

WASHINGTON AREA CELIAC SPRUE SUPPORT GROUP NEWSLETTER



NOVEMBER 2002

MEETING NOTICE:

- Date:** Saturday, November 2, 2002
- Time:** 2:00 p.m.
- Location:** Davis Community Library
6400 Democracy Blvd.
Bethesda, MD
301-897-2203
- Topic:** Special holiday meeting! A group discussion on the challenges that celiacs face during the holidays.

Please feel free to bring your favorite holiday- related gluten free snack or dessert (no main meals) to share at the meeting with accompanying recipe. Please make sure to include brand names of products used in recipes and try to be considerate of members who have other food intolerances.

Please ensure that all ingredients in both homemade and store bought items are confirmed to be gluten free by the manufacturer and are prepared in a gluten free environment.

DIRECTIONS

From Maryland, points north: Go south on Rt. 270. Take the right hand spur and exit onto Democracy Blvd. East. Go past the flashing yellow light and two stop lights to library on right, at Bells Mill Rd. (One block before Old Georgetown Rd.)

From DC, GW Parkway, points east: Go west on the beltway to the exit for Old Georgetown Rd. North. Go about 1/2 mile to the traffic light at Democracy Blvd. (Wildwood Shopping Center is on right) turn left onto Democracy Blvd. Davis Library is on the left at the end of the first long block. Make the first left onto Bells Mill Road.

From Virginia, Dulles Toll Road, points west: Take the beltway to Rt. 270 spur. Take the first exit off 270 spur to Democracy Blvd. East. Pass the flashing yellow light and two stop lights to the library on the right, at Bells Mill Road (one block before Old Georgetown Rd.)

MESSAGE FROM THE CHAIR

A warm hello from your new Chairman, Juanita Ohanian. For those of you who may not know me, I will give some background information about myself. I was diagnosed as celiac the end of 1999 and shortly thereafter, suspected that my daughter-in-law, Lori Ohanian, also was celiac. She was tested and is also celiac. I started attending the WACSSG meetings in the spring of 2000 and have learned so much from this group.

After my first meeting, I volunteered to donate the printing for the Newsletter and redesigned the newsletter with a format and masthead. I also donate other printing for our group as needed. I am the President of Nebel Printing, Inc, in Rockville, MD, and started the business from scratch in 1978. My son, John, works with me in the business and now knows more than I about the technology. My husband, Harry, has a Ph.D. in Microbiology/Immunology and is retired from the Federal Government since 1998. He worked at the NIH as a Senior Research Microbiologist in the National Cancer Institute and later at the FDA in the Anti Viral Division as a Drug Reviewer, reviewing Investigative New Drugs for the treatment of

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Message from the Chair *(continued)*

AIDS. He now helps us as needed in the printing business and enjoys his favorite hobby, building model ships to scale where he has earned quite a reputation and won several awards. I also have two granddaughters, Lisa aged 14 and Kelly aged 9.

Anytime you feel like contributing to our newsletter with an article that may be of interest or help to our group, please do so. We need more participation from our members. I need a volunteer to Chair the 2nd International Walk for Celiac Disease next spring – as soon as possible - as there is long range planning involved for this event. Please email or call me if you would like to volunteer or just inquire about the duties of this position.

We are considered a very large support group compared to most and really should have more participation from our members to head committees and handle events so we can all enjoy the benefits of our group more. We have a list of 300 members. Many groups are around 50 members. We surely have lots of talent in our membership and need to get it working for us. We should all be thankful for the work that has been done by our past Chairmen. I only have experienced the work of Andrea Howe and Hilari Moore who both have done an excellent job volunteering their time to our group.

We owe a BIG THANK YOU to the following people who are currently doing a great job for us: Pam Tufts, Treasurer; Joany Janicki, Newsletter Editor; Joanne Zins who handles the mailing of the newsletters which includes affixing the stamps and labels and getting them to the post office on time; Kathy Poneleit, Webpage Editor; Danielle Clarke, Hospitality Chair; Adam Kuhn, Moderator of our DC area Online Support Group, plus many others who are listed on the back page of our newsletters to serve on our Hotline Committee to help others who have questions.

I am excited about Chairing our group for the next year and hope you will all join me with volunteering when we need help for the many events that we want to provide our group.

Juanita A. Ohanian
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Jaonebel@aol.com

Highlights from the September 14, 2002 Meeting

Speaker: Marsha Davis, Dietitian from Johns Hopkins Medical Center. Marsha gave a very informative talk about meeting your fiber and calcium needs on a gluten free diet.

FIBER: Need 25-35 grams per day. She recommends using rice bran,

soy flour, garbanzo flour, flax seed and flaxseed meal, buckwheat groats and amaranth flour seed. Also include beans, nuts, certain fruits and vegetables in your diet. Some things she recommended were: apples, apricots (dried), raisins, broccoli, green beans, carrots, potato (with skin) and acorn squash.

CALCIUM: She says a minimum of 1000mg per day up to age 51 and then 1200mg per day is needed. Women post menopause and not taking hormone replacements should get 1500mg per day. She recommends calcium carbonate elemental. Many of the calcium supplements available meet the minimum daily requirement with the number of mgs, however, often only a portion of that is the important elemental calcium. Please read labels carefully or contact manufacturers. Our bodies cannot absorb more than 500mg of calcium at one time. To get the total daily recommended requirement by supplement, take half in the morning and half in the evening.

Primary sources of calcium include milk and milk products. Other sources include calcium fortified soy products, calcium fortified orange juice, canned salmon, sardines including the bones. Ensuring getting enough VITAMIN D (500mg tablet per day) is also important as this vitamin is essential for calcium to get absorbed. Sources of Vitamin D include fatty fish, fish oils and sunlight. Only the elemental calcium is absorbed by our bodies. Marsha recommended gluten free vitamin supplements: FREEDAVITE 1-800-777-3737 A good website for gluten free drugs: www.glutenfreedugs.com. Freeda calcium supplements state the amount of elemental calcium.

Second International Walk for Celiac Disease

The Center for Celiac Research has scheduled the Second International Walk for Celiac Disease for May 17-18, 2003.

Please reserve this weekend if you would like to participate in the walk next year. The WACSSG hosted our own walk in May of this year that was a huge success. As a group, we are unsure yet whether we will be hosting our own walk again or will join in with the Baltimore group. If you are interested in volunteering to help plan the 2003 walk, please contact Juanita Ohanian as soon as possible.

The walk is a great way for all of us to come together as Celiacs and walk to help increase awareness of this disease and to raise money to help with research. This walk is unique to all others because of the international component.

You can check out the website at www.celiacwalk.org for information/results from this year's walk.



Gluten-Free Cookbook

by Juanita Ohanian

I am interested in putting together a Gluten-Free Cookbook. I think it would be a helpful resource item for celiacs, and we have printed several cookbooks for various groups in the past in my printing business. I would self-publish the book and donate a portion of the sales to celiac research – either to the Celiac Sprue Research Foundation being run by Dr. Chaitan Khosla at Stanford University as mentioned in this issue or to the University of MD Center for Celiac Research or both. In order to gather enough recipes for the book, I would ask your help by sending me your gluten-free recipes (on disk would be best, but a copy or handwritten would also be welcome) and you would be mentioned as the person who donated the recipe in the book. I would also give some helpful information about the disease and a list of references and websites that would be helpful.

I would like for this book to be more than just breads and desserts and include a section for children's foods, too. If you are interested in contributing to the cookbook, please submit your recipes to: Juanita A. Ohanian, 12160 Nebel Street, Rockville, MD. 20852 or fax: 301-230-1970 or email: jaonebel@aol.com.

Celiac 10K T-Shirts Still For Sale!

We still have close to 100 T-Shirts leftover from our 10K walk last May. This is an excellent way to create awareness and help us out by purchasing these shirts. We have all sizes ranging from: Medium (10-12) children, Large – adult, XL – adult, XXL – adult. I will bring them to our next meeting and hope you will support us by purchasing a shirt. The price for each shirt is \$5.00. Thanks, Juanita Ohanian

My Organic Market...Coming Soon to Alexandria!

by Andrea Levario.

My Organic Market, a.k.a. "M.O.M.s", is a locally owned, high-quality organic supermarket with stores in College Park, and Rockville, Maryland. The store has one of the widest selections of gluten-free foods in the Washington Metro Area. The new store will be located at Mount Vernon Village Center, 3811 Mount Vernon Avenue, in Alexandria. The store was to have opened in September. With luck, Northern Virginians will be shopping at M.O.M.s by the end of October. Feel free to check with the Rockville store at (301) 816-4944 for updates on the grand opening.

Researchers Find Trigger For Devastating Disease, Propose Treatment

The following is a press release from the National Science Foundation

Researchers have found a peptide molecule that triggers celiac sprue – a severe inflammation of the intestine that results from eating wheat and related grains - and propose a treatment strategy that relies on bacterial enzymes to break down the offending molecule in the digestive tract. As many as 1 in every 200 Americans suffers from the condition. In the September 27 issue of Science, Chaitan Khosla and his coworkers at Stanford University and the University of Norway in Oslo, report disassembling the large, complex mixture of gluten proteins and identifying a single component that triggers the autoimmune response characteristic of celiac sprue.

The study presents, "a combined chemical-physiological-immunological answer to the question 'why is gluten toxic to a person with celiac sprue?,'" said Khosla, whose work is supported by the National Science Foundation (NSF). "If proven correct, the findings will lead to new insights into the causes of celiac sprue, and perhaps certain other types of autoimmune diseases." The researchers determined that the autoimmune response in people with celiac sprue can be traced to an unusually long molecule - a chain of 33 amino acids - that cannot be broken down by the human digestive system. They immersed the 33-amino acid chain in digestive enzymes derived from bacteria and found that a bacterial enzyme, prolyl endopeptidase, can break the chain into apparently harmless components. (see www.nsf.gov for the picture that did not reproduce here)

1. Wheat-based foods are broken down in the stomach and the upper part of the small intestine called the duodenum. Gluten is broken down in the duodenum.
2. Some of the partially digested food travels to the next segment of the small intestine called the jejunum.
3. In the jejunum, structures called villi with surface-bound enzymes break food down into complex molecules the body absorbs.
4. Gluten adheres to the tips of villi where enzymes break it down into simpler molecules called peptides. Some of the peptides, called 33-MER, cannot be broken down any further. This is true for all persons whether they suffer from celiac sprue or not.
5. Absorption cells in the gut lumen absorb 33-MER peptides and pass them into the tissues of the lamina propria.

(See "Trigger/Treatment" page 4)

**Trigger/Treatment** *(continued)*

Antigen presenting cells (APC), part of the body's immune system, target foreign substances in the body for response by the immune system. APC do this by binding with the foreign substance, and then send biochemical signals to white blood cells to attack. In nearly all people with celiac sprue, APC bind with 33-MER only if the APC carry a protein called DQ2. 6. Once the intestinal wall absorbs 33-MER peptides, APC in celiac sprue patients signal white blood cells to attack. The result is eventual destruction of absorption cells and villi in the intestinal wall.

"The technology used to isolate and identify the peptide trigger for celiac sprue, and the enzymology used to neutralize the disease, are marvelous examples of how research into the fundamental understanding of life processes can directly influence human health," said Fred Heineken, program director in NSF's Biochemical Engineering/Biotechnology Program. Celiac sprue is often diagnosed only after years of painful symptoms.

Presently, there is no cure. The only treatment is to completely avoid grains that contain gluten, such as wheat, rye and barley. The disease usually surfaces in early childhood when intestinal tissue begins to show signs of devastation. Symptoms include chronic diarrhea and an inability to gain weight or grow normally. When the disease arises in adulthood, symptoms can also include fatigue, weight loss, anemia and neurological symptoms. Over time, celiac sprue can lead to overall sickness and even intestinal cancer.

In the small intestine, enzymes from the pancreas initially digest gluten by breaking it into a number of fragments called peptides. In most people, the larger peptides probably work their way down to the lower intestine where they are eaten by microorganisms. "But in people with celiac sprue, the stable 33-amino acid peptide causes big problems because the molecule is recognized as being a threat to the person's immune system," said Khosla, who also received NSF's Alan T. Waterman Award in 1999. On learning that his family was faced with the illness, Khosla used the award to pursue research on the disease.

Khosla and his coworkers believe the bacterial enzymes, which worked in human tissue cultures as well as intact rats, may result in a simple, oral supplement that can eliminate the harmful effects of gluten. The treatment approach would be similar to enzyme supplements taken orally by people who cannot digest lactose, a sugar found in milk. Khosla adds that an approved therapy could be as many as 5 to 8 years away, although research is already underway and the treatment should be testable in people within 2 to 3 years.

Research Funding Needed

by Kelly Rohlfs

News articles are popping up all across the country and overseas on the new discovery by the team at Stanford University led by Chaitan Khosla, Ph.D. Dr. Khosla has formed the Celiac Sprue Research Foundation to raise money to fund a lab and pay scientists to continue his work. The lab will open its doors on Jan. 2, 2003 and rent begins, payroll begins, supplies are needed. Dr. Khosla is relying on donations to fund the lab and every dollar counts. If the money runs out, the research stops. He truly believes he can find a pill, he has a plan, he has experience in bringing drugs to market, he has a celiac wife and son and is very motivated to have FDA approval of a pill by the time his son, who is now 5, goes off to college. Clinical trials of the current discovery will begin in the next 2-3 years provided enough donations are received to continue the work. I am a volunteer who is helping to raise money and it is really, really hard. There is no big fat pot of money out there waiting to be sent to Dr. Khosla and we have a very small pool of donors to ask. We need donations to come from each of you, \$50 and \$100 at a time. All donations are tax deductible. You can donate using a credit card on the foundation's website www.celiacsprue.org or by sending a check made payable to : Celiac Sprue Research Foundation, P.O. Box 61193, Palo Alto, CA 94306-1193. Please give what you can. Encourage your social club, church or school to support this non-profit through bake sales, car washes, fundraising dinners, and donation drives. Please call or e-mail me if you have any questions. Kelly Rohlfs, kellyr@bonair.stanford.edu, 650-725-4771

Food Allergen Consumer Protection Act Passes The Help Committee—But Your Support and Letter Writing Campaign is Still Needed

by Cynthia Kupper, RD, CD Executive Director, Gluten Intolerance Group.

Senate Bill 2499 has passed unanimously from the HELP Committee. The Bill has already undergone some major changes, but still is an excellent compromise and possibly offers the celiac community a better package in the long run. Now that the Bill will be heading into the House and Senate, it has a new number—S.3001. For more information and the full language of the Bill, go to www.senate.gov to link to the official page. Use the "Search for a Bill" Number S 3001 or subject—Allergy or Gluten. (While it is tempting to just read the beginning on allergen labeling, don't leave before you read Section 6, dealing specifically with gluten content and celiac disease.)



Things need to move quickly now.

The final report will be written and it is hoped the Bill will be passed through the Senate by unanimous consent. The Bill will not be given floor time, so unanimous consent or packaging it with other Bills may be the only way to get it through the Senate. The House has a copy of the Bill, however, reports indicate the House members are not receptive to the Bill.

What needs to be done now!

Again call your senators and House representatives, send emails, faxes, and letters. If you are in Washington DC, stop by their offices. Tell them how important this Bill is to your health. Ask them to support it. Do it again - even if you have already done it before!

Republicans are generally looking out for businesses and not your interest. This is the group we have to convince to support this bill.

Although there is still a long ways to go, I want to personally thank everyone who wrote, called, and visited their congressmen. You did make a difference. I also want to thank Dr. Fasano, who took the time to meet with the HELP committee, to educate them, and provide data about celiac disease. He also spent hours offering expert advice as changes were made to protect the needs of people with celiac disease. He stands as the champion of this cause.

To contact your congressional representatives: These web sites will provide a link to email your representatives directly and provide phone numbers if you feel more comfortable calling them in person.

<http://www.senate.gov/> Senators

<http://www.house.gov/> Representatives.

Cynthia Kupper, RD, CD
Executive Director
Gluten Intolerance Group
www.gluten.net

Editor's Note:

We have a collective responsibility to use this very important opportunity to help our fellow celiacs across the country. Please write to your representatives as soon as possible. We don't know when the Bill will be voted upon, so time is of the essence. Tell your neighbors, friends and relatives in your home state and those that live in other states to contact their representatives. We don't want to miss this opportunity to help improve the quality of our lives.

New WACSSG Website address

Please note that the WACSSG has changed its web site address. The site will still have current news for the group and past newsletters. The new address is: WWW.DCCELIACS.COM.

Product Information

The following items have been verified for their gluten content, but as ingredients can change, please read labels. The consumption of alcohol is a personal choice and the inclusion in this newsletter is for informational purposes only.

- The following information comes from the Atkins company:
All of the Atkins Syrups and Ready to Drink Shakes are gluten-free.
- The following Atkins Advantage Bars are gluten-free: Almond Brownie, Chocolate Coconut, Chunky Peanut Butter, Chocolate Peanut Butter, Creamy Berry Cheesecake, Creamy Lemon Chiffon, Frosted Cinnamon Swirl, and Chocolate Raspberry .
The following Breakfast Bar is gluten-free: Cinnamon Bun .
The Praline Crunch, Chocolate Mocha Crunch are not gluten-free due to the soy 'crunchies'. The four flavored Atkins Shake Mixes are not gluten-free, primarily due to the use of glutamine peptide in the Lipo-Pro™ protein blend.
- The Brownie, Blueberry Muffin, Pancake & Waffle Mixes are not gluten-free due to the use of Wheat Gluten.
- The Atkins Bake Mix by definition is gluten-free, even though oat fiber is listed on the Nutrition Facts panel. According to the FAO/WHO, "products containing greater than 0.30% (300ppm) protein from wheat, rye, barley, and oats, etc. should not be labeled as gluten-free." Products with 0.02-0.03% (200-300 ppm) gluten are "borderline gluten-free", while those products containing less than 0.01% (100 ppm) gluten are considered gluten-free.
- The oat fiber that we use in our Atkins Bake Mix is purchased from Canadian Harvest (Cambridge, MN) as Snowite 300. This Snowite 300 product is an extract of the oat hull, which botanically speaking is a modified leaf. Based on studies performed by Dr. Bruce Hamaker at Purdue University, the Snowite 300 product has gluten levels of 800 ppm. In our Atkins Bake Mix , Snowite 300 is formulated at a 5.5% level, which dilutes/drops the maximum gluten content of our mix to 88 ppm. Thus, this level is below the 0.01% (100 ppm) level required to allow a gluten-free claim.
- The following Atkins products are also gluten-free: Asian Sauces, Assorted Chocolate Candies, BBQ Sauce, Caramel Nut Clusters, Chocolate Chips, Chocolate Extract, Chocolate Truffles, (all flavors) Endulge Chocolate Candy Bars, (all flavors) Frozen Desert Mix, Frozen Fudge Bar Mix, Senator Goldwater's Chili Mix, Just The Cheese, (all flavors)



Macadamia Nut Butter, Margarita Mix, Lemonade Mix, Moo Not Soy Milk, Mousse Mix, Nutlettes Cereal, Oven Fried Chicken Seasoning, Pudding Mix, Pumpkorn, Quiche, (all flavors) Rocky Mountain BBQ Sauce, Rocky Mountain Sweet Ketchup, Souffles, Sugar-free Cocoa, Sugar-free Cappuccino, Sugar-free Gum, Sugar-free Mints, Steele's Fudge Sauce, Steele's Jams (all flavors) ,Thicken Thin Not Starch, Vanilla Extract.

We hope this information will be helpful to you. If you still need further assistance, please feel free to e-mail us again, or contact our Customer Support Department by phone at 1-800-2-ATKINS, Monday - Thursday 8 am to 7pm EST and Friday 8am to 6 pm EST. If you are calling from outside the U.S. and Canada, please reach us at 631.738.7370.

- Campbell's Healthy Request Ready to Serve 30% less sodium, 100% Fat Free Chicken Broth (bar code 5100002649) is gluten free.
- Whitehall Robins is a gluten free company. None of their products contain gluten including Caltrate D. Other major brands they sell are Advil, Advil Cold and Sinus and Robaxacet, Centrum, Robitussin, Dimetapp, Robaxisal, which are all gluten free.

The DC Area Online Support Group

Events and information of interest to people with Celiac Disease/ Sprue or parents of children with Celiac Disease in the Washington, DC, Northern Virginia or Suburban Maryland area.

To subscribe, send an email to the following address: DCCeliac-subscribe@yahoogroups.com.

Or go to www.groups.yahoo.com/group/DCCeliac.

The Online Celiac Listserv Support Group

To subscribe, send an Internet email to the following address: LISTSERV@MAELSTROM.STJOHNS.EDU.

In the body of the email put the following: SUB CELIAC followed by your first and last name.

For example: SUB CELIAC JANE DOE

Recent Publications

- Gluten-Free Diet, a comprehensive resource guide, revised edition 2002 by Shelley Case, Case Nutrition Consulting. Shelley's book comes highly recommended by the past two nutritionists that we have had speak to our group. You can check out her website: www.glutenfreediet.ca for more information and email her at: info@glutenfreediet.ca. For those who do not use the computer: The book costs \$19.95 plus \$4.50 shipping and handling which is total of \$24.45. You may order it by sending a check (payable in US funds, made payable to: CASE NUTRITION CONSULTING, 1940 Angley Court, Regina, Saskatchewan, Canada S4V 2V2. Phone/Fax: 306-751-1000. Please allow 2-3 weeks for delivery.
- Dangerous Grains, a new book by James Braly, MD and Ron Hoggan, MA, is available at many bookstores and Amazon.com. The book is a consolidated source of information and conveys a clear and concise portrayal of celiac disease and its remedies. To learn more go to: www.dangerous-grains.com.
- Wheat Free, Worry Free: The Art of Happy, Healthy, Gluten Free Living, by Danna Korn (the author of Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy, Gluten Free Children and founder of R.O.C.K.) is a new handbook now available. The book includes information on practical issues of celiac disease, medical and scientific issues, safe/ forbidden/ questionable foods, nutritional considerations, emotional implications, recipes and discussions on the alternative grains. The price is \$14.95.
- What? No Wheat?, is a lighthearted primer for living with celiac disease. This not-for-profit cartoon illustrated book is a combined effort between over 25 volunteers in the celiac community and doctors Michelle Pietzak, MD, Peter H.R. Green, MD, Alessio Fasano, MD, Cynthia Rudert, MD, and Joseph Murray, MD. Monies received over and above the tangible expenses incurred in the research, publishing, printing and promoting of this book will be donated to the national support organizations who supported this endeavor. Visit www.Whatnowheat.com for more information and purchase.



The Center For Celiac Research

University of Maryland Center for Celiac Research is an institution engaged in clinical care, diagnostic support, education, and clinical and basic science research in Celiac Disease. The paramount goal of the Center for Celiac Research is to increase the awareness of celiac disease in order to provide better care, better quality of life, and more adequate support for the celiac disease community. In order to achieve these goals the Center for Celiac Research has the following primary missions:

1. To support cutting-edge, innovative, interactive, multidisciplinary research in all aspects of celiac disease including (1) epidemiology research to establish the prevalence of the disease worldwide; (2) basic research (pathophysiology, autoimmune mechanisms, inflammatory processes, genetics); (2) clinical research (clinical spectrum of celiac disease, association with other autoimmune diseases, complications including infertility, osteoporosis and malignant transformation); (3) challenges of treatment of the disease (psychological impact of the diagnosis on family dynamics and on the acceptance of the gluten-free diet, toxicity of traces of gluten in both symptomatic and asymptomatic patients);
2. Increase the awareness of the disease among (1) health care professionals including primary and subspecialty physicians, nurses, nutritionists and dietitians; (2) public and private health care providers; (3) food regulatory agencies; (4) legislators; (5) general population;
3. To provide state-of-the-art education opportunities for medical students, graduate students, post-doctoral fellows and visiting scientists in one or more of the broad areas outlined as mission 1; to offer educational exchange opportunities to international students, clinicians and scientists particularly from the developing countries
4. To provide consultation in the area of basic and clinical aspects of celiac disease, advise on the most appropriate algorithm for diagnosis and treatment of the disease
5. To implement the diagnostic tools for celiac disease including newly developed diagnostic strategies and international implementation of the standardization of these tools
6. To provide expert consultantship or committee membership to both national and international agencies as well as industry engaged in activities in celiac disease

For more information:
University of Maryland
Center for Celiac Research
22 S. Greene Street, Box 140
Baltimore, MD 21201
410-328-6749
www.celiaccenter.org

Internet Sites

Food & Nutrition Internet Sites

The USDA has a searchable nutrient database at:
<http://www.rahul.net/cgi-bin/fatfree/usda/usda.cgi>

FAST is Food Allergy Survivors Together- for support and info for those of any age with food allergies, sensitivities, and intolerance:

<http://foodallergy.what.cc> or
<http://www.angelfire.com/mi/FAST/>

Food and Drug Administration - Information about nutrition and drugs from the FDA:

<http://www.fda.gov/>

This page explains ingredients and their uses. It explains over 50 most used chemicals in food manufacturing:

<http://www.kashrus.org/kosher/chem.html>

These sites detail the ingredients in Japanese foods:

<http://www.sushi.infogate.de/lang.htm>
<http://www.cuisinet.com/glossary/miso.html>

Miscellaneous Internet Sites

MEDLINE is now online. The National Library of Medicine's computerized database of published scientific studies is now accessible to everyone on the Internet for free. The service contains about 8 million references and abstracts-condensed versions of full articles - dating back to 1966. Past access to MEDLINE was limited to those who registered and paid for the search. The address for MEDLINE is:

<http://www.nlm.nih.gov>

Visit here to search for celiac:

<http://www.medscape.com/px/mscpsearch?searchfor=search-form&pagename=gastroenterology>

A similar free service that will allow people to see Web links between MEDLINE abstracts and the Web sites for the journals in which the articles were originally published also went online. The address is:

<http://www.ncbi.nlm.nih.gov/pubmed> or
<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>

This site provides excellent information for all medical issues:

<http://www.medicinenet.com/>

Web of Care has a general health site at:

<http://www.webofcare.com/>



THE WASHINGTON AREA CELIAC SPRUE SUPPORT GROUP

Membership dues are \$15 annually, payable during the month of February each calendar year. The newsletter is published four times a year and provides support for celiacs, parents of celiac children, and patients with dermatitis herpetiformis. We currently have over 300 members within the Washington DC Metropolitan Area. Reproduction of any material is allowed, but please indicate the source. Membership information is solely for our members and is not to be used for any other purpose

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Maryland/DC Contact:	Joany Janicki	(301) 581-1155	jcjanicki@earthlink.net
N. Shenandoah, VA	Ruth Arcuri-Kovacs	(540) 536-4165	rakovacs@visuallink.com

NEW WACSSG Website: www.dcceliacs.com

CELIAC HOTLINE COMMITTEE

Do you have a celiac question? Call a hotline member:

Joany Janicki, Bethesda, MD	(301) 581-1155	Has celiac disease
Bea Newell, Bethesda, MD	(301) 365-6261	Has CD and follows a Kosher diet
Daneille Clarke, Frederick, MD	(301) 620-0075	Has celiac disease Pianodc@aol.com
Pam Tufts, suburban VA	(703) 968-7192	Has Dermatitis Herpetiformis and CD Ptufts@erols.com
Hilari Moore, suburban VA	(703) 709-1465	Has CD and mother of celiac children hmoorefun@aol.com
Debbie Fickenscher, suburban MD	(301) 972-6045	Daughter w/ Down Syndrome and CD LFlickenscher@erols.com

MEMBER PARTICIPATION:

If you have any information that you would like to see included in the newsletter, such as local restaurants, new gluten free products you've found at your health food store, current medical information, or an article you would like to write for the newsletter on a personal experience, please forward it to:

Joany Janicki
5805 Phoenix Dr.
Bethesda, MD 20817
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301-581-1155.

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**Washington Area Celiac
Sprue Support Group**

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