

Celiac news



Djokovic thanks his nutritionist for Diagnosis of Celiac Disease

World No. 1 Novak Djokovic, who was diagnosed with Celiac disease last year told media that his health and movement around the court have improved since he has changed his diet. Djokovic gave full marks to his nutritionist. Nutritionist Igor Četojević discovered the tennis player suffers from celiac disease and purged it from his diet. It appeared to have worked as Djokovic began feeling stronger, quicker, and much more fit.

Celiac Focus
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CSO team meets Mr. Rakesh Kacker, Secretary, Ministry of Food Processing Industries, Government of India.

A team of **Celiac Support Organisation** comprising President Prof. S.K. Mittal, Secretary General Dr. Sushma Narayan, Jt. Secretary Anuja Agarwala and Treasurer Dr. Vidyut Bhatia, met the Secretary, Ministry of food processing industries, Mr. Rakesh Kacker. The issue of mandatory labeling of foodstuffs was discussed. Mr. Kacker was of the opinion that mandatory labeling of foodstuffs would be difficult in our country since the label carried by most food items has a limited area. He however suggested that it would be more advantageous to encourage voluntary labeling of the food items by the manufacturers. For this he suggested meeting the manufacturers of these food items. He further added that this issue should also be taken up with the Food Safety and Standards Authority of India (FSSAI). The idea of setting up gluten testing laboratories can also be taken up with them. He suggested more publicity for labeling and promised to help in any such campaigns. The idea of having a publicity campaign on the lines of 'jaago grahak jaago' campaign of ministry of consumer affairs was mooted.

Meeting with the industry/ vendors manufacturing or selling gluten free products

A meeting was convened by the Celiac Support Organization with some of the manufacturers of gluten free products in India, with a view to understand the processes undertaken by different manufacturers to not only produce gluten free products but also to get them suitably tested and certified. The meeting was attended by all the executive members of CSO and three manufacturers. All of these manufacturers are producing gluten free products from different, "naturally" gluten free ingredients (rice, maize, tapioca, legumes, sorghum, soya etc.).

CSO was happy to learn that all the manufacturers are taking adequate precautions at the procurement and processing stage for producing various gluten free foods, also that they are ensuring adequacy of proteins, carbohydrates etc. in the final product. However it was pointed out by the manufacturers that testing and certifying of the end product for its gluten content by government approved labs is not possible as none of the Government labs are ready to undertake this testing. They are getting it tested from NABL accredited private labs. They sought help of CSO to pursue the government to set up labs or accredit already established labs, so that the product can be finally labeled as "gluten free" with sufficient authenticity. They also suggested that the government may be pursued to waive off or reduce taxes on gluten free products to make them more affordable. CSO agreed to take their suggestions to the appropriate authorities.

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What is new for celiacs?

Greetings and a very Happy New Year!!

Welcome to the year 2012. This year brings fresh tidings. Research is now focusing on unconventional ways to control the disease. These include drugs to breakdown gluten, novel immune suppressants and even hookworms!!

A recent study from Lucknow focusing on the celiac crisis and re-feeding syndrome vis-à-vis celiac disease is also highlighted. The section "Ask the expert" & the section on "Nutrition tips" will feature interesting information related to diet and will be of immense interest to all the members who want to try out new and interesting breakfast options.

The Celiac Support Organization has been actively pursuing the issue of food labeling with the industry and the government. Two meetings were organized on this issue with positive outcomes.

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The first issue of **CELIAC FOCUS** was released during the annual conference of the Pediatric Gastroenterology chapter of the IAP. It was a great success. We received tremendous support from all the participants and everyone acknowledged this effort. This issue, which will be released during Pedicon 2012, will provide a broader platform for us to put forth our activities.

Donations to Celiac support organization have now been granted exemption from income tax under the section 80 G. Please motivate all your family and friends to donate to CSO for a noble cause.

Donations may be sent as draft or cheque in favour of **Celiac Support Organisation** to the Registered Office.



Happy reading!!!

Dr Vidyut Bhatia



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Gluten-free products sales grow by 16.9% in 2011

According to SPINS, a market research and consulting firm for the Natural Products Industry, gluten-free product sales in 2011 exceeded \$6.2 billion - a 16.9% increase from 2010 (SPIN scan Natural, 52 weeks ending Sept. 3, 2011). The numbers are based on sales of natural and specialty products labeled "gluten-free," from September 2010 to September 2011.



DO NOT PUT A 'BRAKE' ON YOUR BREAKFAST

Breakfast is the first meal of the day and the most important too since it is eaten after the gap of nearly 10 -12 hours which is as good as **Breaking fast**. It is well proven that children who skip or eat inadequate breakfast are lazy and irritable, less attentive during class and have poor overall performance compared to those who have regular and adequate breakfast. A healthy breakfast should be balanced in terms of nutrients such as carbohydrates, proteins, fats as well as vitamins and minerals especially iron and calcium. Almost 1/3rd of the day's calories should come from breakfast i.e child must consume nearly 530 Kcal in breakfast if his total energy requirement is 1600 Kcal per day. Usually major portion of Indian breakfasts are made of wheat based food items eg; parathas, bread, cornflakes, dalia,

noodles etc. Hence, children having Celiac disease are left with very limited gluten free breakfast choices.

Well, it's time to innovate to prepare homemade gluten free breakfast options.

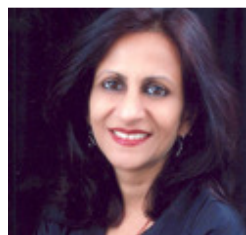
2 pieces of medium size besan methi mathri served with cooked vegetables and chutney + 1 glass of milk.

Or

2 medium size besan dhokla + 1 seasonal fruit + 1 cup tomato onion raita.

Or

2 pieces of dal vada + 1 seasonal fruit + 1 glass milk or mint raita.



Ms. Anuja Agarwala

Break Your Fast with Tasty as well as Nutritious Gluten Free Breakfast

Or

1 bowl of steamed sprouted dal with vegetables topped with cottage cheese or accompanied with curd.

Or



1 bowl of Poha (rice flakes + peanuts +vegetables) served with chutney + 1 cup of milk/curd.

Or

Homemade Chili potato topped with vegetables and paneer.

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Probiotics may be useful in Celiac disease

Probiotics have shown promise for treating autoimmune and allergic disorders by altering intestinal microbiota composition and fermentation derived metabolite, thereby regulating epithelial cell barrier function and modulating immune response (Licciardi PV et al, Gut Pathol, 2010, 2-24). Hence dietary changes that include probiotics and/or prebiotics may help alleviate the severity of celiac disease for some patients.

According to another recent publication that has appeared in the May 2010 print issue of the *Journal of Leukocyte Biology* (Rossi M et al, 2010, 87:749 -751) differing intestinal bacteria in celiac patients could influence inflammation to varying degrees. This suggests that manipulating the intestinal microbiota with dietary strategies such as probiotics and prebiotics, could improve the quality of life for celiac patients, as well as patients with associated diseases such as type 1 diabetes and other autoimmune disorders.

To make this discovery, scientists used cultures of human peripheral mononuclear cells (PBMCs) as in vitro models, as intestinal mucosa monocytes are constantly replenished by blood monocytes and accurately represent an in vivo situation. To simulate the intestinal environment of celiac disease, cell cultures were exposed to Gram-negative bacteria isolated from celiac patients and a probiotic strain, both alone and in the presence of disease triggers. The effects on surface marker expression and cytokine production by PBMCs were determined. The Gram-negative bacteria induced higher pro-inflammatory cytokines than the probiotic. These bacteria also up-regulated expression of cell surface markers involved in inflammatory characteristics of the disease, while the probiotic strain up-regulated the expression of anti-inflammatory cytokines. Although human clinical trials are necessary, this evidence could be the first step toward changing how celiac disease is treated and possibly prevented.

This issue of *CELIAC FOCUS* is sponsored by



Delhi Government to help the cause of Celiacs !



A meeting held recently at the India International Centre, to sensitize the Delhi Government Doctors to the problems of Celiac Disease. Smt Shiela Dikshit, the Hon'ble Chief Minister of Delhi was the chief guest and Shri Anshu Prakash, Principal Secretary Health, Government of Delhi was the Guest of Honor, Delhi Government promised to

- i) Help launch a public awareness campaign regarding Celiac disease.
- ii) Mount a screening program among school children through its flag ship "Chacha Nehru Bal Sehat Yojna".
- iii) Augment facilities of serological diagnosis in major government hospitals.

iv) Establish food testing laboratories for testing and certifying gluten content of various foods.

The Principal Secretary Health also added his voice to request the Government to consider lowering the duties on gluten free foods and to consider them at par with drugs and other therapeutic agents.

These promises from the Government came as a response to the proceedings of a panel discussion on Celiac disease moderated by Dr S K Mittal, President of **Celiac Support Organization** during this meeting. Several doctors and nutritionists including Dr. S.K. Mittal, Dr. Sushma Narayan, Secretary General and Ms. Anuja Agarwala, Jt. Secretary were also felicitated for their noteworthy contribution to Celiac Disease by the Chief Minister.

Ask the Expert



Dr Pankaj Vohra
Pediatric Gastroenterologist
Max Super Speciality Hospital, Saket New Delhi

Q. Is there a drug with 'alternative medicine?'

There is no drug available for it at present but as the disease is found all over the world. Much research is going into it and there may be a drug in the future.

Q. My child may eat gluten containing foods in school or college. What do I do for that?

Packed gluten free foods that are now readily available resolves the problem and informing the class teacher is of paramount importance. Most teachers these days are well versed with celiac disease and I have, on several occasions helped children from various schools in health projects related to celiac disease!