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Celiac Focus completes a year

This issue is dedicated to the CELIAC DAY celebrations. It also contains photographs and details related to our annual event Dr Sushma gives us a good summary of the event. The event was very well organised and well attended. In particular the talk by Dr Puri was very lucid.

The panel discussion generated a lot of enthusiasm and interest among the audience. There was a long queue among the audience for asking questions to the panelists. We hope to organise many more such events in the near future so as to spread awareness about the problem.

I am also thankful to our sponsors who have continually helped us in bringing out our

issues on time.

From the next year onwards we will be bringing out a Hindi version or a combined Hindi/English version for the benefit of the patients at large.



Dr Vidyut Bhatia
Editor

Live Gluten Free

W I T H

wheafree

**VACCINATION
AGAINST CELIAC
DISEASE –
PRINCIPLE AND
PROGRESS SO FAR**

Dr Sharat Varma

After the success of phase 1 trials of the Celiac vaccine in Australia and New Zealand, Immunsan T has started the phase 1b trial of Nevax2 in both these countries. In US, the phase 1 trials are too slated to start by the end of the year. This announcement came earlier this month. Though it will be a while before the vaccine is available in the community but it gives hope. The vaccine trial is based on the premise that weekly intra dermal injection of the selected peptides would induce a tolerance to gluten amongst the celiac subjects, resulting in incremental tolerance to gluten subsequently

Celiac Day celebrations

The Objective of the meeting was to create an increased awareness regarding Celiac disease.

To bring together the patients and experts in this subject together.

To offer a platform to the patients to meet other fellow patients suffering from similar/diverse disease management issues. The event was very well attended. There were more than 200 patients, nearly 350 parents/carers along with more than 30 doctors from various hospitals across Delhi attended the program.

The program began with a welcome address by the HOD Pediatrics, MAMC, Dr Dubey who welcomed all the participants and lauded the efforts of CSO in bringing the disease to centre stage.

This was followed by an address by the Dean MAMC Dr AK Agarwal.

Dr SK Mittal highlighted the activities of CSO in his address. This was followed by the speech of the chief guest Mr K Chandramouli,

Chairperson of Food Safety and Standards Authority of India. He expressed surprise that so many patients were afflicted by Celiac disease and yet it was not common knowledge. He accepted the need to have accredited labs for gluten testing as well as need to establishing gluten free standards besides need for extensive awareness programs. The function was also attended by Mr Naresh Dayal, Retd. Health Secy and also a patron of CSO and Dr R Shanker, Pro-VC of Galgotia university who is himself a celiac. This was followed by a vote of thanks by CSO Secretary General Dr Sushma Narayan who expressed her grateful thanks to all the dignitaries, participants, patients, parents and sponsors.

The eminent persons who attended were Dr Patwari, Dr Praveen Kumar, Dr ML Jaipal, Dr Peeyush Jain, Dr Ishi Khosla, Dr Sarath Gopalan among many others.

The highlight of the program was the interactive session between the expert panel and the

patients. Dr Shinijini Bhatnagar was the anchor of discussion.

She moderated the session with expert ease. The questions were relating to diet, other associated conditions, necessity for biopsy, the role of alternate therapy such as homeopathy, possibilities of cure, relation of Celiac Disease to hyperactivity, need for monitoring siblings etc. The panelists were Ms Anuja Agarwala, Drs Pankaj Vohra, Vidyut Bhatia, Nishant Wadhwa and Neelam Mohan. The experts were inundated with so many questions and it was strongly felt by many people that we should have many such sessions.

Gluten free snacks were then served to all the patients and parents and other participants.

Study suggests infectious gastroenteritis may trigger celiac

An analysis of data from U.S. military personnel found diagnosis of celiac disease (CD) is on the rise among a population of active-duty military personnel and noted an association between infectious gastroenteritis and risk of CD. The study by Dr. Mark S. Riddle of Naval Medical Research Center and Dr. Joseph A. Murray of Mayo Clinic in *The American Journal of Gastroenterology* suggests infectious gastroenteritis may trigger gluten intolerance through molecular mimicry or other immune modulation mechanisms. Many patients don't get biopsy for celiac symptoms. Only 43% of U.S. patients who

had an endoscopy for symptoms that could indicate celiac disease also had a small bowel biopsy, according to a study from Columbia University Medical Center. Data showed men were less likely to get a biopsy than women. Researchers recommended most patients having an upper endoscopy for symptoms such as weight loss, anemia or diarrhea also should have a biopsy to screen for celiac disease.

This Issue's Gluten Free Recipe

Crisp Soya Tikki Recipe

3/4 cup Soya Chunks

1-1/2 cup boiled & grated Potatoes

1/4 cup chopped onion

1/2 tsp finely chopped garlic

2-1/2 tsp dry mint leaves

1 tsp finely chopped ginger, 1 tsp chopped green chilies, 1 tsp salt, 1/2 tsp red chili Powder, 1/2 tsp garam masala

Enough oil for frying. Soak Soya Chunks in Hot water for 10 min. Squeeze out water from puffed up Soya chunks. Keep them aside in a sieve to dry. After 10 min grind them into a paste. Add boiled potatoes, ginger, green chili, onion, garlic & mint leaves. Add salt, red chili powder & garam masala. Mix well in soya paste. Take small amount of mixture in your hand and try to give a round shape of tikki. Take a frying pan with flat base, add enough oil so that your at-least half of the tikki's height is submerged in oil for shallow frying. Heat it on high flame. Now turn the stove on medium flame and add Tikkis carefully. Fry on medium flame. Once you see the bottom turning golden brown, flip it to fry from other side too.

All Tikkis have achieved the golden color, now take them out of the Oil. Soya Tikkis are ready to enjoy with any Sauce of your choice like, Amchoor/Tamarind Sauce, Coriander/Mint Sauce or Tomato Sauce.



VACCINATION AGAINST CELIAC CONTD...

The Phase I study evaluated the effect of weekly injections of Nexvax2® over three weeks in celiac patients on a strict gluten-free diet. The aim is to give an unrestricted diet in celiac disease. In phase 1 confirmed cases of celiac disease, as well as the HLA-DQ2 gene positive (which approximately 90% of celiac disease sufferers carry) were included, so shall be in phase 2 trial as well The phase 1b trial will be a double blind – placebo controlled study done in 4 centres across both the countries and plans to include 84 patients. The focus shall be to evaluate the safety and pharmacokinetics.



Celiac news

Vaccines cleared in the Swedish epidemic

A surge in celiac cases among babies and toddlers in Sweden was not related to childhood vaccinations, a new study has found out. Between 1984-96, Sweden saw an epidemic of CD in children younger than 2 years. It was a sudden 4-fold increase. The epidemic ended just as abruptly as it had begun. Since the researchers are trying to find out the cause. A theory was that an abnormal reaction to a childhood vaccine may trigger the disease, but a carefully done study reported in the Pediatrics has found no link to it. It is still thought that the infant feeding practices that were prevalent at the time might have been the cause.

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Images from the celiac day celebrations at the MAMC auditorium



Dr SK Mittal addressing the audience



Dr Shinjini conducting the panel discussion



Dr Puri taking the lecture



A Full House



With chief Guest



Panel discussion