Enter Date Here

RE: ENTER PATIENT NAME

DOB: XX/XX/XXXX

To Whom It May Concern:

ENTER PATIENT NAME is a XX-year-old under my care at XXXXXXXX for a diagnosis of Celiac disease. Celiac disease is an autoimmune disorder that damages the villi of the small intestine when an individual ingests gluten. The damage to the small intestine leads to malabsorption of food. Celiac disease is a medical condition that requires a strict life-long gluten-free diet. Gluten is found in grains such as wheat, rye, barley, related grains, and oats that are not manufactured to be gluten-free. Gluten is a protein that is very helpful for making “things stick together” and therefore, it is also found in medications, art supplies, and cosmetics.

Public awareness about Celiac Disease is growing, as 1/100 people in the general population have celiac disease. The great news about celiac disease is people can stay healthy if they adhere to a strict gluten-free diet. They do not need medication, shots, or epi-pens. However, if an individual does not maintain a strict gluten-free diet, it predisposes them to other autoimmune disorders, such as, diabetes type 1, thyroiditis, and even lymphoma.

Avoiding gluten can be problematic for people with celiac disease due to many hidden ingredients containing gluten and the high risk of cross-contamination of foods containing gluten. It is challenging for people with celiac disease to eat outside of the home, but not impossible when support systems are put into place.

Please understand that ENTER PATIENT First NAME’s problems are ongoing and I continue to modify the treatment. Because of these problems, ENTER PATIENT First NAME may have to miss school for periods of time, either for follow up visits, worsening symptoms, or to initiate new treatment. At times when ENTER PATIENT First NAME is having increasing problems, the family will contact me or the pediatrician for evaluation and further treatment suggestions. There may also be other times when ENTER PATIENT First NAME may have milder symptoms, not severe enough to keep them out of school.

Some potential accommodations for a child with celiac disease include:

* Unrestricted access to the bathroom as needed
* Gluten-free materials for learning activities
* Gluten-free food in the cafeteria
* Working collaboratively with the parents/guardians to develop accommodations to fully include the child in all learning activities.
* Please refer to the “[2020 Recommendations for Managing Celiac Disease in Learning Environments](https://celiac.org/main/wp-content/uploads/2024/03/FINAL_CeliacSchoolActionGuidelines.pdf)” found at <https://celiac.org/school-support-sessions> for a complete list of accommodations.

We will greatly appreciate the coordinated efforts by the staff and school, to ensure the straightforward access to a gluten-free lunch choice and workspace cleanliness within the academic setting. Additionally, we would want to make sure that **all accommodations are documented in the context of a tailored 504** plan to help promote health, while minimizing the risk of social stigmatization or exclusion from a classroom wide activity to which other peers have access.

Please do not hesitate to contact me with any additional questions or issues.

Sincerely,

Enter YOUR name, MD

Enter Institution Name