

THE FUTURE OF CELIAC

In this issue we explore the current and future of celiac disease and gluten free in Canada. Our investigation took us from farms in Saskatchewan to Paris, France. Learn about food safety, food insecurity and what is coming down the research pipeline.

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CanadianCELIAC

A MAGAZINE FOR CANADIANS WITH
CELIAC DISEASE AND GLUTEN SENSITIVITY

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From the editor's desk

What's the state of celiac disease and gluten free in Canada?

In May, CCA hosted a leadership forum in Toronto to ask this very question. For “**State of Celiac Disease and Gluten Free in Canada**,” our CCA National Board and Chapter leaders were joined by top researchers, food manufacturers, regulatory and government representatives, dietitians and other stakeholders to assess the current challenges and potential solutions. In this issue, **Mark Johnson**, co-host of the event, breaks the day's discussions down for you. As the voice for people adversely affected by gluten, CCA is in an excellent position to continue to bring stakeholders together to look ahead to solutions that will improve quality of life for individuals. These conversations will help inform CCA's strategic direction over the coming years. The first step in this process will be a **new organizational direction** for CCA National in 2020 to better represent everyone. In this issue, CCA President Treena Duncan explains what this will look like.

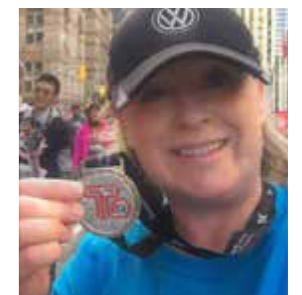
Our continued investigation into the state of celiac disease took us to the **International Celiac Disease Symposium (ICDS)** in Paris, France. We share a recap of some of the highlights from the latest research and discoveries. Canadian researchers were among the top academics presenting their latest data on the podium and posters. During the symposium, I was fortunate along with President Treena Duncan to attend a meeting of other international celiac patient groups. It was very inspiring to see the efforts and readiness for greater collaboration among our groups. **Together, we can do so much.**

Safe dining continues to be one of the sustained challenges for the gluten-free community and was actively discussed at our event in May. So, we decided to interview an auditor for the **Gluten Free Food Program** to understand exactly what's required for a food establishment to become safe for celiacs. GFFP is a CCA-endorsed program that issues GF-Verified or Dedicated designations.

The issue of **food insecurity** in the gluten-free community has recently received greater attention thanks to the efforts of CCA National Board Director Jessica Danford. The gluten-free diet can be expensive and when you rely on food banks for your meals, staying healthy is a major issue. Learn how Jessica has worked with local food banks, the community and industry on driving increased awareness and gluten-free food donations and how you can help.

Today, more than any time in the history of celiac disease, there is more awareness of the disease and researchers are investigating a variety of potential treatments, yet people are bypassing a confirmed diagnosis and just going gluten-free. The gluten-free diet is not the answer and celiac disease, dermatitis herpetiformis and gluten sensitivity are all still problems to be solved. As our national volunteer board sits down in November to review the state of celiac disease and gluten-free in Canada and next steps for CCA, we hope to be surrounded by your voices and support for a better future.

Melissa Secord, CAE
Executive Director





Help@Home Webinars

THREE UPCOMING CCA FREE WEBINARS:

GF 101: NAVIGATING THE GLUTEN-FREE DIET WEBINARS

Perfect for individuals or caregivers of people who are newly diagnosed.

Date: Thursday, November 14

Time: 7:30 – 8:30 pm Eastern

Click to register: https://zoom.us/webinar/register/WN_qgkj_KyXRxaqeYF1Wwwrow

UNDERSTANDING GLUTEN FREE OATS

Sponsored by West Oak Naturals

Date: Wednesday, November 20, 2019

Speaker: Mike Marshall and Jessica Wu, RD

Time: 9 – 10 pm Eastern

Click to register: https://zoom.us/webinar/register/WN_YIVNjukGTraleR0bQWvEQQ

NAVIGATING GF-LABELS IN CANADA

Hear the results of CCA's consumer market-survey on products that carry precautionary labelling. Get tips on how to navigate your grocery store in this confusing environment.

Speaker: Shelley Case, RD

Date: November 27, 2019

Time: 9 – 10pm Eastern

Click to register: https://zoom.us/webinar/register/WN_Xw3f5H3uQaWSFHk1ixW8ag

CCA NATIONAL CONFERENCE

GLUTEN-FREE ON THE PRAIRIES - EXPAND YOUR HORIZONS

Date: June 5-7

Location: Regina, Saskatchewan

EXPANDING OUR REACH TO MORE CANADIANS



Changes are coming to CCA

Dear friends,

I wanted to make you aware of an exciting change that the CCA is making to its organizational structure, one that you will hear more about over the course of the next year. In 2020, the CCA will move away from offering memberships to taking donations. Currently, members of CCA pay an annual membership fee and receive member benefits such as a welcome kit on managing celiac disease,

a monthly CCA Connects newsletter, special online webinars and discounts along with chapter affiliation and local programming. This means that some of our programs are only available to members. By moving to a donor-based model, we'll be able to advocate for and provide support to people adversely impacted by gluten wherever they live in Canada, not just the regions where we have chapters.

To make this as seamless as possible, we're phasing this change in over the course of next year and will be in full effect by 2021. We will continue to sell memberships until the end of 2019 and will notify members of the change when their membership comes due, and will ask for your support via donation and receive a tax-receipt.

The reality is, not much will be different for our existing members. When you become donors, you will still receive the benefits you currently do, but you will also receive a tax receipt. You will also continue to connect locally with Chapters who will inform you about local events and restaurants, while also supporting CCA's national mandate. Stay tuned for more details in the new year.

Treena Duncan
CCA President

Celiac experts discuss pressing issues



Experts from the gluten-free industry panel discuss everything from labelling to testing.

THE HOTTEST ISSUES IN THE WORLD OF CELIAC DISEASE

At the Canadian Celiac Association's recent leadership forum, four panels of celiac experts discussed all the most pressing issues that affect those with celiac, from medical research to labelling challenges and everything in between. Here's a summary.

BY MARK JOHNSON

Panel 1: celiac disease research

The panel of five experts confirmed that the prevalence of celiac has gone up significantly in the last decades, as has the incidence of type 1 diabetes

and allergies. Why? Our genes are not changing, so it must be environmental factors causing the increase, said Dr. Daniel Leffler, a gastroenterologist at the Celiac Center at Beth Israel Deaconess Medical Center, and Associate Professor of Medicine at Harvard Medical School. He also works for Takeda Pharmaceuticals.

Dr. Elena Verdú, a Professor of Gastroenterology at McMaster University, suggested infections and antibiotic overuse as possible factors, and her lab is studying bacteria's effects. With the support of funding from the CCA's J.A. Campbell Research Fund, her lab has been doing innovative work looking at mice who have been given celiac disease, investigating ways of playing with the digestion system to see whether we can reduce the risk that gluten poses.

Dr. Jocelyn Silvester, a pediatric



Dr. Jocelyn Silvester, a pediatric gastroenterologist

gastroenterologist and Instructor of Pediatrics at Harvard Medical School, discussed the research she's conducted, comparing the outcomes of celiac treatment while children were under her care versus when they were outside (at home, school, whatever). She and Dr. Leffler report that, for children and adults alike, it seems people are getting "glutened" and exhibiting symptoms despite strictly following the diet. The diet alone, it was agreed, is insufficient.

This led to a conversation about potential drugs or therapies, and the good news is that a number of therapies are in the testing stage. How about a drug that tries to convince the immune system that gluten is not a bad thing? Or tackle the gluten molecule and reform it into something benign to a celiac? Or "resetting" the immune system to a non-celiac state?

Finally, panel member Kristin Neff, clinical operations expert at ImmusanT, discussed "Nexvax2 Therapy," a therapy that was meant to protect against inadvertent gluten exposure

for celiac patients on a gluten-free diet. Unfortunately, ImmusanT had to suspend testing, as it found people were not any more protected from gluten by the vaccine than they were by the placebo.

While we've had some false hope before on treatments for celiac, hopefully at least one of these will be successful! And the CCA will continue to fund this scientific research that is so important for all of us.

Panel 2: the latest industry news

The industry panel featured five experts from the gluten-free industry, who discussed everything from labelling to testing.

Paul Valder, President of Allergen Control Group, which administers the Gluten-Free Certification Program (GFCP), confirmed that the GFCP is viewed as the gold standard of certification for manufacturers and pro-

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“On gluten-free labelling as a whole, however, there is still some confusion. We have products with their own “gluten free” self-declarations...Certification sets the items apart, but some consumers may mix things up.



Members of the dietitian panel discuss labelling and nutrition.

cesses, now operates in Canada and the US, and work is underway they working on buy-in from associations in Europe, Australia and New Zealand.

On gluten-free labelling as a whole, however, there is still some confusion. We have products with their own “gluten free” self-declarations, and often solely for marketing. Certification sets the items apart, but some consumers may mix things up.

Turning to our company representatives, Joel Warady, Enjoy Life Foods’ General Manager, Chief Sales & Marketing Officer, explained that Enjoy Life’s products aren’t just gluten-free, but are free of the top eight allergens. The company tests its own products down to 5 parts per million (ppm). To ensure safety, it tests inbound ingredients, it tests mid-process, and it tests outgoing products. For products with oats, Enjoy Life buys the safe “purity protocol” oats from Canada.

Speaking of oats, next up was Mike Marshall, the Chief Operating Officer for Only Oats, who described the purity protocol, which is about growing a gluten-free oat, through the milling and processing, and into a product. Only Oats’ oats are tested down to 10 ppm.

Like Warady, Jerry Bigam, President & CEO of Kinnikinnick Foods confirmed that his company tests every ingredient that comes into the plant for all major allergens as well as gluten, down to 5 ppm. He indicated that it is very difficult to find a supply of ingredients that is free from all those top allergens! Looking forward, we may see more “allergen free” products in the marketplace, as that aims at a broader audience than just gluten.

Of course, everyone wants “no detectable gluten.” But the best testing for gluten only goes down to 5 ppm. In contrast, we are able to test down to “no detectable gluten” for other allergens.

And in terms of cost, Valder said that the cost of GF foods used to be around double that of “regular” food. A recent study out of the US suggests the differential is now in the range of 25%. That’s widely variable, of course. But let’s hope the gap continues to narrow!

Panel 3: dietitians on labelling and nutrition

Shelley Case, a registered dietitian, member of the CCA’s Professional Advisory Council, and a leading international expert on the gluten-free diet, shared the frustration among many celiacs about seeing frivolous use of a gluten-free claim. For example, she has seen it on a bottle of water. The risk here is that a gluten-free consumer might choose the “gluten-free water” and leave the store thinking other water may be contaminated with gluten.

Case presented data from a survey done of the CCA community regarding “may contain” statements. The vast majority of participants were celiac, and many others were a parent or caregiver of a celiac.

When asked if they would consume a product that said “may contain wheat,” 4% said yes, 77% said no, and 19% said that it depends on the product. If the product said “made in a facility that also processes wheat,” the majority still said no, they wouldn’t eat it. Surprisingly, 65% said they would not eat a product labelled “gluten-free” if it also said “may contain wheat.” A product with this type of labelling is, in fact, safe for a celiac. (The “may contain” statement

is aimed at those with wheat allergy.)

Case also acknowledged the difficulties in finding beans and lentils without “may contain” statements. If certified items are not an option, she recommends picking through your lentils to remove any foreign objects, and then washing them thoroughly before cooking.

Case wrapped up by mentioning a very concerning statistic that came out of the survey. About one-third (33%) of respondents said they would eat oats with no GF claim if there were no gluten ingredients listed. This is alarming, as oats must have a GF claim to be considered celiac-safe.

“Fortification is also less common with GF flours, so celiacs miss out on nutrients, compounding the problems we already have.

—INEZ MARTINCEVIC, DIETITIAN, HOSPITAL FOR SICK CHILDREN

Inez Martincevic, a clinical dietitian practicing within the Division of Gastroenterology, Hepatology and Nutrition at The Hospital for Sick Children, talked about the gluten-free diet’s nutritional adequacy. Some celebrities may tout is as being “healthier,” but in fact, fat and carbs are often added to packaged gluten-free food

in order to make it palatable. As well, these products are often lower in fibre and higher in calories and sugar. Fortification is also less common with GF flours, so celiacs miss out on nutrients, compounding the problems we already have.

Grains and starches tend to make up around 30% of the average Canadian diet, and this includes the celiac population. This is excessive, Martincevic underlined. Her advice is to try to eat a wide variety of products, and consult the new Canada’s Food Guide for overall dietary guidance.

Panel 4: government and regulatory matters

A gluten-free claim is the top indicator of whether an item is safe for someone with celiac. But Michael Abbott, section head in the Food Allergy and Intolerance Division at Health Canada, also tried to demystify the “contains” versus “may contains” statements. He explained that “contains” statements are optional—but if a company chooses to use it, they must list all of the allergens that are present (from a pre-set lineup of top allergens). “May contains” are also optional, but unregulated. Companies can use it as much or as little as they like.

Abbott added that, at international meetings of CODEX (which sets labelling standards worldwide), there was acknowledgement that overuse of these statements is a concern.

Another topic that came in this panel

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“ Medications are a common point of contention. Do they contain gluten or not? The non-medicinal ingredients are supposed to be available to consumers through pharmacist / doctors. Always be sure to ask.



Experts from the government and regulatory panel discuss gluten-free claims.

PHOTOS BY LÉA SAAD AND MELISSA SECORD



was medications. Medications are a common point of contention. Do they contain gluten or not? The non-medicinal ingredients are supposed to be available to consumers through the pharmacist/doctors. Always be sure to ask.

While Health Canada sets the labelling and food safety policies, the CFIA is the one who enforces them. Misu Paul of the Food Safety and Consumer Protection Directorate, Canadian Food Inspection Agency, works in compliance promotion, encouraging companies to be aware of the rules. They strive to increase Canadians' trust in the food they buy.

Margaret Hughes, VP of Sales and Marketing at Avena Foods, talked about how “clean oats” can be produced, and cautioned those with celiac to be skeptical about companies that say they clean their oats through mechanical sorting. Always look for a gluten-free claim on your oats.

Deb Wharton, Manager for the Quality Assurance and the Food Handler Certification Programs in Toronto Public Health, works more with restaurants, and her team carries out inspections. They take samples, review cooking processes and determine safety. She mentioned that in Toronto, there's a system called “DineSafe,” a placarding system which standardizes the inspection and results-sharing process. But the this program unfortunately doesn't train its workers to enforce gluten-free claims.

Also speaking on restaurants was Jacquie Peppler, co-owner and director of the Gluten-Free Food Program Inc., a certification program endorsed by the CCA. Her program's focus is on getting food to the customer safely, including both preparation and delivery to the table (or services such as Skip the Dishes). The program is in place across Canada and is expanding. If you want to encourage your local restaurant to get certified, point them to www.gf-finder.com. ♦

Misu Paul of the Food Safety and Consumer Protection Directorate, Canadian Food Inspection Agency



Help us help you to find safe gluten-free dining, recommend GFFP to your local GF establishment. FOR SAFE DINING, VISIT www.gf-finder.com.

Contact: jacquie.peppler@glutenfreefoodprogram.com
Cell: 416-272-0809

CCA visit farms in Saskatchewan

FROM FARM TO MILL

**Passion, vigilance
and technology
keeps Canadian
farmers growing
safe gluten-free
food**

PHOTOS BY MELISSA SECORD

BY MELISSA SECORD

Cody Ermel stands among his gluten-free oats crop. It's been a tough year but that's not usual these days. It's more the norm. The oats aren't as high as he'd like but they are still fine as long as he has a good fall to harvest. Ermel is an organic farmer who grows gluten-free oats for Avena Foods.

CCA had the opportunity to visit two family farms on a tour in Saskatchewan this summer. It gave CCA and other stakeholders a first-hand look at where their milled gluten-free oats come from to help consumers understand more about the food that ends up on your plate.

What was evident when we first arrived is that modern farming is more challenging than ever before as farmers endure climate change, navigate international markets and trade wars, and appeal to changing consumer tastes. When specifically asked about climate change, Ermel sees it first hand on his farm.

"You need 85 days for oats. There is no normal this year. We had no rain until June 20 and then we had six inches of rain in five days. We had flooding and then hail," he says. "We had to plough under 1,000 acres because of weeds, hail and a bad spring. We are hoping for a good fall for harvest." Gluten-free oats were a natural fit for his organic farm. He, like many of us, want to know where his food comes from and wants to keep

his food as pure as he can for his young family.

Farmers, who take on producing gluten-free oats under the purity protocol, follow strict standards and require vigilant ongoing management of their crops from field to the mill where they are processed. They have many elements to contend with from wind and storms blowing seed, neighbouring farmers and their crops to how they harvest and transport their grains. All of these add tremendous complexity to farming but added value to the crop.

“We had no rain until June 20 and then we had six inches of rain in five days. We had flooding and then hail.

**-CODY ERMEL, ORGANIC FARMER
GROWING GLUTEN-FREE OATS**

"We have to adhere to the purity standards and have management processes in place," says Ermel. "For example, we work with our neighbours to ensure there is a gap between our fields not only for our gluten-free requirements but also our organic certification. The gap helps ensure that their seeds or fertilizers don't enter our field and contaminate our crop."

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NEW LOOK
SAME QUALITY

ONLY OATS™



Certified Gluten-Free Oats Only the purest. Only Canadian. Only Oats.



Purity from farm to table.

Only Oats is committed to offering you only the highest quality gluten-free oats, sourced from top Canadian farmers. All of our oat products are held to the highest industry standards. Our farmers follow strict protocols to produce the purest product from seeding and harvest, to cleaning and delivery. Only Oats is prepared in a certified gluten-free facility to ensure they are pure and of the highest quality before they get to you.



www.myonlyoats.com

“Our seed is pure and our fields are inspected regularly ... to ensure they meet the standard. – Roy Klym

Farmers must report what seed they plant and what was previously grown on their fields to demonstrate no cross-contamination. “Our crop rotation consists of oats, then flax. We give the field a break and then put in alfalfa for three to four years. Sometimes we plough peas under for added nitrogen and nutrients and then we can go back to GF oats,” says Ermel.



Cody Ermel

His oats are transported and stored by lot in their own bins with to ensure traceability right back to the very field it was grown. A lot is approximately 60-300 acres depending on the farm. “Those lots never change from harvest, shipping to cleaning and storage.”

ed regularly by not only us but also by independent auditors to ensure they meet the standard.”

Next, our tour took us on to Rolo Farms. For Roy and Lois Klym, farming their 1,700 acres of purity protocol gluten-free oats is personal. Their granddaughter has gluten sensitivity and will soon be tested for celiac disease. Farming has been in their family for many generations and their son’s and their families are now involved and mainly run the farm operation.

Technology is also becoming a greater part of modern farming to manage crops. You will soon see block-chain used as a traceability system for seeds and ingredients. Consumers will be able to scan an IP address on the bar code and see exactly from which farm your ingredients came. Roy pointed over to his massive field sprayer and remarked that the vehicle
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“Gluten-free oat farming is a natural fit for our farm,” says Roy Klym. “As certified Canadian seed growers, we are already accustomed to ensuring world class traceable ingredients. Our seed is pure and our fields are inspect-



Roy and Lois Klym

100% Pure. Uncontaminated. Celiac Safe.



Produced with Purity Protocol. Guaranteed less than 10 parts per million (ppm) of gluten relative to Health Canada's gluten-free threshold of 20 ppm.



This product is free of the glyphosate herbicide, which can be toxic when combined with other ingredients found in herbicides widely used in the United States.



This product is Kosher and contains neither dairy nor meat, nor any dairy nor meat derivatives. This product was not made on/with equipment used for meat nor dairy products.



Produced in a dedicated, gluten-free milling facility which is FSSC 22000 (Food & Safety Systems Certification) certified by AIB International and certified gluten-free by GFCO.



This product is verified Non-GMO and free of all major allergens. Contains no additives.



Only Oats is a proud supporter of the Canadian Celiac Association, a volunteer-based, federally registered charitable organization founded in 1972.

“Purity protocol is a set of strict standards for oats that reduces the chance of cross-contact from gluten-containing grains.”

had more navigation technology than the Apollo 11 that first landed on the moon. Precision is key to ensuring they yield as much as they can with the highest quality of gluten-free oats.

for consumer safety and the future of gluten-free oats. The stakes are high for everyone. Many thanks to Avena Foods and the Ermel family and Rolo Farms for the tour.

Vigilance and partnership between the growers and the millers are necessary and key to the entire process

To learn more about our farm tour, visit our [CCA YouTube](#) channel for interviews.

WHAT DOES PURITY PROTOCOL REALLY MEAN?

Purity protocol is a set of strict standards for oats that reduces the chance of cross-contact from gluten-containing grains. According to Health Canada, pure oats—which they define as oats that are harvested, transported, stored, processed, and manufactured under good manufacturing practices (GMPs) to minimize the presence of gluten—can safely be consumed by some persons with celiac disease. ♦



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International Celiac Disease Symposium

2019 HIGHLIGHTS FROM PARIS

This past September, leading experts in celiac disease congregated in Paris France for the 18th International Celiac Disease Symposium (ICDS). With the purpose of discussing the latest research on the condition and to develop new treatments or a cure. Our very own Melissa Secord and Treena Duncan went to represent the CCA team. Below are some of the highlights of what was presented at the conference including interesting facts, an overview of the 2019 ESPGHAN Guidelines, as well as current research on diagnosis and treatment.

BY SARAH HUNT

Content gathered by MELISSA SECORD and TREENA DUNCAN

Interesting facts

■ There is better compliance to the gluten-free diet in children **if they were diagnosed before school age.**

■ The European Celiac Association is calling for **national screening in children.**

■ **Wheat has not changed**, therefore “new wheat” is not the culprit of the increased incidences of celiac disease.

■ **70% of medical clinics** under-estimate the impact of celiac disease on quality of life.

Updated 2019 ESPGHAN Guidelines

The 2012 ESPGHAN guidelines’ aim was to provide a tool to assist physicians in accurately diagnosing celiac disease in children. The new 2019 update includes a non-biopsy approach for children in the diagnosis process if certain criteria are met.

The four criteria outlined are

1. Symptoms suggestive of celiac disease.
2. Serum levels of ≥ 10 times the upper limit of normal of IgA antibodies.

3. Positive end EMA-IgA in a second serum sample.
4. Positive HLA testing. These updates will help limit invasive biopsy procedures in cases where it is not required.

It is very important that children be assessed by a pediatric gastroenterologist so that the optimal approach to diagnostic testing is considered.

For more information please visit, http://www.espghan.org/fileadmin/user_upload/IBD/ESPGHAN_Celiac_Guidelines_2019.pdf

Diagnosis and follow-up

There is current research focusing on the diagnostic process, for example identifying other blood markers that are associated with celiac disease. An up and coming way of diagnosing celiac disease may be through a test of a specific phospholipid profile. Phospholipids are a class of lipids that are a major component of all cell membranes.

These advancements are promising in the early identification process of infants who would eventually develop celiac disease years before clinical symptoms present. With respect to follow-up of celiac disease, research has found strong correlations between gut damage and finding gluten in urine. There is potential that this could be used for monitoring purposes in the future.

Treatments and therapies

New potential drug therapies are being studied in celiac disease. There are ongoing clinical trials on enzymes that break down gluten, drugs that make the gut less leaky and therefore don’t allow gluten to injure the gut, and medications to stop the inflammation. It will take several years for these studies to be completed. Current research on therapies are also focusing on treating people with celiac disease without requiring lifelong changes to their diets. For instance, a self-administered monthly injection called NexVax 2 was developed to develop ‘tolerance’ to gluten and prevent the immune response that causes damage from forming.

However in clinical trials, the vaccine did not prevent symptoms after gluten exposure. Further research is required but

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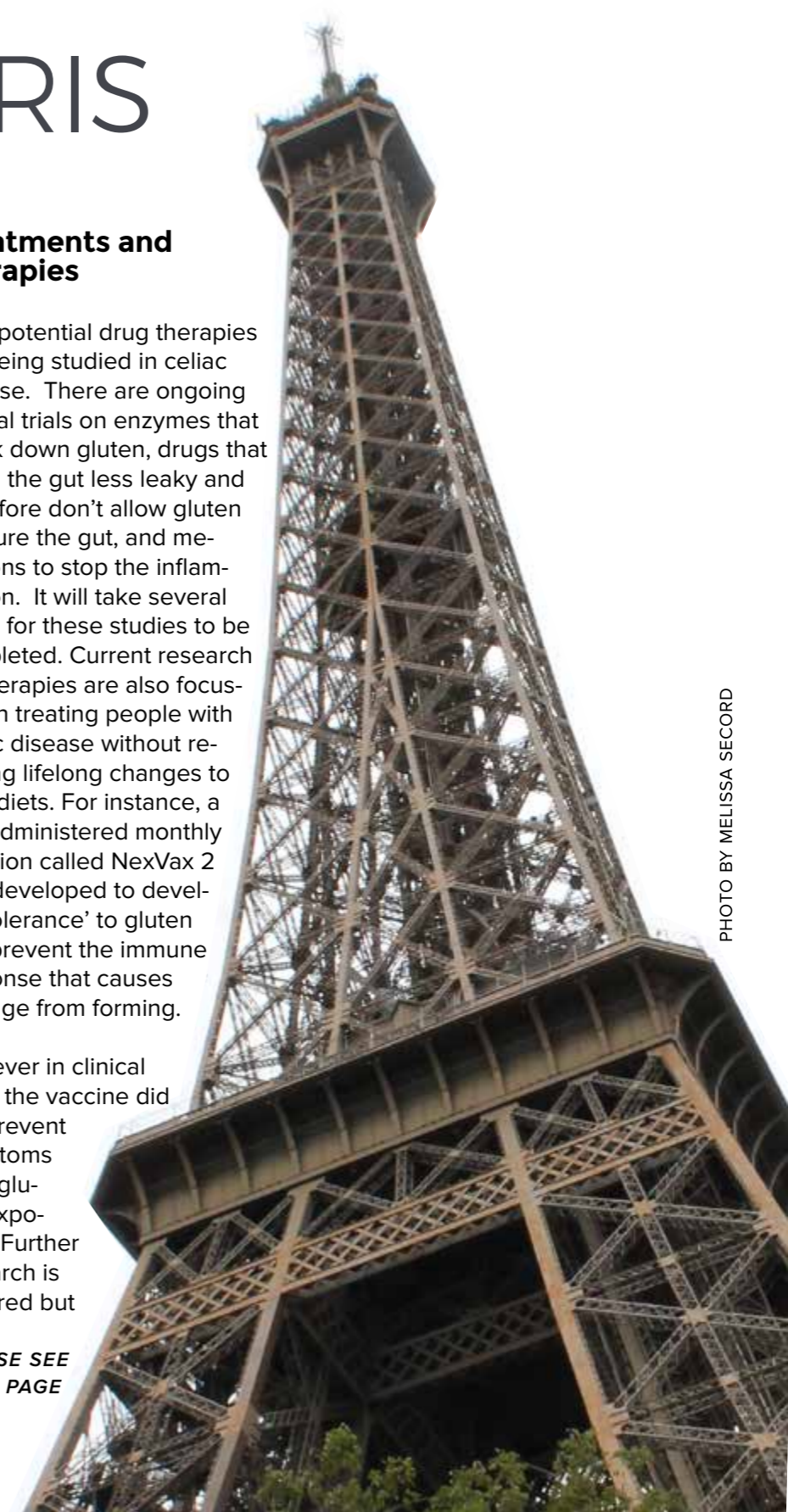


PHOTO BY MELISSA SECORD



ONLY OATS was founded in 2008 by a group of Canadian oat growers in the prairies who wanted to provide a gluten-free oat product that was safe for their family members to eat who were diagnosed with celiac disease. The ONLY OATS name came to be out of the fact that our products carry “only” pure, clean, safe, gluten-free oats, nothing else. Our local growers make sure that their oats are always clean and safe for family members to eat and enjoy.

ONLY OATS popularity was created simply through word of mouth amongst the celiac and gluten-sensitive community and is now widespread throughout Canada thanks to our loyal fans. To this day, ONLY OATS remains committed to offering you only the highest quality gluten-free oats, sourced from top Canadian farmers. All of our oat products are held to the highest industry standards. Our farmers follow strict protocols to produce the purest product from seeding and harvest, to cleaning and delivery.

ONLY OATS is prepared in a certified gluten-free facility to ensure they are pure and of the highest quality before they get to you.



valuable insights into the suppression of the immune response were gained from this study. Next, markers for refractory celiac disease (celiac disease when the malabsorption symptoms persist despite strict adherence to a gluten free diet for an extended period of time) were discussed.

Potential treatment options for individuals with refractory celiac disease included steroids, chemotherapy, or stem cell treatments.

Finally, it was discussed that a higher gluten intake in early childhood could be a trigger of celiac disease among

genetically predisposed children. This may change the approach to what foods and the timing in which infants are introduced to foods.

On behalf of the CCA we would like to extend a special thank you to the ICDS 2019 organizers for offering many insights on emerging research and their dedication to improving the lives of people living with celiac disease all over the world. We look forward to ICDS 2021 in Sorrento, Italy! ♦

To find out more information on the speakers and ICDS 2019 research please visit, <https://icds2019-paris.com/program-icds>

GLUTEN-FREE CUISINE IN PARIS

TREENA DUNCAN

One of my favourite things about travelling is the opportunity to find great GF dining options. Whenever I travel, I usually research restaurants that have unique options, or things that I can't normally find. My family is used to planning our itineraries around the greatest restaurant finds, and we have had some amazing meals!

Paris, known for its cuisine, was no exception. The hotel concierge recommended a 'typical' French restaurant where I had a three course meal that will go down in the history books as one of the best! I loved my GF crepes near the Notre Dame Cathedral, and I enjoyed my heart-shaped pizza at an Italian restaurant. Pairing with some tasty French wine was also a must! Ironically, the ICDS conference was a bit of a 'fail' in the gluten-free food department, but that gave me the opportunity to visit a GF bakery and taste some real Parisian croissants! ♦



PHOTO BY TREENA DUNCAN

Growing up CELIAC



DOUGHNUTS BY LUCY

For the second year in a row, Lucy, a grade four student who has celiac disease, has sold her specialty gluten-free doughnuts at a local Toronto bakery called the Bread Essentials. Bread Essentials has recently received its GF-Verified certification, which is a CCA's endorsed program. Lucy woke up at 5 am to bake and decorate 150 gluten-free doughnuts. She sold them all and donated \$150 to the CCA National office. Lucy chose the CCA because her family has benefited from the support and educational materials provided to help them manage her disease. Laura King, Lucy's mom, said, "She left feeling so proud of herself and told me she feels like she's really accomplished a great thing!" Thank you, Lucy! You have done a great thing!

WORKING WITH TEACHERS

Every year, Laura King visits the school before it starts to meet with Lucy's teacher to inform them about her disease and ways to keep her healthy and safe and to help manage potential issues when they arise. CCA developed the Growing Up Celiac workbook to help families navigate daily life with celiac disease.

Often the level of cooperation you get from the school will be determined by how well you navigate

the school administration. Providing teachers with a written list of your child's needs that you can review with them in person, and that they can refer to later, is useful. This list is designed for a young child and while your child's letter might be different, based on age or other circumstances, most lists will include points that are similar to the ones listed below.

PLEASE SEE RECOMMENDED TEACHERS' LIST ON NEXT PAGE >>>



glutino®

FOREVER GLUTEN FREE



A written list for the teacher to help with your celiac child's needs:

- Your child eats only the food and beverages you provide.
- Your child and anyone else who touches gluten-free food must wash their hands with soap and water before touching the food. Alcohol-based sanitizers do not neutralize gluten. Scrubbing your hands with soap and water is required.
- Desks or tables must be washed before eating. If this is not possible, your child's food must be placed on top of paper towels or napkins that you supply to avoid accidental cross-contact.
- When other people are eating gluten-containing foods, care is needed to make sure your child's gluten-free does not come in contact with these items. With very young children, this may require a table supervisor.
- Play dough and paper maché contain gluten. Check other craft supplies for gluten-containing ingredients. Your child should use gloves (that you provide) when handling these supplies. Depending on the age of your child, you may need to provide gluten-free versions of these supplies.
- Anyone who supervises your child (e.g. substitute teachers, lunchroom and playground supervisors, librarians, field trip supervisors, etc.) must be informed of these issues.
- You are to be notified by the teacher whenever there is any incident where you child is exposed to gluten. ♦



Enjoy gluten free snacks, without sacrificing taste!



[Check out](#) our additional resources: CCA has created a [Teacher's Handout](#) and a [Teacher's Letter](#) that you can give to your child's school.



THE IMPOSSIBLY GOOD GLUTEN FREE BAKERY

Getting the diagnosis

CELIAC SENIORS

For years, celiac disease was considered a childhood disease. Now we know adults also have celiac disease, often suffering for years before being diagnosed. Diagnosis may be difficult because symptoms vary greatly from one person to another. If the doctor suspects celiac disease, a blood test should be ordered. If the results are positive, diagnosis should be confirmed using a small bowel biopsy. Older persons may require more time for the intestine to completely heal.

Medication

Not all medications are gluten free. Ask your pharmacist to refer to his/her CPS manual to determine whether your prescription drugs are gluten free. Before diagnosis, medications may not be properly absorbed. As you heal, medications may require adjustment by your doctor. Your doctor may also prescribe vitamin and mineral supplements to correct deficiencies.

Exercise

Osteoporosis is a concern for all older persons, but especially in adults that may have experienced years of undiagnosed celiac disease. Make sure to ask your doctor to have your bone density checked. Exercise, along with proper nutrition and medication, can help to minimize the effects of osteoporosis. In addition, regular exercise will help you look and feel great.

Tips For Family and Caregivers

- Help is needed, especially right after diagnosis, to learn the complexities of the gluten-free diet. Support for newly diagnosed celiac patients is available from local chapters of the Canadian Celiac Association.
- Make sure all doctors know the diagnosis of celiac disease, and the importance of following a gluten-free diet.
- Help may be needed to read the fine print on food labels, and to question the server in restaurants. Check all foods for gluten content, especially “hidden” gluten, such as modified starch, and hydrolyzed plant protein.
- It is imperative that family and caregivers recognize the impact a change in diet can have on an older person, from both a nutritional and social perspective
- Help by making sure gluten-free substitutes are on hand, eg. gluten-free communion wafers for church, and cookies or crackers for coffee and tea.
- Encourage family members to be tested for celiac disease.

Related Conditions

Related conditions include: Type 1 diabetes, thyroid disease, osteoporosis, and others. Although the incidence of additional conditions is uncommon, advise your doctor of any medical concerns you may have. ♦

Doing it right in restaurants

A LOGO TO LOOK FOR

Thanks to the Gluten Free Food Program, people with celiac can now look on restaurant windows to find places that provide safe meals. Here's a behind-the-scenes look at how the program works.

BY NICOLE COX

Even as grocery stores began stocking more and more gluten-free packaged foods a few years back, those with celiac found themselves frustrated when choosing a restaurant where they could feel safe. Enter the Gluten Free Food Program (GFFP). It was established to help those living with celiac find safer, more reliable gluten-free dining options within the food service industry. The program ensures that participating restaurants and other food dining establishments follow consistent guidelines and standards, which are third-party verified on a yearly basis.

Restaurants certified by the GFFP will have one of two logos displayed on their window or their website—either

“GF Dedicated” (meaning the establishment provides 100% gluten-free food) or “GF Verified” (the establishment provides both gluten and safe gluten-free food.) The program is recognized by the three leading celiac organizations in North America: The Canadian Celiac Association (CCA), la Fondation québécoise de la maladie coéliquie (FQMC) and the National Celiac Association (NCA).

We asked Michael Byerley, a consultant specialising in food safety and an auditor for the GFFP, for a behind-the-scenes look at how the CGGP program works.

Q. When conducting an audit on a restaurant or food establishment, what are the main criteria or guidelines that need



Bergeron Market, York University, Toronto

to be met in order to qualify for GFFP approval?

A. The first thing I look for is whether or not the training needed to safely prepare and sell foods that are gluten-free has been completed. Is the whole establishment and are all the staff ready for gluten-free products? I also consider the purchasing of confirmed gluten free products



Continental Treat Bistro, Edmonton

— what specific ingredients are being used to make the food items. As well, when the establishment is not dedicated gluten-free, I look at its storage to ensure it is preventing cross contamination by gluten products. And we look for the set up in the kitchen to make sure it too prevents cross contamination. Recipes, menu items, and documentation are all part of the review to ensure safety.

Q. Is your audit limited to food handling in the kitchen, or does it cover training and best practices by the servers and managers, too?

A. The audit covers everyone and everything that might impact the safety of the products. In food service, the management and the front of house staff are

critical conveyers of the information needed to protect those who are gluten-free. If incorrect info is passed on to the kitchen, people can suffer. It is important in establishments that cater to gluten-free consumers that the message is heard and passed on. Part of the training for front of house staff is to ask questions, get details, and then check prior to presenting any food to the gluten-free customer.

Q. How can the program confidently certify a dining establishment that isn't 100% gluten-free?

A. While it is somewhat easier to control the potential for cross contamination in a dedicated establishment, many places see the value in being able to cater to all customer types. When the establishment

is not dedicated, they simply have to do it that much better, and work harder to meet guidelines.

Q. Why is third-party verification important for this program?

A. It shows both gluten-free consumers, as well as other establishments who are interested in being GFFP licensed, that the audits and reviews are those of independent auditors; versus the potential for in-house auditors to miss or overlook important items or issues.

The GFFP offers consistent guidelines, training, and reviews, as well as instantly recognizable trademarks, allowing celiac consumers safer, more reliable dining option. In addition, the program also offers the website www.gf-finder.com as a useful tool in finding participating restaurants and dining establishments that have GFFP approval. ♦

For more information, visit www.gf-finder.com



Food insecurity

GLUTEN-FREE AT THE FOOD BANK

It's hard enough to experience food insecurity. But what do you do when you need help from a food bank but you can only eat gluten-free food?

BY JESSICA DANFORD

Food insecurity affects one in eight Canadian households. This means more than 12% of us have inadequate access to food due to financial constraints.

And the situation is only getting worse. According to the Hunger Report, food bank visits increased from 863,492 in 2016 to 1,096,935 in 2018—a whopping 22% increase in just two years. Canadians visiting food banks don't necessarily fit the stereotype some people have about food bank users. For example, one in six people are employed.

Why is food bank usage going up? Among other things, the cost of groceries is difficult for many families. Grocery costs increased nationwide as much as 4% in 2019, according to The Food Price Report. Canadians are spending on average an additional \$400 on groceries annually. What's

more, as anyone with celiac disease knows, gluten-free products typically cost more than "regular" products—an average of 242% more, according to one study—mainly due to smaller packages with higher production and certification costs.

What about people with celiac? How many of us with celiac use (or attempt to use) food banks? Statistics are nearly impossible to find, since food banks typically have privacy policies in place to restrict the collection of health information. (This is done to ensure support provided is non-discriminatory.) The fact is, food banks are typically at capacity, so the urgency is simply to feed people whatever food they happen to have. Many organizations have not considered the need for gluten-free options simply due to the inability to keep up. Other times they've never even heard of it, or understand the

need to eat gluten-free. Most often, food banks do not have a gluten-free program in place.

Some good news: Many food banks in larger cities have begun focusing on "healthy" options instead of non-perishables, and this shift translates to an increase in whole food-based options which are naturally gluten-free, such as meats, veggie, and dairy (but also bread, which is not gluten-free). Unfortunately, these programs are rarely in place in rural communities across Canada.

What's the impact? When community programs are not informed or equipped to provide inclusive support or access to safe food, this caus-

es further stress to the individual living with celiac disease. That's unacceptable—those with celiac should not be sacrificing their health. Individuals with celiac disease run the real risk of serious damage to their bodies if they resort to consuming gluten when sufficient support is not available. The long-term health implications of ingesting gluten are detrimental to both the individual and our health care system.

What can be done? CCA recently met with Foodbanks Canada, which will be launching a data-collection platform, and has committed to gathering data about its users' need for gluten-free foods. This will give the organization the abili-

ty to pinpoint specific locations and how many clients there have specific needs (like the need for GF food), revolutionizing the way we see hunger and hunger-related issues, while making it possible to allocate specialized support where it is needed.

What to do if you're having trouble accessing safe food.

If you find yourself experiencing food insecurity, start by contacting a local food bank. It will also be able to connect you with any community resources. If you are having trouble communicating your needs, the Canadian Celiac Association has a document called "Gluten-Free Eating," which was made in partnership with Dietitians of Canada and The Global Resource for Nutrition Practice. This amazing 13-page resource summarizes CD, safe food handling and more, and you can use it to help explain your condition and needs to others. Many other resources can be found on Celiac.ca.

How to help. If food insecurity isn't a problem for you, consider helping others. Reach out to your local food bank and see what it needs, whether that's a monetary donation, a food donation, or a donation of your time. The easiest way to help out is when you're shopping. See an item on sale? Buy two, donate one.

What are the most needed gluten-free donations?

Keep in mind that many people with celiac tend to have lactose intolerance until the stomach is healed. Diabetes can be common among the celiac community too. Gluten-free non-perishables have a reputation for being packed with sugar, sodium and minimal nutrients, so when you are making non-perishable donations, think about essential items such as:

- Low sodium tuna, nut and seed butters, beans, lentils, gluten-free pasta, rice, crackers, granola, cereal and breads
- Certified gluten-free oats, flour blends, cake, muffin and pancake mixes.
- Dairy alternatives such as nut, coconut, hemp, soya, rice milks.
- Gluten-free spices, condiments and cooking oils.
- White sugar alternatives including coconut sugar, agave, stevia, maple, monk fruit. ♦

Jessica Danford is a passionate advocate for the celiac and gluten-free community serving on the Board of Directors for the Canadian Celiac Association. Creator of #GFreeWifeFoodBank, she is on a personal mission advocating access to safe food. Jessica is also a virtual wellness coach helping you live your best GF life. You can learn more on her website www.gfreewife.com



Research news

ALAMY STOCK PHOTO



WAIT – CAN WE USE REGULAR TOASTERS AFTER ALL?!

A recent study looked at how much gluten contamination occurs in various food prep methods — and the results were surprising.

A recent study published by researchers from the Celiac Disease Program at the Children’s National Health System and the Harvard Celiac Disease Program looked to see how much gluten cross-contamination would occur with three different types of food preparation methods: cooking pasta, toasting bread and slicing cupcakes.

Cooking pasta: To test gluten transfer when cooking gluten-free pasta, the researchers used the same pot after cooking gluten-containing pasta first. When reusing water contaminated with gluten to cook gluten-free pasta, all 12 samples had gluten detected greater than > 20 ppm. When the contaminated cooked pasta was rinsed under cold water, five out of six samples had detected gluten, but less than < 10 ppm. If the shared pots were rinsed with water alone first, or scrubbed with soap and water before cooking the gluten-free pasta, there was no gluten detectable. Thus, either cleaning method works to prevent gluten transfer.

Toasting bread: Gluten transfer was tested when toasting gluten-free bread in a shared toaster with gluten-containing bread (rolling and pop-up) and visible crumbs present. Toasting in a rolling toaster detected gluten in 20% of samples at 5-10 ppm, while toasting in a shared pop-up

toaster was not associated with any detectable gluten in the 20 samples tested.

Slicing cupcakes: Researchers sliced a gluten-free cupcake using a knife that had just prior sliced a frosted gluten-containing cupcake. Just under half (46%) of the samples had detectable gluten at 10-20 ppm and 7% even > 20 ppm. However, if the knife was washed either with soap and water, rinsed in running water, or cleaned with antibacterial hand

wipe, 93% of the samples were found to be uncontaminated. All three methods of cleaning the knife were equally effective.

The takeaway: Certainly, the results of this study are intriguing. With this published data, there is evidence to show what those with celiac have long believed: that sharing water to cook gluten-free pasta is a significant source of contamination. Hopefully this study should provide more support to those advocating for safer food preparation practices in restaurants. But should the toaster results change the way you prepare food? Should those with celiac feel safe using a non-dedicated toaster? Not quite. More studies with larger sample

sizes are required to confirm the results, since only 20 samples were tested for each toaster. Given the severity of symptoms some patients may develop after being contaminated with gluten, keeping a dedicated gluten-free toaster seems like a simple measure to avoid feeling quite unwell post gluten contamination.

Finally, this study confirms that simple cleaning measures for cooking utensils with soap and water is very effective to eliminate gluten contamination, and possibly that separate utensils and pots for GF cooking are not necessary.

Study review by Dr. Dominica Gidrewicz, Gastroenterologist, CCA Professional Advisory Council

FUNDRAISING THAT BENEFITS BOTH CUSTOMERS AND THE ORGANIZATION

Helix has partnered with **The Canadian Celiac Association / L’association canadienne de la maladie coeliaque** to provide an easy way to support people with celiac disease and help improve their quality of life.



When you purchase gift cards for your day to day needs, (groceries, gas, retail, etc.), a percentage of the funds go directly to the CCA. <https://celiac.helixqs.com/>



GFCP feature – Lamontagne chocolates



When your kid or grandchild asks you to buy chocolate to raise funds for their school, you want to say yes—but that’s not easy when the chocolate contains or may contain wheat. Enter Lamontagne Chocolate.

A SWEET & SAFE FUNDRAISING OPTION

BY NICOLE COX

Across the country, teacher-parent councils, sports teams and other organized recreational groups are busy researching and selecting fundraising options. Often, fundraising is done through the sale of food products such as meat, cookie dough, and chocolate – especially with the holidays approaching! As celiac consumers continue to look for high-quality, delicious, accessible and certified food options, it is helpful to know which fundraising companies offer gluten-free products as an option within their fundraising catalogues. One such company is Lamontagne Chocolate—a family-owned Canadian chocolate manufacturer that uses high quality ingredients in a dedicated gluten-free facility! Genevieve Roberge, marketing coordinator for La montagne Chocolate, tells us a little more about the company and its gluten-free offerings.

Q. *What is Lamontagne Chocolate all about?*

A. Established in 1978 by Richard Lamontagne, Lamontagne Chocolate has never wavered in its commitment to offering customers the best products, made from the highest quality ingredients, all manufactured in Canada. With its focus mainly on fundraising products, Lamontagne Chocolate helps thousands of people reach their fundraising goals each year. Since 2017, World’s Finest Chocolate and Lamontagne have joined together to produce great chocolate for the fundraising world. (Laura Secord is also part of the World’s Finest Family.) World’s Finest Chocolate is the distributor, and is pleased to have Lamontagne produce their fine chocolate.

Q. *Why did your company choose to produce gluten-free chocolate?*

A. As an integral part of our corporate view and policies, we feel it’s important to respond to our customer’s safety and health concerns. In 2000, we became the first chocolate manufacturer to offer pea-

nut-free certified products. Our main markets for fundraising are schools and sport teams, and peanut allergy was a major issue for them. So, we proactively removed peanuts, as well as many tree nuts from many products.

Three years ago, we decided to continue in this way, to meet more consumer’s needs, by securing our gluten-Free certification. We have always been a gluten-free manufacturer, but we decided to get the certification to reassure our celiac customers. And we are still evolving—for example, we’re now offering products without trans-fat and palm oil.

Q. *Are all of the ingredients in your gluten-free items certified gluten free? Where are the products made, and are they safe from cross-contamination?*

A. Our manufacturing plant is certified gluten-free. All of our suppliers are ranked by their level of risk, and the quality department accordingly controls the material. We control

and test the raw materials and the packaging, as well as test the environment (with monthly swabs in different areas of the plant), right through to testing the finished products. Our validation is under 5 ppm. We are audited once a year by SGS, which is the company that grants our gluten-Free certification.

Q. *Do your products carry a gluten free symbol?*

A. The logo of the Canadian Celiac Association is clearly printed on both sides of all of our retail product’s packaging. While there is no indication of the gluten-free certification on the fundraising products, they all are gluten-free. In fact, all products with Lamontagne’s logo are gluten-free.

Q. *What are some of your customers’ favourite gluten-free products?*

A. Since all of the Lamontagne chocolate products are gluten-free, it’s difficult to point to just one favourite! Currently, our best sellers are the Maple

Cream Milk Chocolate Bites, the Sea Salt Milk Chocolate Pistachios, the Pumpkin Spice Almonds and the Caffe Latte Almonds.

As a certified gluten-free chocolate manufacturer, Lamontagne is an excellent fundraising choice for any school or group looking to ensure they are offering options to a wide variety of consumers. As a further sweet treat, many of Lamontagne’s certified gluten free products are also available in retail stores, and can be found in many grocery stores, supermarkets, drugstores and online via Amazon. ♦

<https://lamontagnechocolate.com/product/85-100g-bars/>
<https://lamontagnechocolate.com/product/mini-bars/>



PHOTOS BY LAMONTAGNE

Scotiabank run

A small but mighty group of the gluten-free community raised awareness and funds for CCA

POUNDRING THE PAVEMENT

On Sunday, October 20, close to 30 people assembled in downtown Toronto in the wee hours of a sunny but crisp autumn morning to walk or run 5 km, or take on the more daunting 21 km in the half marathon during the Toronto Waterfront Marathon event. Each individual had their own reasons for participating and fundraising. Whether it was a personal journey or for a loved one, they all came together in support of CCA.

As of race day, over \$26,000 had been raised to help CCA continue investing in Canadian celiac disease research, and developing programming and support services. Thanks to all who participated and to those who made financial contributions to this event. ♦

Special thanks to our friends at **ONLY OATS** who made a matching \$5,000 donation to our Team Celiac.



#TeamCCA after the race.

PHOTOS BY LÉA SAAD AND MELISSA SECORD



Dave and Kelly Smith with children Mikayla and Luke.



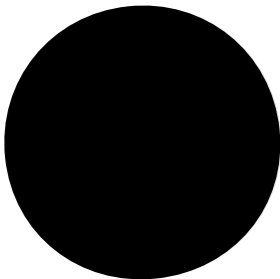
Top fundraisers: husband and wife team Paul and Nathalie.



Ashley Gismondi.



The Sigals family.



WHY DIDN'T THEY TELL ME?

Since you're reading this, you've obviously found us here at the CCA and are somewhere along the continuum after diagnosis between overwhelmed-at-the-beginning scared and this-is-now-second-nature confidence. But what did you have to learn on your own that you wish your doctors or dietitians had told you early on? There were surprises, right? And they were unwelcome surprises that you might have handled better if you had been prepared. Right? Well, here's my list and I'd love to hear more from others.

No one told me that my response to accidental ingestion of gluten after following the GF diet for a significant period of time would be completely different from the symptoms that originally took me to the doctor and got me diagnosed in the first place. Feeling generally unwell, fatigued, always hungry and with hit-or-miss bathroom issues is different from writhing on the floor with a sudden drop in blood pressure, chills, vomiting and explosive diarrhea. I suspect they didn't warn me because they didn't know.

No one told me that having to follow a restricted diet would have a huge effect on my social life and that planning ahead, packing snacks and explaining my needs would become a new way of life, with no time off for good behavior.

I felt alone with an invisible illness that I had to manage by myself. I'm sure they had no idea.

No one told me whether the suffering from accidentally eating something with gluten is proportional to the amount eaten. Is it? I still don't know for sure. From what I have read, a little bit of cross contamination puts some people in agony whereas accidentally eating a piece of regular toast can pass by virtually unnoticed by others. Sometimes. Sometimes not. Our reactions are not always predictable. Not

only can the doctors not tell us why, but they mostly seem not to be interested.

No one told me what to do in case of an accidental glutening. Are we supposed to just wait it out and suck it up? Should we attempt to manage the symptoms with over-the-counter remedies for diarrhea or antacids. Is there a right answer? I know that many outspoken people on the internet says to do this or do that, drink fluids, take such-and-such, use a hot water bottle. Lots of advice but not a medical professional among these advisors

offers an opinion. Again, I'm pretty sure they don't actually know what is best.

With all our emphasis on getting a proper diagnosis and finding safe, nutritious food, we have not explored at all the many other issues that come hand-in-hand with our condition except for watching out for all the other nasty diseases and conditions that are connected to celiac disease.

We are a great community for helping each other with advice and support from our own experience, but wouldn't it be terrific if there was actual scientific research on some of our questions? I'm hoping for good news on these and other questions coming out of the International Symposium on Celiac Disease to be held in Paris in September of this year. ♦

“ Our reactions are not always predictable. Not only can the doctors not tell us why, but they mostly seem not to be interested. ”

Peer champion



**We are
here to
support
you!**

CONTACT OUR PEER
SUPPORT TEAM FOR
FREE INFORMATION
AND GUIDANCE

A REGISTERED DIETITIAN
IS AVAILABLE EVERY
THURSDAY STARTING
SEPTEMBER 12, 2019
9AM TO 5PM

CALL US 1-800-363-7296 EXT 224
EMAIL US
CLIENTSUPPORT@CELIAC.CA



MEET A CCA PEER SUPPORTER

Rilla Murchison



advice to be a learning experience for me just as much as it is for the people I am helping. My husband and I share a gluten-free home and enjoy the theatre, musical venues, walking trails and restaurants in Victoria.”

Rilla is part of CCA’s volunteer peer support service. If you’d like to speak to someone confidentially about celiac disease, daily management, coping skills and more, we have a team of trained volunteers ready to listen and offer peer advice at no charge. No medical advice will be provided.

To get in touch with our free peer support service, contact Gauri Bawa, RD at our Client Support Desk at 1-800-363-7296 ext. 224 or email clientsupport@celiac.ca.

Raised in the farming community of Basswood, Manitoba, Rilla graduated with a degree in Home Economics from the University of Manitoba. She worked first as an Extension Home Economist and later as a secondary teacher in Hazelton and Sooke, BC.

When diagnosed by biopsy with celiac disease in 1986, “I had the advantage of a good understanding of gluten and the disadvantage of working in a gluten filled classroom.” She has appreciated being involved with the Victoria Chapter and presents monthly Saturday morning information sessions for new members.

“I find these sessions and sharing

BECOME A PEER CHAMPION & PAY IT FORWARD

For a monthly donation of \$35 per month or a one-time annual donation of \$350, you can become a Peer Champion and ensure someone is there when the phone rings for help. Peer champions are specially recognized in CCA communications and annual report will receive updates on our service. To donate, visit <https://www.celiac.ca/ways-to-give/peer-support-champions/> or call Francis at 1-800-363-7296 ext. 225. ♦

Ways to give

The Canadian Celiac Association relies on donations to continue its mandate to advocate, educate and support people with celiac disease, dermatitis herpetiformis and non-celiac gluten sensitivity. There are many ways to support the CCA.

Monthly Donations

Convenient monthly donations can be set up through **Canada Helps**, a secure online website and your credit card. Receipts are generated automatically and sent to your email inbox. Visit <https://www.celiac.ca/ways-to-give/become-a-monthly-donor/>

Donate in Memory of Someone Special

Make a donation in memory of a family member, friend or colleague. The Canadian Celiac Association will send a card on your behalf acknowledging your thoughtful donation. You will receive an official tax receipt confirming your donation.

Donate in Recognition of Someone Special

Donate in recognition of someone on a special occasion or for a special achievement-birthday, graduation, research discovery, specific holiday, anniversary, or wedding. The Canadian Celiac Association will send a card on your behalf acknowledging your thoughtful donation. You will receive an official tax receipt confirming your donation. Visit <https://www.celiac.ca/ways-to-give/give-in-honour-of-someone/>

Help Us Go the Extra Mile for Celiac Disease Today

Aeroplan joins you in supporting celiac disease with a 10% top up for every donation, every time. Aeroplan Miles will be used towards volunteer travel and assisting with other operational expenses. Donate your Aeroplan Miles today. Visit <https://beyondmiles.aeroplan.com/eng>

Leave a Legacy

The values that you uphold can do much to shape the lives of those who come after you. One of the best ways is to make a gift through your will or estate plan to an organization you feel holds your values and strives to create the world you would like your children and grandchildren to inherit.

Your gift does not have to break the bank. A surprisingly small amount can make a lasting difference in the world.

Your legacy will directly translate into improving the lives of people living gluten free through the CCA's innovative work. This means more Canadians will have greater access to gluten-free, nutritious food, and health services.

There are several ways to make a planned gift:

- Wills and Bequests
- A Gift of Property
- Gifts of Appreciate Securities
- Gifts of RRIFs and RRSPs
- Charitable Gift Annuities and Remainder Trusts
- Gifts of Life Insurance



www.celiac.ca

Donate a Vehicle

Donate A Car Canada accepts vehicle donations for the Canadian Celiac Association. To donate a car, truck, RV, boat, motorcycle or other vehicle to the CCA, go to the Donate A Car web site. They provide free towing in many areas across Canada, or you can drop off your vehicle to maximize your donation. When you donate your car at it will be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support the CCA.

DONATE NOW at <https://donatecar.ca/> and you will receive an income tax receipt from the CCA after your car donation is complete!

Donate Securities and Mutual Funds

A donation of securities or mutual fund shares is the most efficient way to give charitably. Canada Helps is the largest processor of online security and mutual fund donations in Canada. They make it easy to donate to the Canadian Celiac Association. Please contact either your financial planner, bank or trust company to arrange or the CCA office for more details.

Follow CCA on Social Media

Follow us on social media to stay up-to-date on opportunities to support our fundraising programs. Share our message and help guide others to the CCA.



Gluten-Free Cinnamon Apple Granola Bars

BAKING INSTRUCTIONS

Preheat oven to 350 degrees. Prepare 9x9 inch baking dish by lining it with parchment paper, leaving excess hanging over sides for easy removal.

Spread oats, sunflower seeds, nuts and flax seeds out in an even layer. Bake for 5-10 minutes until the oats start to brown.

In a small saucepan bring honey, coconut oil and brown sugar to a simmer over medium heat. Stir to dissolve sugar for 2-4 minutes. Remove from heat and set aside.

In a large bowl combine cereal, dried apples, cinnamon and salt. Stir in oats and honey mixture .

Press mixture down in prepared 9x9 pan. Refrigerate for at least an hour before serving. Cut into bars and ENJOY!



Made with 100% Purity Protocol Oats

For more gluten-free recipes visit
www.myonlyoats.com/blog



YOU WILL NEED

- | | |
|-------------------------------|----------------------------|
| 1 ¼ cup ONLY OATS rolled oats | ½ cup chopped dried apples |
| ¼ cup sunflower seeds | 1 tsp ground cinnamon |
| ¼ cup flax seeds | 4 tbsp coconut oil |
| ¾ cup chopped pecans | ½ cup honey |
| 1½ tsp vanilla extract | 2 ½ cup puffed rice cereal |

Banana Pancakes

YOU WILL NEED

- 2 cups ONLY OATS rolled oats
- $\frac{3}{4}$ cups almond milk (or any other milk of your choosing)
- 2 ripe bananas, defrosted if frozen
- 2 tbsp baking powder
- 2 tbsp apple cider vinegar
- 2 tbsp maple syrup
- 1 tsp vanilla
- $\frac{1}{2}$ tsp cinnamon (optional)

INSTRUCTIONS

Add all ingredients into a blender. Blend until smooth. Let stand for 10 minutes so that the oats can absorb the moisture and fluff up.

Add a tbsp of oil to a large frying pan and set to low/medium heat. Use about $\frac{1}{4}$ cup of batter for each pancake and smooth batter in the pan.

Cook for 7 minutes per side, or until golden brown. Top with favourite fruit, nuts and/or syrup.



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DILL PICKLE SOUP

This version of dill pickle soup is made with small Cornish hen. You can also create a vegetarian version of using a vegetarian broth .

- 1 x Cornish hen
- 2 x bay leaves
- 4 x large all spice seeds
- 2 x Medium size potatoes cubed
- pinch of salt
- generous sprinkle of pepper (not a pinch)
- 3 L of water
- 1 large onion
- 1 stick of celery
- 1 cup of cream (33%)
- 1 1/2 medium size carrot (half of it shred it)
- 3 medium size pickles (if you have the Kiszone from the Italian store best, if not the regular will have to do) shred them do not squeeze out the juice

Clean your hen and put it in a large pot. Bring it to a boil on high heat than reduce to medium, add the carrot and celery stick and the onion, bay leave, all spice seeds. Boil it for about 45 minutes, than add the shredded pickles and carrots, at about an hour time, take out the boiled carrots, celery, and chicken, add the cup of cream, bring it to a full boil and take it off the heat once it boils for few minutes. You will have the protein coming out of the chicken at the beginning of the boil, you want to scoop that out so you have no floaties and add the potatoes.

*Courtesy of Continental Treat Fine Bistro, a GF -dedicated bistro, in Edmonton.
Executive Chef Elizabeth Palmowski supplied us with this European-inspired soup.
<http://www.ctfinebistro.com/>*

PUMPKIN MUFFINS

Makes 18 muffins

Preheat oven to 375F and line a muffin tin with baking cups. In a large bowl with electric mixer, or in a stand mixer, combine:

- 1 3/4 c packed brown sugar
- 1/2 c white sugar
- 1/2 c coconut milk
- 1/2 c canola oil
- 1 1/3 c pumpkin purée, canned

Now add your dry ingredients, and mix until no lumps of flour remain:

- 3 1/8 c Bob's Red Mill 1-to-1
- 3/4 t salt
- 1 1/4 t baking soda
- 1 t cinnamon
- 3/4 t nutmeg
- (Optional) Fold in 1 c chocolate chips with a spatula.

Drop 1/3 c of batter into each muffin cup. Bake for 22-26 minutes or until a skewer inserted into the middle of a muffin comes out clean.

To store, seal in an airtight container and keep at room temperature up to three days, refrigerated for up to a week, or frozen for up to six months.

Courtesy of Emily Karlovitz, a vegan and gluten-free pastry chef in Hamilton, Ontario.



Mark the dates: June 5–7

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