

Celiac news

iPhone app for celiacs released

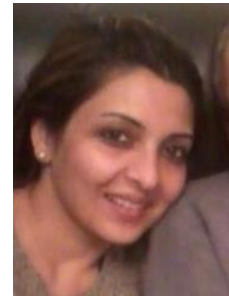
Gluten-free eating just got a whole lot more interesting and easier for iPhone users. Often, gluten-free eaters feel restricted when eating out. They go to the same restaurants that are gluten-free certified and don't enjoy the spontaneous restaurant choosing of non-gluten-free eaters. Gluten Freely, an iOS app that helps connect gluten-free eaters with amazing food, is hoping help gluten-free eaters branch out. Since the app launched on Feb. 22 in New York City, more than 500 people have downloaded the app.



Celiac Focus
Issue 03
April 2012

Lets take a leap this Leap Year!

Hello everyone,
Let's take a leap together this fantastic leap year to know Celiac Disease!



Why Celiac Disease?

Because Celiac Disease (CD) is a serious disease in people who cannot tolerate gluten, a protein found in wheat, rye & barley
Because CD affects different people differently, which depends on the length of time one was breastfed, age of starting wheat containing foods and the amount /type of gluten that may have been ingested
Because untreated CD damages the small intestine and hence nutrient absorption
Because CD comes with other illnesses such as, diabetes mellitus, anaemia, osteoporosis, poor growth and even cancer
Because.....aren't these reasons enough fellows?!!

Why now?

Because 1 in 96 people have celiac disease
Because only the tip of the Celiac iceberg gets diagnosed due to poor awareness
Because a person with CD may or may not have any symptoms

Why me?

Because I eat a lot of suji kheer, dalia as a toddler.....and my loosies just don't stop
Because I eat a lot paranthas, puries as school goer.....and I just don't grow like my peers
Because i eat a lot of sandwiches, pizzas, pastries as an adolescent.....and still I look very pale
Because I eat a lot of gluten as an Indian.....and my brother/ sister has Celiac Disease.

Please let me leap with you.....test me for Celiac Disease!!

Dr. Mona Kulpati
Senior research Associate
All India Institute of Medical Sciences

Contd.. from "Ask the expert" Page 3

begins improving, bone density can also improve. Please make sure he drinks plenty of low fat milk, gets enough Vitamin D supplements, and plays and exercises regularly. Bone density can be checked every 2 years to make sure it is increasing adequately.

With best wishes



ISSUE

03

APR
2012

QUARTERLY
NEWSLETTER OF
CELIAC SUPPORT
ORGANISATION

Celiac focus



Patrons:

Dr. M K Bhan
Dr. S K Mittal
Mr. Naresh Dayal

Mentors and Guides:

Dr. N K Arora
Dr B R Thapa
Dr S K Yachha
Dr. A K Patwari
Dr. John Matthai

Advisors:

Dr. U C Mouli
Dr Malathi
Dr. Pankaj Vohra
Dr Ashish Bavdekar

President

Dr. S K Mittal

Vice-President

Dr. Shinjini Bhatnagar

General Secretary

Dr. Sushma Narayan

Jt. Secretary

Ms. Anuja Agarwala

Treasurer

Dr. Vidyut Bhatia

Jt. Treasurer

Dr. Praveen Kumar



Celiac day celebrations

Dear Friends

Celiac support organization is now getting bigger with each passing day. On the 5th of May, we will be celebrating Celiac day in the auditorium of Maulana Azad Medical College, New Delhi. This will be the second such occasion for our young organization. Going by the response that we got in the previous year, we are again preparing to be overwhelmed this year too!!!

By letting aside a separate day for celiac disease we hope to achieve the following objectives. This type of activity brings together patients from all walks of life, doctors and dietitians on one platform. It also enables them to freely exchange information, thoughts and new ideas. This also helps in creating awareness about the disease in newly diagnosed patients and helps them cope with the disease. This gives hope to them that they are not alone and that the disease is easily manageable.

The involvement of the government is an essential in order to deal with certain issues relating to labeling of food items for gluten. On this front we have been successful in meeting the relevant authorities. Traditional teaching has been that Celiac disease is found only in the wheat eating population of North India and is rarely seen in South. In this issue, we have presented a case report from Southern India. This was a child from Tripura who was diagnosed in Chennai. To suspect and diagnose a case there is commendable and needs to be noted.



Dr Vidyut Bhatia
Editor

P.2

P3

P.4



Dietary Tips

Focus on foods that are naturally gluten-free, such as fresh vegetables, meat, poultry, seafood, eggs, milk, nuts etc.

Avoid cross-contamination with gluten-containing products when preparing foods.

Deep fried foods cooked in oil shared with gluten-containing products should not be consumed.

Store all gluten-free products in refrigerator freezer because they do not contain preservatives

Reasons for poor compliance

Inaccurate comprehension

Inability to select foods free of gluten

Social stigma

Celiac Disease: A case report from Chennai



A 3-year-old girl from the North east of India presented with abdominal distension and poor weight gain since the age of 6 months. She had an entirely uneventful medical history until the age of 6 months. She has no history of diarrhoea. Her current symptom was she was passing hard stools occasionally. Her clinical examination revealed gross abdominal distension but no ascites and her height: 76.5 cm (Stunting), weight: 8.2kg (Wasting) and BMI < 5th percentile. Nutritionally assessed as malnourished. her laboratory investigations revealed microcytic hypochromic anaemia with a haemoglobin of 7.2 g/dl and thrombocytosis of 650,000/mm³, her Liver function tests, renal function test and thyroid function test were normal. Her ttg was 300U/L (normal Ig A levels) and her duodenal biopsy revealed crypt hyperplasia, increased intra-epithelial lymphocytes and villous atrophy (Marsh grade 3) confirming the diagnosis of Celiac disease.

The parents were educated on gluten free diet to be followed by the child.

Dietary considerations

Gluten free diet for life is the only effective treatment for Celiac disease. Good evidence exists for the adherence to strict gluten free diet improves growth, normalizes haematological and biochemical markers and reduces morbidity and mortality. A gluten free diet can be made nutritionally complete.

At least six weeks should be allowed for improvement to be seen. The diet should be balanced in vegetables, carbohydrates and protein. Fiber and fat intake may need restriction until bowel function improves. When choosing food products, read labels carefully to make sure food does not contain gluten. When eating out, ask about ingredients and food preparation. In addition, gluten can also be found in many non-food items, such as medicines, lipstick, and stamp adhesives. Medicines with gluten-free fillers can be taken after checking with physician or pharmacist.

Other Nutritional Consideration

Adequate calcium intake must be ensured. Until their nutritional status is restored multivitamins are required. Iron status should be assessed and supplements to be given if necessary. Regular follow-up with the patients is essential to ensure compliance on gluten free diet.

The first signs of the improvement are General feeling of well-being

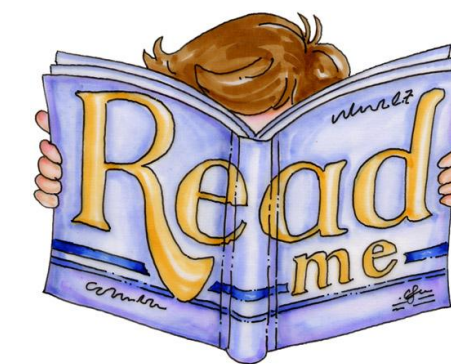
Improved appetite, Decreased malabsorptive symptoms Increase in weight and height.

If the patient fails to improve within a few weeks, patient's dietary intake should be meticulously reviewed and reasons for non-compliance should be evaluated.

Lekha V S, Sr Dietician, Dr D. Kesavelu, Consultant Pediatric Gastroenterologist, Apollo Children's Hospital, Chennai Dr. Bhuvaneshwari S, Group Chief Dietitian Apollo Hospitals.

Refeeding syndrome and celiac crisis

Introduction of a gluten free diet in children newly diagnosed with celiac disease, occasionally introduces a clinical syndrome akin to celiac crisis. Potentially fatal shifts in fluid and electrolytes may occur in malnourished children due to this. However, as the recent published data from SGPGI (J Pediatr Gastroenterol Nutr. 2011 Dec) shows appropriate management in terms of correction of electrolytes especially



hypophosphatemia together with gentle initiation of feeds can reverse the syndrome.

There is no role of using steroids in this scenario, which formed the backbone in treating patients with celiac crisis.

Contributed by Dr Akshay Kapoor, Indraprastha Apollo Hospital, New Delhi

Ask the Expert Dr Anju Virmani



Consultant Endocrinologist Apollo, Max, Pentamed & Sunderlal Jain Hospitals, N Delhi.

Q. My daughter is 17 years old, but she has not yet started her periods and is very short. Now she has been diagnosed with celiac disease. What should we do?

In celiac disease, nutrition does not reach the body, so growth and puberty also get affected. Once her wheat intake is stopped, she will start to gain height and begin the changes of puberty. She should be under regular follow up with a pediatric endocrinologist to make sure she is progressing properly.

Q. My 15 year old son was diagnosed with celiac disease 2 years ago. He has been diagnosed with osteoporosis. What should be done?

Children cannot be diagnosed with osteoporosis since they are still growing. Osteoporosis is a diagnosis of old age. However, bone health does suffer seriously in celiac disease due to poor nutrition. Once wheat is stopped and nutrition

Contd.. on page 4

This Issue's Gluten free Recipe

Rajma Paneer Tikki

Energy: Approx- 400 kcal, Protein: Approx-21g.

Preparation Time: 5 minutes | cooking time: 5 minutes

Serves 5-6 patties | Difficulty: Easy

Ingredients:

- 2 bowl boiled rajma (kidney beans)
- ½ potato boiled
- 50g paneer (grated)
- 1 medium finely chopped onion
- 1 tsp ginger paste
- ½ tsp garlic paste
- ¼ cup chopped coriander
- 1 tsp lemon juice
- Oil for frying
- Salt to taste

Preparation method:

1. Take kidney beans, potato and paneer and place into a mixing bowl and mash nicely.
2. Add all other ingredients in it and mix well to make soft dough. Make round patties and keep aside.
3. Heat oil in a pan and deep fry until the patties turn golden from both sides.
4. Serve hot with curds.



Contributed By Yagya, Dietitian From All India Institute Of Medical Sciences, New Delhi