

nca
National
Celiac Association Tennessee

GRAINWISE
& GLUTENFREE

August 2022

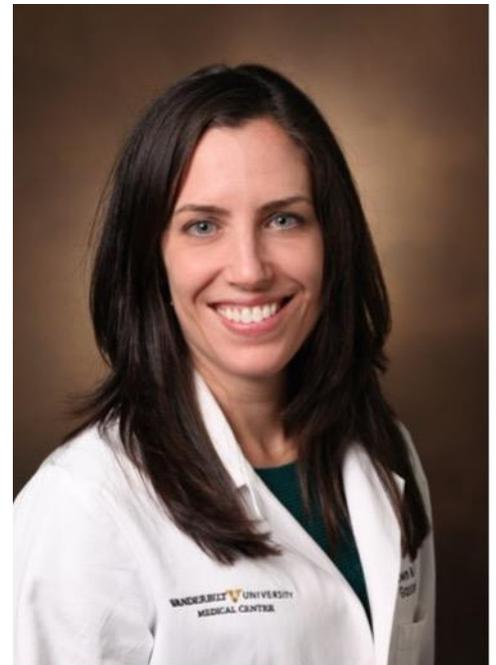
NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Join Us on Saturday, September 10th for an Informative Meeting about Celiac Research 12:00 -- 2:00 pm at Westminster Presbyterian

We are pleased that our first inside and in-person event since 2020 will feature **Dr. Dawn Adams, our NCAT Medical Advisor**, who will update us on research being conducted on celiac disease. Our meeting room in Westminster Presbyterian has good ventilation and plenty of room for our group to spread out. If you prefer to wear a mask since we will be indoors, please do so.

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'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.



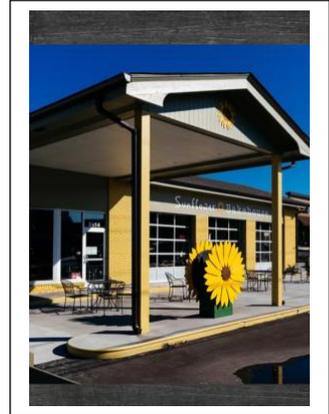
Snacks to be served at our September Meeting

Westminster Presbyterian has asked us to meet from noon to 2 pm in September. It may not be quite a lunch, but we will have samples of locally baked goods to try at the beginning of our meeting. We have asked three gluten-free bakers to provide some samples of their baked goods for tasting.

We will provide water, iced tea, and lemonade to accompany the baked snacks. We thought you would enjoy getting to know about these gluten-free baked goods.



Sunflower Bakehouse is a gluten-free bakery on Lebanon Pike in Donelson that also provides baked goods for the Sunflower Restaurant located in Berry Hill. They are providing samples of their products to taste.



Grandmas Gluten Free Goodies is run by our NCAT member, Jeanne Baird. She bakes gluten-free breads, cakes, cookies, bars, and pies. She will bring samples of her sliders for us to try at our meeting.



And for a sweet treat, we can also sample Gretchen Mansourian's **Coconutty Joy!** Another of our NCAT members, Gretchen has developed a dessert that is gluten free, grain free, sugar free, dairy free, and irresistibly delicious by even the most picky eaters. **Coconutty Joy** has a coconut and almond flour base with a chocolate topping made from raw organic cocoa butter and natural cocoa powder sweetened with local honey selected for its ease with digestion.

Coconutty Joy is currently sold at the I LOVE JUICE BAR's Brentwood, Berry Hill, Carothers, Spring Hill, Franklin, and Gulch locations.



Celiac Awareness Day on Sept. 13th

Dr. Samuel Gee was born in the UK on September 13, 1839. He wrote a paper titled *On the Coeliac Affection* in 1888 which first described celiac disease. The paper recommended "To regulate the food is the main part of the treatment... He concluded, "... if the patient be cured at all, it must be by means of diet."

NCA provides continuously updated resources for school, dining out, travel and more. They answer questions by phone and email and collaborate with leading organizations such as Harvard Medical School's Celiac Research Program. They work with local chapters like ours –NCA Tennessee to reach people across the country.

What can you do to celebrate Celiac Awareness Day? Share with others your experience with the celiac diet. Go to nationalceliac.org for more information about the resources available to those dealing with celiac.

Jeanne Baird's GF Cooking Series – Going Gluten Free and Loving It!– with the Celiac Disease Center -- on VU Health's website
First Class: Setting up a Gluten-Free or Mixed Kitchen -- on video
Next Class in January: Baking 10-Minute White Bread

WATCH ANYTIME

VANDERBILTHEALTH.COM/CLINIC/
CELIAC-DISEASE-CLINIC

Advancing Celiac Research Through Patient Participation and Industry Partnership

Join the Harvard Medical School Celiac Research Program and the National Celiac Association for the first webinar in our Fall 2022 "Ask the Experts" series. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A, on **Wednesday, September 14, 2022, from 1- 2:15 pm ET**. Patients, clinicians, scientists and industry partners all contribute to the research effort to find treatment alternatives to the gluten-free diet.

Speakers will present the latest research and talk about the importance of patient participation in clinical trials. **Daniel Leffler, MD, MS, AGAF**, gastroenterologist at Beth Israel Deaconess Medical Center and senior medical director at Takeda Pharmaceuticals, will join **Francisco Leon, MD, PhD**, chief scientific officer and co-founder of Provention Bio, to present a research update on emerging technologies to diagnose and monitor celiac disease and alternative treatments in their experimental stages. **Jocelyn Silvester, MD, PhD**, pediatric gastroenterologist at Boston Children's Hospital, will talk about the use of gluten in clinical trials.

Lee Graham, executive director of the National Celiac Association, will introduce the webinar, which will be moderated by **Alessio Fasano, MD**, pediatric gastroenterologist and director of the Center for Celiac Research and Treatment at Mass General for Children. A Q&A session will follow the presentations; please submit general questions below or during the webinar on the Zoom platform.

Please note: This is an educational webinar, and no information is intended for diagnosis or treatment of any medical condition. Please seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Continuing Education Units (CEUs): This course (220323-RSS) is approved by the Boston Children's Hospital's Continuing Education Department for 1.25 AMA PRA Category 1 Credits™ for physicians, 1.25 contact hours for nurses, 1.25 ACE CE continuing education credits for social workers, and 1.25 CEUs for Registered Dietitians. Instructions for claiming credits will be made available during the webinar and transcripts will be available within 30 days

[Register Now](#)

Upcoming Events for NCAT—

September 10th Meeting; Holiday Potluck on November 12th !

Put November 12th on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and the most delicious meeting of the year! We sincerely hope that we can resume our in-person potluck this year. Therefore, we have reserved the room at Westminster Presbyterian with tables to be set up for the potluck. We will let you know the details in the next newsletter.

We are trying to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT) for 2023. **We need your input, however. If you have ideas about topics you'd like to see discussed or demonstrations, etc., let us know so we can arrange programs you will enjoy.**



This is the Korean Veterans' Bridge lighted for the International Celiac Day, on May 16, 2022.

www.nashvilleceliacs.org