screen and in a smaller window you can still see the speaker's face.

Mute/Unmute and Start/Stop Video – at the bottom left of the Zoom screen, you will see a microphone symbol and a video camera symbol. During the presentation, you will mute your audio so that no distracting noises interfere with the program and you can stop the video too, if you want to do so. You will be able to unmute the audio to ask questions as needed or at the end of the program and you can start the video again so we can see you. It's really almost like meeting in person except we are all at home and meeting virtually on the screen.

If you are using someone else's computer, you might want to change your name that appears on your video picture. Click on the Participants symbol at the bottom of the screen and scroll down to Rename and a window will appear where you can type in your own name.

If you want to write out a question during the presentation, you can click on the Chat symbol at the bottom of the screen. A chat window will pop up where you can write out and submit your question.

At the end of the meeting, you can click on the red button at the bottom right of the screen to Leave the Meeting.

Watch for an email with the Zoom link. We want you to join us to hear Dr. Dawn Adams' latest update.

Meet-up Dinners On Hold – Where To Go Next?

It has been more than a year now since we have been able to gather for a Meet-up dinner at a local restaurant. Last February, a group of us enjoyed the New Mexican delights of Sopapilla's in Franklin, including their tortilla chips that they prepare gluten-free when you make reservations in advance. Although many are still reluctant to eat out in a larger group, we hope to do so later in the year. If you have favorite places to recommend, please let us know so that we can make plans for a Meet-up soon.

Second Nourished Festival provided information and demonstrations



After a successful debut of the online Nourished Festival in the fall, they offered another one in March, so I had to be there, well here, really! No need to find a venue, locate a parking place, walk up and down the rows of vendors or crowd into a small room for a demonstration. Personally, I sure enjoy these virtual events!

The festival was Saturday and Sunday, March 20-21. There were two, sometimes three, presentations and demonstrations each hour. They usually lasted 45-50 minutes so that there was a break between sessions. In addition, vendors had virtual booths where they could talk to participants, answer questions, and promote their gluten-free products.

The first presentation I saw was *Mindful Eating for Good Nutrition*. Sheri Traxler focused her advice on paying attention to how hungry you really are; what signals your body is giving you. Do you want to eat because you are bored or because food looks good even though you are not really hungry, or because it is meal time? Also, she suggested really asking what kind of food you really want. Do you eat food that is quick or convenient? Do you eat whatever is in front of you at a party, etc? Do you want a certain texture, temperature, taste (spicy, fresh, savory, strong, etc.) What food would be healthy, that would make you feel good afterwards? If you are not physically hungry, what do you really need? Her VireoLife website has more details as well as forms to track your mindful eating.

Several sessions featured demonstrations of gluten-free baking, some with recipes you can make at home, some of gluten-free products such as bread, cookies that you could order with a discount for the festival. One session was on how to make gluten-free sourdough for sourdough bread. Another demonstrated recipes for using a cassava flour they were selling. One of my favorite sessions was with Lorraine's GlutenFree. She has developed a sweet dough mix to make cinnamon rolls, beignets, glazed donuts, and even a Nutella Babka. They all looked wonderful!

Another woman and her husband, the Fitzpatricks, who like to travel, presented a pad thai recipe last fall. At this festival, she demonstrated how to make empanadas with gluten-free flour like Cup4Cup. Hers are baked in the oven, but they can be fried, if you prefer. You can find the recipe at <https://www.thenomadicfitzpatricks.com>.

One of the sessions questioned the contents of Schär's new GF Croissant. It appears that wheat starch is needed to thicken and improve the texture of the croissants. The company says that all protein is removed from the wheat starch in their processing and that it meets the recommended limit of less than 20 parts per million. If you react to gluten at this level, you may want to be cautious about trying these croissants. I haven't seen them in Nashville yet, but if you do, let us know.

There was also a presentation on new research, but we will hear that from Dr. Adams at our meeting.

Did You Miss Our March Zoom meeting?

Our speaker was Patricia Esposito, a Registered Dietitian at The Center for Human Nutrition at Vanderbilt University Medical Center. She specializes in nutrition management for those with digestive disease and malabsorption, including Celiac Disease. Born and raised in Florida, she received both undergraduate and graduate degrees from Florida State University. Her primary career accomplishments over the past 8 years include nutrition support certification for tube feeding and IV nutrition in both the hospital and home setting. Patricia and her husband recently relocated to Nashville, TN from St. Petersburg, FL. She enjoys spending most of her free time spoiling her dog, Shelly, and enjoying the cooler weather Tennessee has to offer.

At our Zoom meeting on March 13th, she discussed with us the increased risk of malabsorption in Celiac Disease. Specifically, the increased risk of vitamin and mineral deficiencies. She particularly focused on these vitamins: D, B6, B9 (also known as folate), and B12, as well as the minerals: iron and magnesium. She reviewed the importance of following a well-balanced gluten free diet to aid in prevention and treatment of these deficiencies. She also recommended regular follow up with your physician to check on the levels of these vitamins and minerals so that you can catch any deficiencies that you might have..



From NCA's newsletter -- Celiac disease and gluten-free in the news

Representatives Tim Ryan (D-OH) and Steve Stivers (R-OH) [introduced the Gluten in Medicine Disclosure Act](#).

[Find your representative](#) and reach out to them to encourage them to support the Gluten in Medicine Disclosure Act.

[A recent study tested gluten-free french fries cooked in shared fryers](#) with wheat and concluded that 25% of the french fry orders would not be considered gluten free.

The recommendation to not eat foods cooked in a shared fryer remains.

Upcoming Events for NCAT—

**Perhaps a picnic, if possible...
Meeting on September 12th,
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.** Email: nashvilleceliacs@gmail.com or carolannbaily@gmail.com

What restaurant(s) would you like to try for our next meetup dinner? **Please send us your ideas.**

We also want to know if you want to have another **Picnic sometime this summer**. 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! **We hope to do it again in person this year!**