

## The Gluten-Free Allergy-Free Marketplace Launches At Celiac.Org

**Celiac Disease Foundation Curates, Sells, and Promotes Products and Services from Companies Committed to the Gluten-Free and Allergy-Free Community**

**U**nderscoring its role as a leader in online tools for the gluten-free community, Celiac Disease Foundation (CDF) today launched the Gluten-Free Allergy-Free Marketplace, a new retail destination hosted on celiac.org. Featured at celiac.org/marketplace, the Marketplace showcases products and services from companies that care about the gluten-free and allergy-free community, and have made a deep commitment to supporting CDF's mission of diagnosis, treatment, and a cure for celiac disease.

The Gluten-Free Allergy-Free Marketplace allows consumers to browse by dietary preferences, including special medical, dietary, and religious requirements, and view product pictures, ingredients, and nutrition facts. Marketplace users can connect with companies for coupons, discounts, and recipes, create shopping lists, and support CDF by purchasing products directly from



Amazon.com with a single click. CDF's Gluten-Free Allergy-Free Marketplace is the only comprehensive one-stop shop for alternative dietary needs. The Marketplace revolutionizes gluten-free shopping, making specialty foods, services, and products easily accessible to the

public. Marketplace users also have access to CDF's other tools, including the Symptoms Checklist (celiac.org/checklist), Healthcare Practitioner Directory (celiac.org/directory), and 7-Day Kick Start Meal Plan (celiac.org/mealplan).

"Celiac Disease Foundation's goal is to become a destination website for all searches relating to celiac disease and the gluten-free lifestyle," said Marilyn G. Geller, Chief Executive Officer of Celiac Disease Foundation. The Gluten-Free Allergy-Free Marketplace provides access to life-enhancing products and services, while allowing consumers to support both CDF and the companies who support the CDF mission.

Since its new website launch in 2014, the charitable non-profit has seen a 1400% increase in visitors to celiac.org. A Gluten-Free Allergy-Free Marketplace app for Apple's iOS will be available in the second quarter of 2015. An Android app is planned for the fall.



### Gluten in Medications

You are committed to removing every bit of gluten from your diet, but what about products such as prescription or over the counter medications?

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### Conference & EXPO

Celebrate our 25th Anniversary at our National Conference & Gluten-Free EXPO on May 2 & 3, 2015 in Pasadena, CA.

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### Celiac & Type 1 Diabetes

The estimated prevalence of celiac disease in patients with type 1 diabetes is approximately 8%, and about 1% in the general population.

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**Marilyn's Message**

**Goal #1: Achieve rapid diagnosis and treatment of celiac disease through expanded professional education programs and partnerships**

- Expand and create new educational programming and resources for healthcare providers
- Support research initiatives, studies, and clinical trials

— CDF Strategic Plan 2014

Every goal in Celiac Disease Foundation's three-year strategic plan is vitally important to our objective to end the needless suffering that celiac disease causes millions of Americans. If you haven't had the opportunity to do so, I encourage you to read the Executive Summary of our plan that we have posted online and share with me your thoughts. There is a reason, however, why the *FIRST BULLET POINT IN THE FIRST GOAL* in our strategic plan is to educate healthcare providers about celiac disease. Even today, far too many healthcare providers — doctors, physician assistants, and nurse practitioners — lack knowledge about this disease that afflicts 1 in 100 people, and impacts so many more. Dr. Amy Burkhart is both a medical doctor and a Registered Dietitian based in Northern California; after the Behar comments last month, she wrote me the following:

*If you ever need anyone to speak to physicians in Northern CA I am happy to do that... The last two talks I have given were grand rounds--eye opening how much the physicians still need the information! It gets the word and proper information out to the medical community which is so needed. I simply don't have time or resources to set these speaking events up but if you have someone who does this and would like to reach to N. CA--It is something very important to me — I would be happy to help.*

This ignorance means that, every day, suffering patients visit their healthcare providers who fail to test them for celiac disease. Every day, these well-meaning professionals send their patients back out the door in pain, frustrated, and still needlessly exposed to the myriad of short- and long-term risks associated with untreated celiac disease.

Today, CDF's Grand Rounds program for doctors is limited to Southern California. Sadly, we lack sufficient resources to expand it to Northern California, much less around the country. We also need more resources to offer additional professional education programs to reach and educate the hundreds of thousands of healthcare providers who can, by ordering a simple blood test, help end the suffering.

Together, we can make essential programs like these happen. We must.

To Our Health,

**Marilyn G. Geller**

Chief Executive Officer

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I GAVE UP  
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## Board Chair's Message

**M**any of you know the story of Elaine Monarch and how she came to start Celiac Disease Foundation (CDF) 25 years ago as a support group for individuals with celiac disease and their loved ones.

What I want to tell you about during this celebration of CDF's 25th anniversary is Elaine's continuing role as a guiding force of this great organization. I also want to share with you our plans to celebrate this extraordinary woman and her accomplishments at a special anniversary dinner on May 2nd at the Pasadena Civic Auditorium Gold Room.

When Elaine founded CDF, there was widespread and, quite honestly, shameful ignorance within the medical community about celiac disease. She saw the excruciating agony the disease was causing for both adults and children. She recognized the despair that arose from victims repeatedly being told that nothing was wrong with them. Quickly, Elaine became the voice of reason, expertise, compassion, and empathy to the Southern California celiac community. After seeing doctor after doctor, sufferers, or, as often, their loved ones at wit's end, would show up in our offices, and Elaine would immediately stop whatever she was doing, invite them into her office and offer a box of Kleenex, a sympathetic ear, and sound advice.

In my mind, Elaine's greatest legacy was her remarkable vision to use the power of community to bring celiac disease out of the shadows. She organized the medical community to focus on research,



**In my mind, Elaine's greatest legacy is her remarkable vision to use the power of community to bring celiac disease out of the shadows.**

to create easier testing protocols, and to increase the diagnosis rate. She organized the patient community domestically and internationally to offer one another much needed support, to push for more gluten-free diet options, and for enhanced patient rights. She organized the non-profit and advocacy community to push for clear standards on gluten-free food labeling and to spur government research.

On May 2nd, we are coming together to celebrate our founder, Elaine Monarch, at a special 25th Anniversary Gala – An Evening of Comedy & Magic. Dinner details may be found at [celiac.org/25dinner](http://celiac.org/25dinner), or by calling the CDF Office at 818.716.1513, x101. I believe it will be a fitting tribute to a visionary leader. Elaine will be the first to tell you that much work remains to be done. The proceeds from this event will allow CDF to continue her legacy of service and change. Please plan on joining us. I look forward to seeing you there.

*Stay Healthy,*

**Marc Riches**

*Chair, Board of Directors*

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25<sup>th</sup> ANNIVERSARY

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### SCHEDULE OF EVENTS

**CDF National CONFERENCE**  
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**Gluten-Free EXPO**  
SATURDAY, MAY 2 & SUNDAY 3, 2015

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"I look forward to CDF's National Conference & Gluten-Free EXPO every year! From the educational speakers to the endless assortment of delicious samples, this is the place to be if you're gluten-free."

~Jennifer from San Diego, CA

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For more information visit: [celiac.org/register](http://celiac.org/register) or call **818.716.1513** x101

# MEET OUR SPEAKERS



## Joseph Murray, MD

CDF Medical Advisory Board, world-renowned celiac disease expert at Mayo Clinic in Minnesota, President of the North American Society For The Study Of Celiac Disease

Whether diagnosed with celiac disease or just deciding if a gluten-free diet is right for you, Dr. Murray will help you maintain and thrive on the gluten-free diet. Join his session to learn about the science and future of celiac disease and gluten sensitivity. Currently, Dr. Murray practices as a gastroenterologist in the Division of Gastroenterology and Hepatology at the Mayo Clinic in Rochester, Minnesota. He is president and a founding member of the North American Society for the Study of Celiac Disease, as well as a fellow of the American Gastroenterologic Association. He has published over 100 scientific articles and has several patents on novel devices for the treatment of GI disorders.



## Sheila Crowe, MD

CDF Medical Advisory Board, Professor in the Division of Gastroenterology in the Department of Medicine at the University of California San Diego (UCSD), Vice President of the American Gastroenterological Association

The topic of Dr. Crowe's session is: A Balancing Act: Women's Health & Celiac Disease. Join her session to learn about how celiac disease affects infertility, nursing, crossover auto-immune diseases, and much more. Dr. Crowe will offer practical, helpful guidance for women with celiac disease, as well as discuss how it affects the body. As a clinician-scientist, Dr. Crowe is dedicated to conducting research, providing clinical care, and teaching and mentoring medical students. Dr. Crowe is the author of many articles and book chapters, and was a contributing author for the book *Celiac Disease for Dummies*, the ultimate reference for people with the disease and their family members, published in 2010.



## Shelley Case, BSc, RD

CDF Medical Advisory Board Member and Registered Dietitian

The topic of Shelley Case's session is: Expert Nutrition For Your Gluten-Free Family. Shelley Case is a leading international expert on celiac disease and the gluten-free diet. She is a frequent guest on television and radio, often quoted in print and online media, and delivers numerous presentations at medical, dietetic, celiac, and food industry conferences throughout the USA and Canada. Following her session, Shelley will moderate a Nutrition Panel, featuring representatives from CDF Sponsors, Frito-Lay and Schar.



## Anne Roland Lee, MEd, RD, LD

Director of Nutritional Services for Schar USA

Join the Nutrition Panel to learn fact from fiction, and get all of your questions answered about how to live healthy gluten-free! Anne Lee is the Director of Nutritional Services for Schar USA. Previously, she was the nutritionist at the Celiac Disease Center at Columbia University, where she was involved in patient care and research. Her research has resulted in published articles on the effect of a gluten-free diet on the quality of life, the nutritional adequacy of the gluten-free diet, the economic impact of a gluten-free diet, and on the cross contamination of inherently gluten-free grains. She has also authored chapters on celiac disease in nutrition textbooks.



## Dr. Yang Pan, PhD

Principal Scientist of Global R&D Nutrition Research Team at PepsiCo

Dr. Yang Pan will be presenting on the Nutrition Panel. She is a Principal Scientist of Global R&D Nutrition Research Team at PepsiCo. In this role, Dr. Pan leads the nutrition research program to translate science into business opportunities by enabling nutrition and benefit claims for Frito-Lay brands, working cross-functionally to help drive Frito-Lay's Health & Wellness agenda. Prior to joining PepsiCo, Dr. Pan served as Senior Scientist and Senior Manager of Global Scientific and Regulatory Affairs at The Coca-Cola Company, where she provided research and regulatory guidance and expertise to guide and support a wide array of global beverage business and innovation platforms.

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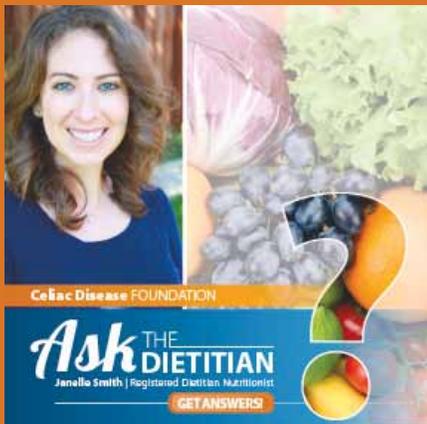
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CONSCIOUS EATING®



**J**anelle Smith is a UCLA-educated Registered Dietitian Nutritionist, and member of CDF's Medical Advisory Board. As CDF's resource to help our community live gluten-free, she is here to provide tips and tricks for simple and delicious eating throughout the year. Janelle hosts a webinar each month geared toward the time of year, co-occurring diseases, or any relevant news in the gluten-free world. This month, Janelle discusses celiac disease and type 1 diabetes. The "Ask-the-Dietitian" section of our website provides the resources, tools, and advice you need to maximize your health. To view previous webinars, please visit [celiac.org/webinars](http://celiac.org/webinars).

## Celiac Disease & Type 1 Diabetes

In cases of type 1 diabetes, the immune system attacks and destroys the specialized cells in the pancreas that produce insulin. When the body can no longer produce sufficient insulin (a protein that regulates blood glucose concentration) the resulting chronically high glucose levels in the blood (hyperglycemia) cause blood vessel and nerve damage. This can lead to serious complications, such as: stroke, heart disease, kidney disease, and amputation.

Symptoms for diabetes include: frequent urination, thirst, hunger, weight loss, dry mouth, and fatigue.

The exact cause that starts the autoimmune reaction in type 1 diabetes is still not understood. There are genetic and environmental factors that can increase the risk of developing diabetes, as well as certain drugs that lead to the specific destruction of the beta cells. The condition is usually diagnosed in children or young adults, which is why it was once called juvenile diabetes.

Diabetes is much easier to test for than celiac disease. A blood test, usually done after a period of fasting, measures how much glucose is in the blood. If it is over a certain threshold, the person has diabetes or pre-diabetes. If caught early enough, the auto-antibodies (antibodies that attack the body) can be tested for before the patient actually has diabetes or pre-diabetes.

Treating diabetes typically involves both a change in diet as well as insulin injections. Patients must monitor and control their blood sugar at all times to avoid hyperglycemia as well as hypoglycemia (low blood sugar).

### Type 2 Diabetes

Patients with type 2 diabetes still have insulin-producing cells in the pancreas, but they do not produce enough insulin, or their other cells do not respond to insulin. This lack of responsiveness is called insulin resistance. This insulin resistance results in high blood glucose concentrations similar to type 1 diabetes, and can cause similar symptoms and complications. The causes of type 2 diabetes are less established than for type 1, but there are certain things that can put someone at higher risk:

- Being overweight
- Being inactive
- Having family members with type 2 diabetes
- Having a certain ethnicity, such as African American, Asian-American, Hispanic, or Native American
- Being over age 45
- Developing pre-diabetes or gestational diabetes
- Having polycystic ovary syndrome

### Diabetes and Celiac Disease

The link between type 1 diabetes mellitus and celiac disease was first established in the 1960s. The estimated prevalence of celiac disease in patients with type 1 diabetes is approximately 8%, and about 1% in the general population. Most patients with both conditions have asymptomatic celiac disease, or symptoms that may be confused for symptoms of their diabetes. For this reason, and the significantly higher prevalence of celiac disease in diabetes patients, many doctors recommend getting screened for celiac disease after a diagnosis of type 1 diabetes, as well as celiac patients getting screened for type 1 diabetes.

A recent study in 2013, to which Dr. Peter Green, a member of Celiac Disease Foundation's Medical Advisory Board, contributed, found that there were no standard uniform practices for screening type 1 diabetes patients for celiac disease. Of the facilities in the study that did screen for celiac disease, 60% of them only did so if there were symptoms present. The authors of the study suggested that a uniform protocol for screening should be in place, as well as a need for further education on the gluten-free diet in patients with type 1 diabetes for dietitians.

There is no established link between type 2 diabetes and celiac disease. Type 2 diabetes

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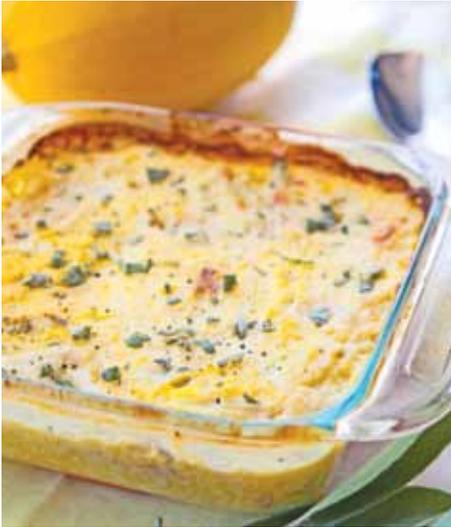
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# Diabetic-Friendly & Gluten-Free Recipes

## Low Carb Spaghetti Squash Carbonara



### Ingredients

3-pound spaghetti squash  
 8 oz [Jones Dairy Farm](#) Canadian bacon, diced  
 1 small yellow onion, diced  
 4 large eggs  
 ½ cup ricotta cheese  
 1 ¼ cup parmesan cheese  
 1 tsp salt and black pepper

Optional: add 1 ½ cups green peas, for additional 4g carbohydrate per 1 cup serving

### Directions

Cut squash in half length-wise and scoop out seeds with spoon to discard. Place squash halves cut-side down on baking sheet or dish with ½ cup water. Bake at 350°F for 45 minutes, or until easily pierced by a fork.

**Tip:** to cut down baking time to 30 minutes and make it easier to cut through the squash, microwave for 5 minutes first. Cook bacon in a skillet, then add diced onion until browned (approx. 5 minutes).

Remove from heat. In a bowl, whisk together eggs, then add ricotta cheese. Stir in bacon and onions, 1 cup grated parmesan, cooked peas (optional), salt and pepper. When spaghetti squash has cooled enough to touch, use a fork to shred the inside flesh into spaghetti-like strings all the way down to the outer shell. Mix the squash strings into the bacon-onion-cheese mixture. Spread in a 9x13 glass baking dish and top with remaining ¼ cup parmesan cheese. Bake for 45 minutes at 375°F.

*Serves 10. Approximate nutrition per serving (1 cup): 265 calories, 16g total fat (6g saturated), 12g total carbohydrate (2g dietary fiber, 1g sugars), 18g protein*

## Ancient Grain Granola with Agave



### Ingredients

2 cups quinoa flakes  
 ½ cup chopped nuts (pecans, walnuts)  
 ¼ cup ground [Hodgson Mill](#) Milled Flaxseed  
 2 tsp ground cinnamon  
 5 tbsp agave nectar  
 2 tbsp coconut oil, melted  
 2 tsp vanilla extract

### Directions

Preheat oven to 325°F. Line large rimmed baking sheet with parchment paper or foil. In a large bowl, combine quinoa flakes, nuts, flaxseed, and cinnamon. In a medium bowl, whisk together agave, coconut oil, and vanilla extract until well blended. Add the agave mixture to the quinoa mixture and stir until well coated. Spread mixture in a single layer on prepared baking sheet. Bake for 22-27 minutes, or until golden brown. Let cool completely on pan. Transfer granola to airtight container and store at room temperature for up to two weeks.

*Serves 14. Approximate nutrition per serving (1/4 cup): 141 calories, 7g total fat (2g saturated), 18g total carbohydrate (3g dietary fiber, 7g sugars), 3g protein*

**For more recipes, please visit [celiac.org](http://celiac.org) and choose 'Gluten-Free Recipes' under the 'Live Gluten-Free' tab.**



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# Gluten in Medication: What You Should Know

Contributed by Steve Plogsted

**Y**ou have been diagnosed with celiac disease, or you have been told you are gluten intolerant. You are committed to removing every bit of gluten from your diet, but what about products such as prescription or over the counter (non-prescription) medications? Should you be concerned? The true chances of getting a medication that contains gluten is extremely small, but as a protector of your health, you should eliminate all risks by evaluating the ingredients in your medications.

Oral medications in the form of tablets and capsules are a potential source of gluten contamination. Medications are composed of many ingredients, both inside and outside of the product. These ingredients, also known as excipients, include the active component, absorbents (which absorb water to allow the tablet to swell and disintegrate), protectants, binders, coloring agents, lubricators, and bulking agents (which allow some products to dissolve slowly as they travel throughout the intestinal tract). Excipients can be synthetic or from natural sources that are derived from either plants or animals. Excipients are considered inactive and safe for human use by the FDA, but can be a potential source for unwanted reactions.

## Database Search for Ingredient Source

One common excipient is starch. The most common type of starch used is from corn; however, starches derived from potato, tapioca, and wheat are also used. A recent search of medications listed on a National Library of Medicine database, managed in conjunction with the National Institute of Health, showed that there were 8,379 individual products or dosage forms that contained the word "starch." Searching specifically for the word "corn" reveals 6,518 records, "potato" reveals 2,934 records, "tapioca" reveals 17 records, while the word "wheat" reveals 11 records. The total adds up to more than the 8,379 records because many products have more than one starch contained within the product. This

database is called Pillbox, and can be accessed at <http://pillbox.nlm.nih.gov/pillimage/search.php>.

A second database, maintained by the same government organization, lists a total of 70,776 drug records; however, not all of the records have been categorized allowing a full search of a drug product based on their ingredients. This database is called DailyMed, and can be accessed at <http://dailymed.nlm.nih.gov/dailymed/index.cfm>. Both of these sites are extremely helpful in determining the potential for gluten contamination.

## Protecting Yourself From Possible Gluten in Medication

Currently, there is no law that mandates that the drug manufacturers disclose the source of these excipients in any public record or database, and we have to rely on calling the manufacturer to obtain information. Anybody who has ever done this knows how difficult it is to obtain accurate information. Some drug companies are very open with their information, while others either give incomplete or even false information. Often, you are told that the company does not use any gluten in the manufacturing of their product, but they won't guarantee it to be gluten-free.

As a consumer, how do you protect yourself when trying to obtain information regarding the gluten status of a drug when the information you are receiving is either incomplete or questionable? By looking at the excipients, you can get a pretty clear picture of the potential for contamination. As mentioned earlier, the most likely source of gluten contamination will come from starch. It is highly unlikely that any excipient other than starch will contain any measurable amount of gluten. When the excipient listed for the product contains the single word "starch," it can come from any starch source. Unlike in the food industry where plain starch must be derived from corn, this does not apply to the pharmaceutical industry.

A second type of starch is pre-gelatinized

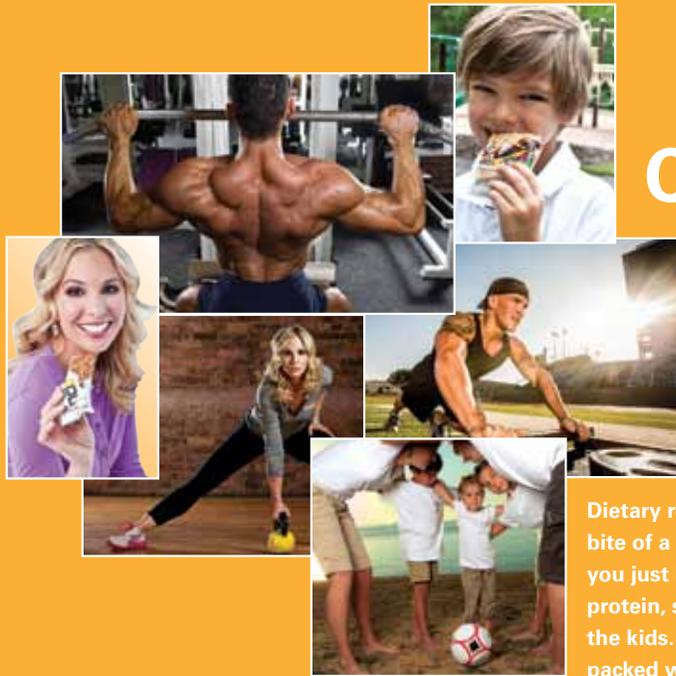


starch. This is primarily derived from corn, but it can be derived from any source. A third type of starch is sodium starch glycolate. This is primarily derived from potato, but occasionally is derived from corn. Like pre-gelatinized starch, sodium starch glycolate can be derived from any starch source. Often times, the ingredients are actually listed as corn starch, which makes it easy to identify the source. Finally, there is the rare occasion when you see the dreadful words "wheat starch." By using the two FDA websites mentioned above, you can frequently find the source of the starch.

Using the information provided above, you can make an educated decision to take that product or look for a substitute. If you are told by the company that they do use gluten in their product, ask them to disclose what the source of the gluten is. If they tell you they use wheat starch, naturally you would avoid using the product. If they tell you it is derived from a wheat source, the chances are that they are referring to one of the sugar alcohols, also known as polyols. These are highly processed sugars that contain no wheat gluten, and therefore cannot cause a reaction. Examples of these sugar alcohols are mannitol, sorbitol, sorbitan, maltitol, xylitol, lactitol, erythritol, and hydrogenated starch hydrolysates. Another misrepresented ingredient is wheat maltodextran, or plain maltodextran.

## Cross-Contamination Risk in Manufacturing

A drug company may tell you that they won't guarantee their product to be gluten-free due to the potential of cross contamination in their manufacturing plant. Although this is a possibility, it would be extremely unlikely to occur due to the level of air quality control the manufacturing plants must have in place for the FDA to allow drugs to be manufactured in their facility.



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## My Celiac Disease Story - Taylor Grothe

[Celiac.org/TGF](http://Celiac.org/TGF)

The experience of health in my family is somewhat of a dichotomous one. I was, ostensibly, born healthy, to relatively healthy parents. My brother, two years my junior, was born with eczema and acne, was colicky, and had allergies and asthma that sent him to the hospital many times in his youth. To everyone's great delight, he always emerged unscathed and life moved forward.

I suppose the first sign of trouble was around puberty for me. I was a very active young professional horseback rider, and I had a career in it until my allergies suddenly presented with the same severity my brother's had at birth. My asthma was crippling, and I experienced profound mood changes. The contrast was stark: my brother, once unhealthy, was strong, while I was in for rounds of tests after years of being perfectly and robustly healthy. I finished high school well, went to Duke University, and there began to have problems again. I was experiencing seemingly random weight gain, brain fog, reoccurrence of asthma and allergic symptoms, and was constantly tired. At the inception of my celiac symptoms, I thought I was experiencing relatively normal responses to college: drinking beer for the first time en masse, eating pizza at 2:00am, and in general treating my body as disposable.

My future husband, Thomas, had been watching my body fall apart for the few months he had known me. I was at the end of my rope; he was at his wit's end, too. I started hunting around the Internet for solutions, considered autoimmune issues, and finally found the Celiac Disease Foundation website.

While Thomas was in class at law school, I checked off a list of symptoms, read stories of confusion and misdiagnoses, and did my own version of CDF's 7-Day Meal plan. Suddenly, with almost criminal clarity, I knew the answer.

Thomas and I scrubbed gluten from our diets, though I knew it would make CD much harder to diagnose. I was feeling so much better: I was losing all of the inflammation weight, my asthma was disappearing, and my mood stabilized. My anxiety attacks evaporated, and I felt like myself for the first time in three years. My husband held me while I cried from relief. In the course of a month, I felt human again.

When Thomas and I moved up north to New York, I went back to an old nutritionist, and she ordered a battery of blood tests. I suggested that I had been on the Celiac Disease Foundation website, and that a lot of my issues were on the handy checklist used for a preliminary diagnosis to ask your doctor about. I told her I felt much better now that I had cut gluten out of my life. I remember very clearly that she was skeptical since my symptoms hadn't presented early in my life, but ordered the tests anyway. She told me that the tests would reveal

nothing except genetics, but I wanted proof. My family, despite being health-conscious, was resistant to the idea of CD without hard evidence. The tests showed, ultimately, that I was a heterozygote match for the gene, and my gastroenterologist confirmed diagnosis.

CDF has been a guiding light in my experience with CD, as I know they have been for many other otherwise hopeless patients. In a time in my life that I term as the "pea soup fog period," the information I found from the Foundation cut through. What could have happened had I not found CDF and their bountiful resources about this disease?

For one, I know I would have been hospitalized several more times before I found out the truth. I certainly would not have been as healthy as I am now—and I would not have joined Team Gluten-Free's efforts to spread the health around.

About a year after my diagnosis, I found myself having profound cravings for beer. My husband, bless his heart, is a strapping, beer-drinking German, and I watched him enjoy hefeweizens, Oktoberfests, lagers, pumpkin ales, Schwarzbier; I wanted to cry. So, I resolved to start brewing on my own. After about six months, I thought that I could step it up and actually go into business. Church Owl Beer was born shortly thereafter, and we are now in it for the long haul.

Of course, I had to include CDF in my journey: they had so revolutionized my life that I felt I had to give back, at least in some small way. When I found out about Team Gluten-Free, I went to my friends and Agent Provocateur, and swiftly put together an event that would benefit CDF. The focus was on women with the disease and the symptoms they experience, such as infertility, weight gain, and hormonal imbalances, just to name a few. Thus, the Beers and Blazers event was formed. Partygoers would try on fabulous lingerie-inspired outerwear, sample Church Owl Beer's autumn brew, and 10% of the proceeds would go to CDF.

My experience with Team Gluten-Free was nothing short of phenomenal. Several members of the team reached out and sent wonderful informational placards, banners, and take-home sheets for goodie bags (we supplied shot glasses with Church Owl Beer's logo, and Agent Provocateur gave their signature keychain). I am so happy to say that the event was a total success, bringing together sufferers and supporters alike for a wonderful cause.

I have come a very long way since I was diagnosed, and even further from the months leading up to diagnosis. Without the support of Celiac Disease Foundation, I would not, really, be who I am now. Further, I would not have found my calling in the beer industry, and I would not have been able to give back to them in turn.



Taylor Grothe

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## Celiac Disease and Vaccinations by Saul Geller

**For people with celiac disease, vaccinations tend to work just as effectively as they do for the general population with one notable exception: hepatitis B. Celiac disease testing is recommended for non-responders to the hepatitis B vaccine who are not already diagnosed.**

Celiac disease is an autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. People with celiac disease are also at higher risk for other autoimmune diseases. Therefore, it is not unreasonable to wonder if the immune system of celiac patients is different in other ways, such as how it responds to vaccinations. For the most part, vaccinations work just as effectively as they do in the general population. There is one notable exception that has been uncovered: hepatitis B.

Hepatitis B is a disease that affects the liver. Caused by the hepatitis B virus (HBV), it can be transmitted through blood and other bodily fluids. Hepatitis B can present either chronically (long-term) or acutely (suddenly), but both kinds can be fatal. The disease is present in less than 1% of North Americans, but is still common in sub-Saharan Africa and East Asia.

The hepatitis B vaccine has been around since the 1980s and it is one of the safest vaccines available. The World Health Organization suggests vaccinating infants in their first day of life, as well as later on for the full protective effect. Like all vaccines, there is some percentage of people who simply do not respond, and therefore do not develop immunity to the disease. There are many factors that are associated with non-responsiveness, such as smoking habits, age, and obesity. This is one reason, among others, that it is important for as many people as possible to get vaccinated, so that these “non-responders” are protected from the disease through “herd immunity.” When enough people are successfully immunized against a disease, it helps protect people who are still vulnerable by reducing their contact to the disease. Even if someone had no response to a vaccine against a harmful disease, as long as everyone around them was vaccinated, the person won’t ever have the chance to contract the disease; this is herd immunity. In the general population, about 4-10% of people are non-responders.

For celiac patients, the hepatitis B vaccine is just as safe, but it

is far less effective. In a study published in 2003, Dr. Joseph Murray of the CDF Medical Advisory Board, and other researchers searched through a medical database and found that out of 19 people with celiac disease who also were vaccinated for hepatitis B, 13 did not show an adequate response. Many studies have confirmed that celiac patients have a very high rate of non-response to the hepatitis B vaccine.

The exact reason for this phenomenon is most likely genetic, at least in part. Interestingly, a 2007 study in of Hungary found that celiac patients who were already being treated with a gluten-free diet fared

much better than those still eating gluten. The paper, titled “Gluten Intake Interferes With the Humoral Immune Response to Recombinant Hepatitis B Vaccine in Patients With Celiac Disease,” monitored blood antibody levels in children to keep track of both celiac disease activity (transglutaminase and endomysium antibodies) and hepatitis B immunity (anti-HBs).

The researchers in that study found that not only did the children on a gluten-free diet respond as well as the control group to the hepatitis B vaccine, but children who initially showed no response to the vaccine were able to

later develop immunity by going on a gluten-free diet and getting re-vaccinated. The authors also suggest that patients who do not respond to the hepatitis B vaccine be tested for celiac disease.

These results were mirrored by another study done in Turkey around the same time in 2010. The group of researchers tested known celiac patients who had been vaccinated for hepatitis B, and found that the rate of non-response was significantly higher in the celiac patients when compared to controls (32.5% versus 14.8% respectively). But in celiac patients who were vaccinated after they were diagnosed and already on a gluten-free diet, the difference in response rate was insignificant. From these studies, it seems that only patients with active and untreated celiac disease are at risk for not responding to the hepatitis B vaccine.



**The authors also suggest that patients who do not respond to the hepatitis B vaccine be tested for celiac disease.**

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Type 1 Diabetes *Continued from page 9*

does have genetic components, but they are not associated with celiac disease genes like those of type 1 diabetes. The gluten-free diet may improve glycemic control for diabetic patients, although that is still controversial, as some studies support the idea and others suggest there is no difference in glycemic control between normal diabetic patients and diabetic patients with celiac disease on a gluten-free diet.

Untreated celiac disease, leading to a damaged small intestine, can increase risk of hypoglycemia because the small intestine may no longer be able to absorb nutrients such as sugars properly, making diagnosis even more imperative. Having one autoimmune disease puts you at greater risk for developing another. To see other symptoms and conditions associated with celiac disease, check out our Symptoms Checklist ([celiac.org/checklist](http://celiac.org/checklist)), which you can print out and bring to your doctor to help with the diagnosis for you or a loved one.

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