

British Columbia Celiac News

Spring 2024

Volume 16 Issue 1

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CCA 106844244RR0001



Canadian Celiac Association
L'Association Canadienne de la maladie coéliquaue 

12 months of Membership draws

Renew your CCA BC Membership for 2024

Membership keeps the BC celiac community thriving.

Join/ renew today for only \$20 for the 2024 year to continue receiving member benefits! Learn more at bcceliac.ca/membership



10% OFF

- Alkeme Gluten Free Artisan Bakery orders + subscription services
- Iki Japanese Gluten Free Restaurant
- Jan's on the Beach (excludes appetizers and alcohol)
- The Skript (formerly True Nosh) class admission + in-store purchases

Prizes

- Monthly Membership Prize Draw: A sponsor or donor gift valued at over \$25 finds its way to a lucky winner!
- Our generous sponsors make donations all year such as baking mixes, product samples, coupons and more. We pass these forward to our Membership!

Support

- Access to a registered dietitian for a free 30 minute chat. Get on track with gut repair and nutrition at any stage of your celiac or GF life
- Regular email updates on programs, services, and product information in BC

Resources

- Get BC Celiac News Magazine automatically delivered to you quarterly
- Your membership dollars help to keep us running in-person and online as we create original content and resources
- You also support awareness campaigns at conferences, schools and hospitals because we advocate for you!

Thank you to our 2024 monthly membership draw sponsors:

Jan: Wescana & What The Flour
Feb: Grey Fox Brewery
Mar: The Skript (True Nosh)
Apr: Infusion Soy Sauce
May: 2 Guys with Knives

Jun: Innocent Ice Cream
Jul: Jan's on the Beach
Aug: Alkeme
Sep: Ghostfish Brewery
Oct: 2 Guys with Knives

AGM



10 March 2024
2pm - 4pm

12 March 2024
6pm

New Westminster Public Library
716 West 6th Ave

Gastown
53 Water Street

RSVP: info@bcceliac.ca

eventsRSVP.bcceliac@gmail.com

PARENTS!

HELP US PLAN EVENTS FOR KIDS!

CONTACT US

QUESTIONS
CONCERNS
COMMENTS
SUGGESTIONS
CONTRIBUTIONS

Mailing & Deliveries Only
Canadian Celiac Association
British Columbia
2675 Oak Street
Vancouver, BC V6H 2K2

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magazine@bcceliac.ca
eventsRSVP.bcceliac@gmail.com
info@bcceliac.ca
(604) 736-2229 1 (877) 736-2240

VOLUNTEERS

In-person or work-from-home,
there is a role for you. Contact
info@bcceliac.ca to get involved.



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CCA VISION STATEMENT:
TO BE THE LEADING ADVOCATE FOR CANADIANS WITH
CELIAC DISEASE AND GLUTEN DISORDERS.

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PRESIDENT'S MESSAGE

As we (hopefully) bid farewell to the winter chill, I am thrilled to bring you another vibrant issue of our magazine.

Spring symbolizes growth, blossoming flowers, and reawakening. It inspires us to embrace fresh perspectives and embark on new beginnings.

We always hope our content reflects each season, be that with information on handling upcoming holidays and celebrations, recipe ideas or travel and dining out tips. *As always we encourage you to submit content or contribute ideas to info@bcceliac.ca.*

As we embrace this season of renewal, we want to express our gratitude for the unwavering support our members have provided. Your commitment has been the driving force behind our efforts, allowing us to cultivate meaningful initiatives and make a positive impact.

In the coming months we will be developing exciting plans that we can't wait to share with you. From community education projects that aim to bring about positive change, to a busy **Celiac Awareness Month in May**, your continued support will be instrumental in turning these aspirations into reality.

Wishing you a spring season filled with joy, optimism, and the beauty of new beginnings. **Thank you** for being an essential part of our community.

-Julie

SUMMER PHOTOGRAPHY CONTEST

Does your phone have hundreds of photographs just waiting to be put on display? Send us your best BC summertime picture and it could be featured as the cover of the next BC Celiac News magazine!



Email your submission to magazine@bcceliac.ca

SUPPORT GROUPS

The only treatment for Celiac Disease is still a gluten free diet, which requires significant patient education, motivation, and follow-up.
Slow response occurs frequently, particularly in people diagnosed in adulthood.

- ✓ Keep **learning** to keep **thriving**
- ✓ Access to **science-based**, quality info
- ✓ Local support groups keep you **social**!
- ✓ **Glutened?** We *actually* know how it can feel!
- ✓ Gluten free life is hard. **No judgement.**
- ✓ Manage and cope, there's hope! **It gets easier.**



PROVINCE WIDE (ON ZOOM)

3RD THURSDAY OF EACH MONTH 7:00PM
CONTACT:
ONLINE.BCCELIAC@GMAIL.COM
OR CALL (877) 736-2240 TOLL-FREE



RICHMOND, OR ANYONE NEWLY DIAGNOSED...

2ND MONDAY OF EACH MONTH 6:30PM
CONTACT VAL:
VAL_VAARTNOU@TELUS.NET
OR CALL 604-271-8828



SURREY, LANGLEY & WHITE ROCK

3RD TUESDAY OF EACH MONTH 6:30PM
CONTACT PUSHPA:
PUSHPAKAPADIA@GMAIL.COM
OR CALL 604-721-0098



UBCELIACS, OR ALL POST-SECONDARY STUDENTS

DATES POSTED ON INSTAGRAM [@UBCCELIACGROUP](#)
CONTACT: ADRIANNA & ABBY
STUDENT.SUPPORT@BCCELIAC.CA



THE FOOD GROUP

CELIACS & FRIENDS GO OUT TO EAT
CONTACT ARICA:
ARICASHARMA@LIVE.CA

ABBOTSFORD

CONTACT UTE:
UTET@SHAW.CA

CHILLIWACK

1ST SATURDAY OF EACH MONTH
CONTACT GERALDINE:
GDAVID@UNISERVE.COM
OR CALL 604-792-2119

POWELL RIVER

CONTACT LIZ OR VAL:
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VALHAR@SHAW.CA





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UNCOMPROMISED
CRAFTSMANSHIP



DON'T BE FOOLED BY GLUTEN REDUCED BEER CLAIMS.

Along with the good news about the launch of Kelowna's Grey Fox -- a dedicated, naturally gluten free brewery in BC -- comes the disappointing announcement of a Vancouver Island barley brewery targeting celiacs and gluten free drinkers with a gluten reduced beer. In short, one step forward and one step back in the evolution of a homegrown gluten free beer scene in our province.

The barley brewery is doing this by dressing up an out-of-date and insufficient brewing method as a scientific breakthrough, which categorically it is not.

#Celiac hashtags in their social media campaigns are squarely at odds with gluten free brewing best practice, CFIA labelling and advertising rules, and CCA recommendations.

What's the difference + why does it matter?

Gluten free beer is made from grains that never contained gluten to begin with. Malted millet, rice, and buckwheat are the mainstays of the growing gluten free craft beer movement and working with these grains is where the innovation and brewing science know-how come in.

Gluten reduced beer is made from gluten-

containing barley and is not celiac safe, no matter where it's made. It can still trigger antibody reactions that cause short and long term damage.

The supposedly complex science

behind gluten reduced beer is dumping a liquid enzyme into fermenting barley beer and then hoping for the best. The enzyme hydrolyzes (breaks down) long protein chains into shorter protein chains. Those protein chains are not magically removed or even broken down into individual amino acids (the building blocks of protein chains). Left behind are protein fragments that can trigger antibody reactions (results may vary from person to person and from one batch of GR beer to the next).

Testing of residual gluten levels is not accurate

or meaningful in these gluten reduced products. More in depth testing through other methods shows that they can have widely varying amounts of gluten proteins that refute the <20ppm claims. This is why the CFIA in Canada, the FDA in the US and equivalent bodies in Australia, New Zealand and Argentina have all enforced labelling and advertising claims to protect consumers. Celiac organizations in these countries are clear in advising members to avoid gluten reduced beer.

If BC's beer distributors, retailers, and hospitality managers were extremely well-educated on celiac disease and risks associated with gluten reduced beer, one might argue that having a gluten reduced beer just means more choice for the broader gluten free community. But that's not really the case at the moment and many celiac beer consumers struggle with access to high quality, truly gluten free beer. With limited shelf space for a niche market, and the sense that a local BC brewery has solved the gluten problem, many retailers and restaurants may opt to carry the gluten reduced beer and not celiac-safe beers. Less choice not more. How many celiac consumers will get sick from drinking a gluten reduced beer and decide they just don't like beer anymore? I'm confident that naturally gluten free beer will prevail in the end as Grey Fox (and eventually other BC GF brewers) get their beer into the BC market.

In the meantime, here's some things you can do to take action:

Let retailers/restaurants that sell gluten reduced beers know that these are not safe for celiac drinkers and can make us sick (especially when mislabelled as gluten free). Bring the falsely labelled in-store "Gluten Free" tags on gluten reduced beers to the manager to explain why this is an issue.

Ask your retailers, restaurants, pubs to carry gluten free (not gluten reduced) beer: Grey Fox is an obvious BC choice, along with Glutenberg, Ghostfish, Groundbreaker and Lakefront.

Challenge false gluten reduced beer claims by breweries, traditional news media, and gluten free influencers. Take a stand if you care about the future of GF beer in BC.

If you see gluten reduced beers being advertised or promoted as celiac safe or gluten free, raise the issue with the CFIA – they have an easy to use online contact system for submitting concerns.

Stuart Cole is a CCA BC Member, long-time brewer and beer obsessive, a six year "apprentice" to celiac disease, and an organizer for the international Zero Tolerance Gluten Free Brewing group and wiki. He lives on Bowen Island, BC with his gluten free beer tolerant family.

Gluten Reduced Beer Claims Cheat Sheet

What they say

Gluten removed

Scientific breakthrough / cutting edge

Residual gluten tests less than 5/10/20 ppm

Safe for celiacs (explicit or implied ... #celiac or #glutenfree tags?)

What you need to know

Not "removed". Shorter intact protein chains remain & can still trigger celiac antibody reactions.

Not new, not innovative, not complex. Not safe for celiacs.

No scientific validation for this claim. ELISA testing is not accurate in hydrolyzed/fermented foods. Other testing shows highly variable results.

No. Does not meet GF safety guidelines. Celiac consumers are advised to avoid gluten reduced beers by the CCA and other international celiac organizations.



Gluten-reduced beers

are permitted to be listed as "crafted to remove gluten," "deglutinated," "gluten reduced" or any equivalent statements that emphasize the removal of gluten from the product.

However, these beers are not allowed to carry a 'gluten-free' claim.

Source: celiac.ca

CANADA'S FAVOURITE GLUTEN-FREE BEER.

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December 2023 – February 2024

Board Highlights

Dec 8

The Food Group met up for a fun-filled evening and ate sushi, tempura and dumplings for dinner. Big thanks to [@goodflourco](#) [@infusionsoysauces](#) and [@the_skript_kitchen](#) for their generous support and excellent products! To join The Food Group, email aricasharma@live.ca



Dec 10

The Annual Cookie Exchange was a great success! Thank you to all who came by to share and exchange!

After a lively discussion about the tricks of baking and importance of GF certification from Chef Jen Peters of The Good Flour Co. the feast began!

Kids craft corner made sock snowmen with Molly, and all the kids took home small gifts courtesy of Betty.

Congratulations to Carly & Stefan who won best-dressed for the 2nd year in a row! Though Maria and her husband Gordon were a close second place!



★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Champions!

Overall favourite – a tie!

Ailish & Esme's tahini cookies

&

Julie's cranberry bliss Starbucks knock off



Best seasonal flavour
Red bag ginger snaps



Best cookie made by a child
Finn's sugar cookie



Best decorated
Cheri & Rori's sugar cookie



Easiest recipe
Emergency C.C.C.

Are you planning to attend the 2024 cookie exchange? Some tips: Remember to give your cookie a unique name * Bring copies of the recipe to share * Make your cookie all-inclusive by avoiding dairy, nuts and other allergens if possible – but most importantly, make it celiac-safe!

December 2023 – February 2024 Board Highlights



Dec 16

Thanks to **OEB Breakfast Co.** in Yaletown who hosted our first ever family brunch event. Our attendees enjoyed the many delicious celiac-safe brunch options, and being able to attend a family-friendly event! "We had such a great time! So thankful to [@oeb_breakfast](#) for the care and attention they showed us. My little one is still talking about the waffles Looking forward to the next one!" – Emily



Dec 31: Membership draw

Congratulations to Barbara B. the lucky winner of 5 FREE meals from 2 Guys with Knives!

Jan 08

The Richmond support group had a deliciously celiac-safe dinner at **Ember Indian Kitchen** in Steveston. If you are interested in meeting a friendly group of celiacs and eating delicious meals, email val_vaarnou@telus.net to join in at the next event.



What
the
Flour



100% Canadian owned
Great Gluten Free Options



Available at retailers across Canada

December 2023 – February 2024

Board Highlights

Jan 25

Thank you to our friends [@caffedelish](#) who hosted us for a Ukrainian Christmas dinner at their Pitt Meadows location. Attendees were able to enjoy a traditional three course meal – 100% gluten-free! Menu options were potato pancakes or vegetable borscht; pierogi with onions and bacon or pork schnitzel or vegetarian cabbage rolls; lemon cream puff, all for \$35!



Jan 30

@UBCceliacgroup hosted another successful event! “Thanks so much to everyone that attended, we hope you had a great time and we look forward to hopefully seeing you next month! another thanks to [@cloud9glutenfree](#) for the amazing cookies that are the absolute highlight of every meeting :)”

Jan 31: Membership draw

Congratulations to Sharon W. the lucky winner of Wescana oats and baking mixes from What The Flour!

Feb 10

Aliya Hirji, CCA BC Events Director couldn't let the Annual Hot Chocolate Festival go by without having a taste! A few members met up at Granville Island to try [@kasamachocolate](#) A Bear's Breakfast, a unique and inspired drink served with a macaron by [@bonmacaronpatisserie](#)



We walked and talked, and had the opportunity to lament about how so many doctors still have no patience or insight for patients suffering from celiac disease. **The CCA has a great follow-up care guide written specifically for physicians, you can find it here:** <https://www.celiac.ca/healthcare-professionals/management/>



Feb 17

The Food Group gathered to savour [@jukefriedchicken](#) 182 Keefer Street (**now open until midnight!**), socialize, and engage in friendly matches of foosball and pool. To receive updates about upcoming events, please email aricasharma@live.ca.



Feb 29: Membership draw

The February membership prize draw was a \$50 Grey Fox Brewing gift card that can be used at the brewery or the online store, but at the brewery includes a free tasting. Keep an eye on your email, you might be the lucky winner!



What's up in March?

1

The Skript (Formerly True Nosh) offers CCA BC members a 10% discount for cooking classes and online product purchases! Learn how to cook flavourful healthy food in a celiac-safe environment by registering for a class today - kids welcome with an adult! The March membership prize draw is two bags of vegan protein (the texture can deliciously be mistaken for ground meat) and a bag of dumpling flour mix!



Dim Sum Brunch!
Only \$25 per person
(taxes extra, this is
not a class)



Class: GF Steam BAO
BUNS stuffed with BBQ
Pork (VG option upon
request!)



Class: Traditional GF
Indian Masala and
Bunna sauces (VG
option upon request)



Class: Thai Papaya
Salad and Pandan Leaf
Chicken GF/ VG

2



SEATTLE

Haven't checked out
Ghostfish Brewery for a
dedicated gluten-free beer
and food experience?
What's holding you back?



GHOSTFISH BREWERY
RESTAURANT & TAPROOM
2942 1ST AVE S | SEATTLE

When was the last time you had beer-battered anything?

Join us and Ghostfish for a fun March contest! Win a mouthwatering meal and drink voucher for you and a pal!* Just pop over to CCA BC's social post, hit like, tag a buddy, and spread the word! Your next Seattle trip is all set for a celiac-safe feast!"



*Voucher to redeem at the brewery, \$60USD max value, taxes & gratuity extra.

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AM I ALLOWED TO EAT THIS?

Wouldn't it be great if there was an app that asked all the questions for you?

honeycomb.ai



WHAT IS HONEYCOMB.AI

Honeycomb.ai, is a mobile app specially designed to help those of us with dietary restrictions dine-out safely. It is continuously expanding and improving. Users can now find nutritional information for each meal listed at a restaurant, and the "discovery" feature has made choosing restaurants, and even making in-person reservations much easier.



HOW DOES IT WORK

Tamir Barzilai, one of the founders of Honeycomb.ai will be offering a demonstration at our upcoming AGM on March 10th.

If you have ever worried about what to eat when travelling, or **wondered if your child will be brave enough to ask the right questions when they're out with friends**, peace of mind is in your hands! You'll learn about the in-depth measures taken to provide accurate ingredient information, and how Honeycomb.ai gives users confidence in selecting restaurants.

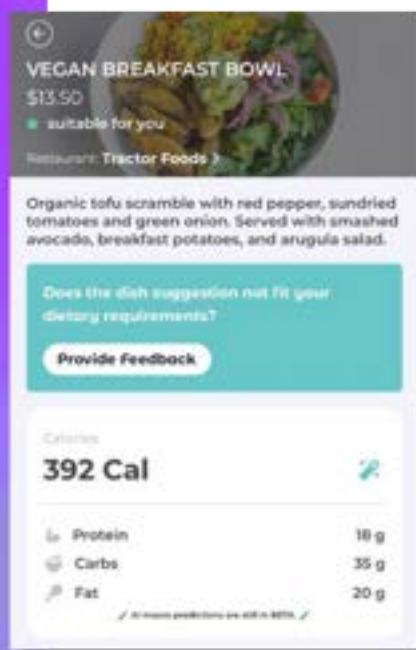
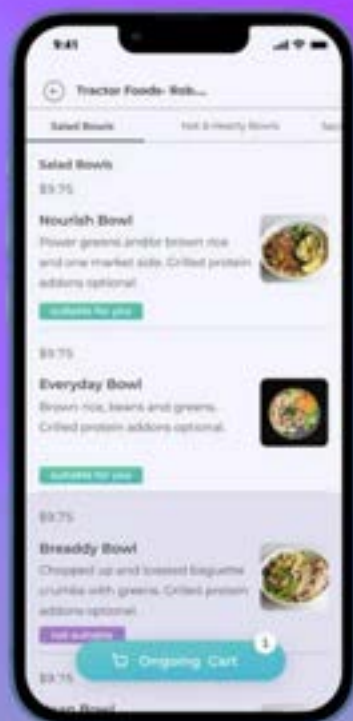


A CHANCE TO LEARN & WIN!

Get all your questions answered directly from Tamir. Plus, a chance to win draw prizes, one of which will be exclusive to CCA BC members!

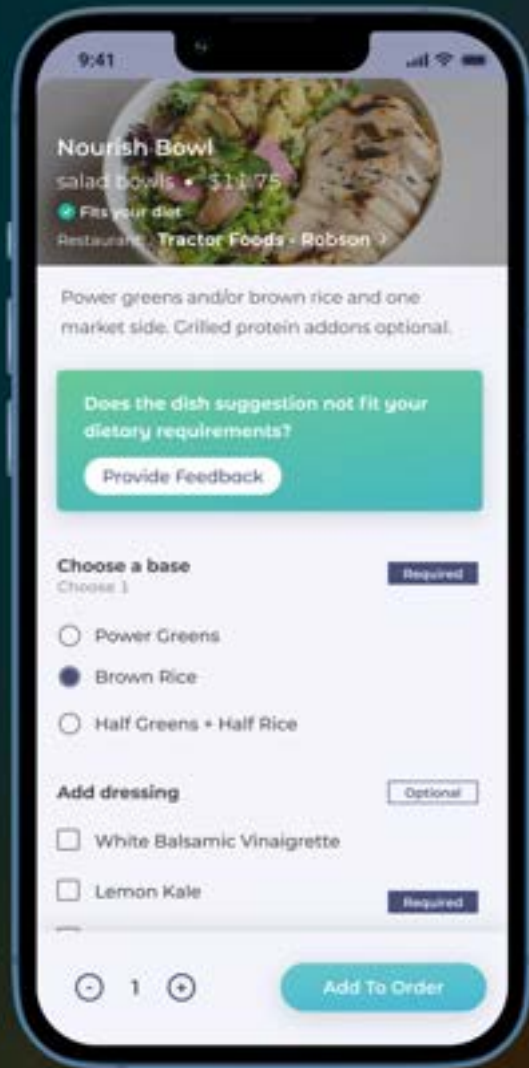
Please register by emailing info@bcceliac.ca or by phoning Cynthia Loveman at 604-266-1441.

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GRUBHUB

SKIP THE DISHES

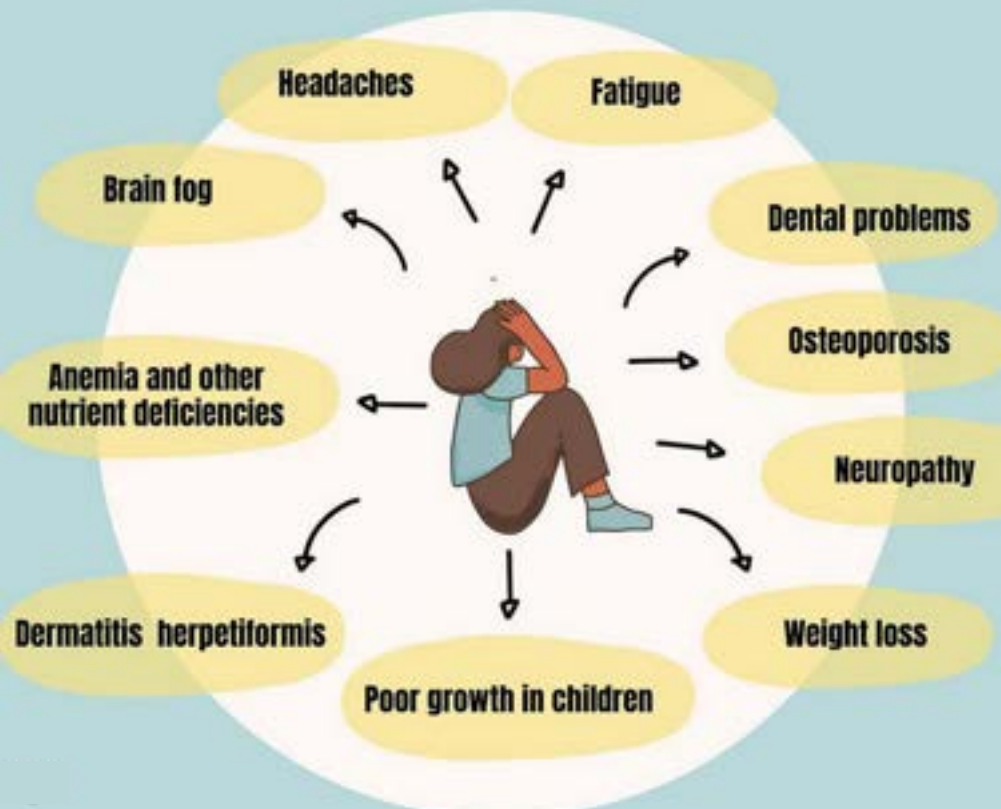
10 NON-GI SYMPTOMS OF CELIAC DISEASE

It's a common myth that the only symptoms of celiac disease are gastrointestinal.

Did you know that undiagnosed celiac disease can affect your body in many different ways?

This graphic from @celiacresearch lists some non-GI symptoms which can occur in people with celiac disease.

Did you experience any of these symptoms?



7 DAYS OF READY-TO-EAT GF MEALS

GET 20% OFF
YOUR FIRST ORDER WITH
THE CODE #CCA20

The advertisement features a collage of images showcasing meal prep services. On the left, there are three stacked black meal prep containers with green lids, each featuring social media icons and the company name. In the center, a black meal prep tray is labeled 'BREAKFAST' and contains a baked fish fillet, a slice of lemon, and a small container of dressing. To the right, another black meal prep tray is filled with a variety of foods, including a large piece of baked chicken, broccoli, green beans, and a small container of orange sauce. In the bottom right corner, a white banner with orange text reads 'WEEKLY ROTATING MENU!'. The background is a solid green color.

GET IN TOUCH
hello@2guyswithknives.com
778-828-9478

2GUYSWITHKNIVES
MEAL PREP

WEEKLY ROTATING
MENU!

think of us and support the cca bc it's easy!



Corporate Matching Programs

Many corporations have corporate matching programs. In BC TELUS, Seaspac and Shaw are some of the companies which have these types of programs. Ask your employer if you are not aware of what charitable programs are provided. If there are none, ask your employer if you donate, will they provide a matching donation.

You will be required to provide the following information:

Charitable Name:

Canadian Celiac Association British Columbia
Charitable Registration Number (BN):
855544896 RR0001

Other ways to support

If you would prefer to give of your time, send us an email to info@bcceliac.ca and we would be happy to discuss what opportunities for volunteering exist.

Other ways to donate

Donate celiac-safe non-perishable to Food Banks BC with the "save me for gluten-free" logo. Visit celiac.ca to learn more.

E-TRANSFER: INFO@BCCELIAC.CA

Please include the word "donation" in your name.

Example: John donation Smith

CREDIT CARD VIA CANADA HELPS



DONATE BY MAILING A CHEQUE TO:

Canadian Celiac Association
British Columbia
2675 OAK STREET
VANCOUVER, BC V6H 2K2



CELIAC IN THE NEWS

Submitted by Val Vaartnou, CCA BC Member

The following are summaries of research in progress or completed from credible medical journals and medical/celiac sites. Links are provided where further information can be found.

Studies currently underway National Institute of Health (NIH - US)

The National Institute of Health funded grants for celiac disease research totalling \$9M in 2021 and there were 73 active grants in 2022. Examples of these grants include:

- KAN-101-02 Study – Phase 1b/2 – Location: Columbus OH and Minnesota Metro areas – re-educates T cells, or tolerizing them so they do not respond to gluten antigens.
- LILY Study – Phase 1 – medication targets an immune complex known to cause celiac disease (CD) symptoms.
- Virtual Celiac Symptoms Study – online study of patient symptoms of celiac disease
- Proactive Celiac Study – Phase 2 Clinical Trial – test the safety and effects of the investigational medication PRV-015 in combination with the gluten-free diet. Objective: to reduce symptoms and intestinal inflammation caused by accidental gluten exposure.

Several targets of management of celiac disease are being worked on including trials of: peptidases, gluten sequestrants, tight junction regulators, anti-transglutaminase 2 therapies, immune tolerizing agents, advanced biologics and small molecules, and microbiome-targeted strategies.

For more information:

https://www.medscape.com/s/viewarticle/973664_2 Review article: Therapeutic targets for the pharmacologic management of coeliac disease, Aliment Pharmacol Ther. 2022;55(10):1277-1296. Search PubMed for published research on clinical trials for CD.

20% of celiacs in the hospital also had coronary artery disease (CAD)

A U.S. study looked over 23K celiac disease patients in the National Inpatient Registry database from 2016 – 2018. The study analyzed sociodemographic and clinical risk factors of CAD in celiac disease patients, as well as looking at the matched non celiac CAD population. 18% of those with CD were also found to have CAD. Female celiac patients were 55% less likely to have CAD than male patients. Iron deficiency anemia is a statistically significant risk factor for CAD in celiac disease patients. Interestingly, obesity and use of tobacco were not factors in CAD risk in celiac patients.

For more

information: <https://www.cureus.com/articles/97680-celiac-disease-patients-with-coronary-artery-disease-a-nationwide-population-based-study#!/>

Zonulin as a biomarker for the development of celiac disease

This was mentioned in the December issue of Celiac News, however a new pediatric study out of Mass General Hospital looked at intestinal permeability as a factor in the development of celiac disease. The study found that there was a significant increase in zonulin, especially when antibiotics had been taken, in the 18 months prior to the development of celiac disease. The researchers felt zonulin would be a good indicator of development of the disease.

For more information: Pediatrics (2024) 153 (1): e2023063050.

<https://doi.org/10.1542/peds.2023-063050>

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What if I am not healing? Refractory Celiac Disease Management

Refractory Celiac Disease is rare, considered to be less than 1% of celiac disease patients. There are 2 types: RCD1: villous atrophy continues but intraepithelial lymphocytes are like those in regular CD; and, RCD2 has unusual clonal T-cell expansion in the intestinal tract (and potentially other organs) and has a poorer prognosis. The risk of developing T-cell lymphoma increases in RCD2. Inadvertent or intentional ingestion of gluten is most often the cause of RCD1.

For more information:

https://www.mdedge.com/gihepnews/article/258320/gastroenterology/aga-clinical-practice-update-expert-review-management?channel=345%3Fecd%3DWNLPD_GIHEP_221113_mdedge

The correlation of tTG levels and endoscopy results (Marsh score)

A positive correlation was shown between higher anti tTG levels and between the damage seen during the endoscopy. (Note:tTG levels may be impacted by the level of IgA in an individual as well.) This validates the tTG levels to diagnosis of celiac disease.

For more information: Qureshi M (December 27, 2023) The Correlation Between Serum Anti-Tissue Transglutaminase (Anti-tTG) Antibody Levels and Histological Severity of Celiac Disease in Adolescents and Adults: A Meta-Analysis. Cureus 15(12): e51169. doi:10.7759/cureus.51169

World-first oat study



Dr. Maria Ines Pinto-Sanchez, gastroenterologist and director of the Celiac Clinic at McMaster University was awarded the Dr. J. A. Campbell prize previously to investigate the introduction of oats into a celiac diet and

ongoing disease management. Based on her research we will soon know whether oats can be eaten after diagnosis or if you need to wait for the villi to heal. Oats have vital nutrients and there are currently no clinical guidelines anywhere in the world regarding oats. Although it is thought they might cause irritation in the lining of the small intestine. Stay tuned to the results of this research.

Source:Celiac Canada email announcement 01/14/2024

European diagnosis of celiac disease guidelines

Review of literature and database were reviewed to formulate questions on symptoms, blood testing, genetic testing and reviewing pathology associated with celiac disease.The review concluded that the tTG IgA test is the best (this is used in Canada.) Patients should be referred to a gastroenterologist if results are positive.In children based on their guideline a biopsy may not be required (this has been adopted by Children's Hospitals in Canada). Note they recommend that patients with no/mild histological changes (Marsh 0/1) but confirmed positive blood test should be followed closely.



For more information: PMID: 31568151 DOI: [10.1097/MPG.0000000000002497](https://doi.org/10.1097/MPG.0000000000002497) and for a Canadian perspective and top reasons to have an endoscopy: <https://theceliacscene.com/reasons-biopsy-diagnosis-celiac-disease-2024/> A celiac advocate Maureen Gilroy provides her ideas. (Note this is not a medical perspective.)



When was the last time you got your tTG levels tested ?
The CCA recommends getting tested every 2 years!





IBD & CELIAC DISEASE ARE LINKED

McMaster University researchers have established a connection...



between inflammatory bowel disease (IBD) and Celiac Disease (CD).

A systematic review and meta-analysis at the Farncombe Family Digestive Health Research Institute at McMaster in collaboration with the Society for the Study of Celiac Disease has determined **there is a nine-fold increased risk of having IBD for patients with a previous diagnosis of celiac disease.**

Similarly, the risk for celiac disease is increased in IBD patients, though to a smaller extent.

“Clinicians have always suspected that IBD and celiac disease may be linked, however a clear association was never established,” said first study author Maria Ines Pinto-Sanchez, associate professor of medicine and member of the Farncombe Family Digestive Health Research Institute at McMaster. She is a gastroenterologist with Hamilton Health Sciences.

“This is important, as failure to diagnose one or the other condition could compromise proper response to available treatments. It also raises questions on screening for the other disease in a patient already diagnosed with either IBD or celiac disease.”

IBD and celiac disease are chronic and disabling intestinal conditions affecting many Canadians as Canada has one of the highest frequencies of IBD in the world. Both diseases share similar risk factors and their prevalence has increased in the past years.

While the exact cause of IBD is unknown, it is accepted that infections, genes and other environmental factors are involved. Celiac disease affects 1 in 100 Canadians, and its main environmental trigger is dietary gluten, but specific genes are required to develop the condition.

Read the rest of the article online, originally published May 13, 2020 by: medicine.healthsci.mcmaster.ca

SUPPORT CANADIAN CELIAC DISEASE RESEARCH



Last year the CCA BC donated \$10,000 toward the Dr. J.A. Campbell Award. This donation directly assists medical teams at McMaster University conduct vital research to better understand celiac disease pathology.

Help us do it again by making a contribution.

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ASK JESS: NUTRITION CORNER



Q: *What are the top three foods to consume to maximize my intake of the critical nutrients needed for someone newly diagnosed with celiac disease?*

Jess Pirnak

is a Registered Dietitian and volunteers her time to answer your questions. She is available for a 1-on-1, 30 min discussion, which is free for CCA BC members. Contact: nutrition@bcceliac.ca

A: Kale...or any dark leafy green vegetable

Kale is probably the most famous of the dark leafy greens because its packed with nutrition – extremely high in vitamins A and K, it also provides a dose of vitamin C, calcium, and a small amount of omega 3 fatty acids. Kale's anti-inflammatory properties, along with the fact that it is a source of calcium, makes this dark leafy green one of my top three foods for someone newly diagnosed with celiac disease.

Avocados! And not just because avocado toast is super trendy. Avocados are packed with soluble fibre and B vitamins including folate. A deficiency in folate is not uncommon in celiac disease due to malabsorption and may contribute to gut symptoms and fatigue. Plus, gluten-free convenience foods tend to lack fibre (think rice cakes or rice crackers), so it is important to consume high fibre and folate foods.



And last but not least...**cold water oily fish**. Think salmon or mackerel. These fish, along with herring and sardines, are high in anti-inflammatory omega-3 fatty acids and a great source of protein and vitamin D. Bonus: mackerel is also one of the least expensive fish on the market, so no need to break the bank in order to eat at least two servings of fish per week. Omega-3 fatty acids and vitamin D are actually critical nutrients for everyone not just for someone with celiac disease!



We Are What You Eat

Delicious gluten free snacks aren't something new we've cooked up — we've been perfecting them for over 20 years. And as long as people love delicious food, we don't plan on stopping.





S A L T E D C H O C O L A T E C H I P T A H I N I C O O K I E S



Ingredients:

- 8 tbsp. unsalted butter or dairy free butter alternative at room temperature
- ½ cup tahini well stirred
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 1 large egg at room temperature
- 1 large egg yolk
- 1 teaspoon vanilla extract
- 1 cup plus 2 tablespoons GF all purpose flour
- ¾ teaspoon baking soda
- 1 teaspoon kosher salt
- 2 cups chocolate chunks or Chips
- Flaky seas salt such as Maldon



Instructions:

1. In the bowl of a stand mixer, beat the butter, tahini and both sugars on medium speed for 2-3 minutes, until fluffy.
2. Stop the mixer and scrape down the sides. Then add the egg, egg yolk, and vanilla and continue to mix minute, scraping down the sides as needed.
3. In a small bowl whisk together flour, baking soda, and salt. With the mixer on low speed, add the dry ingredients until just combined.
4. Add the chocolate chips and combine but do not over mix.
5. Batter will seem a bit wet. Either cover in the existing bowl or move to a glass bowl with a cover and refrigerate for 2-3 hours or overnight.
6. Preheat oven to 325°F and line 2 baking sheets with parchment paper.
7. Form cookies into balls. Place them evenly on baking sheet, separated by 1 1/2 - 2 inches. They will spread a lot. Gently press balls down a bit with the palm of your hand or back of a measuring cup.
8. Bake 12--13 minutes or until cookies are golden brown around the edges, but still pale in the center.
9. Sprinkle with coarse sea salt and enjoy!



Find the original recipe and how it can be vegan at: healthyfamily.com



CRANBERRY BLISS BARS (STARBUCKS COPY)



Ingredients:

- 1 cup butter, melted
- 1 1/2 cups packed brown sugar
- 2 eggs
- 1 tsp orange extract
- 1 tsp vanilla extract
- 1/2 tsp ground ginger
- 1 tsp baking powder
- 1/2 tsp salt
- 2 cups GF flour
- 1 cup white chocolate chips
- 3/4 cup raisins

Frosting & topping (optional)

- 8 oz softened cream cheese
- 1 1/2 cups powdered sugar
- 1/3 cup raisins, roughly chopped
- 1/2 tsp orange extract
- 1/2 tsp vanilla extract
- 2 squares white baking chocolate (or more chocolate chips), melted.



Instructions:

1. Preheat oven to 350°F. Line a 9 by 13-inch baking pan with parchment paper with overhang to lift the bars out when they are cooled.
2. In a large mixing bowl, beat together the butter and brown sugar until well combined. Add in eggs, orange and vanilla extract and beat until smooth.
3. Slowly beat in GF flour, ground ginger, baking powder, and salt just until incorporated. Do not over mix.
4. Stir in white chocolate chips and dried cranberries by hand. Scoop into the prepared pan and spread to the corners, smoothing top with an offset spatula.
5. Bake for 20-22 minutes, or until edges are golden brown. Remove from the oven and allow to cool completely before frosting.

Make Frosting: 1. Beat together cream cheese and powdered sugar in medium bowl until smooth. Add all but about one tablespoon of the melted white chocolate (saving this for drizzling on top). Add orange zest and vanilla extract. Spread frosting onto cooled bars and top with chopped dried cranberries. Drizzle with reserved melted white chocolate and refrigerate for at least an hour, which will make it easier to cut them cleanly.

2. When ready to cut, remove the entire slab of bars from the pan and first cut them into squares, then diagonally between each square to make triangles. [Find the original recipe at: letthemeatgfcake.com](https://letthemeatgfcake.com)



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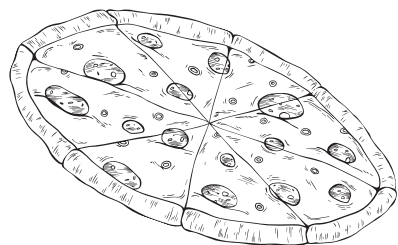
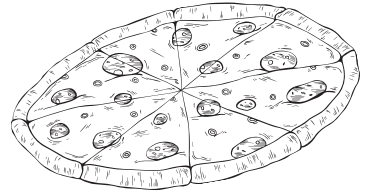
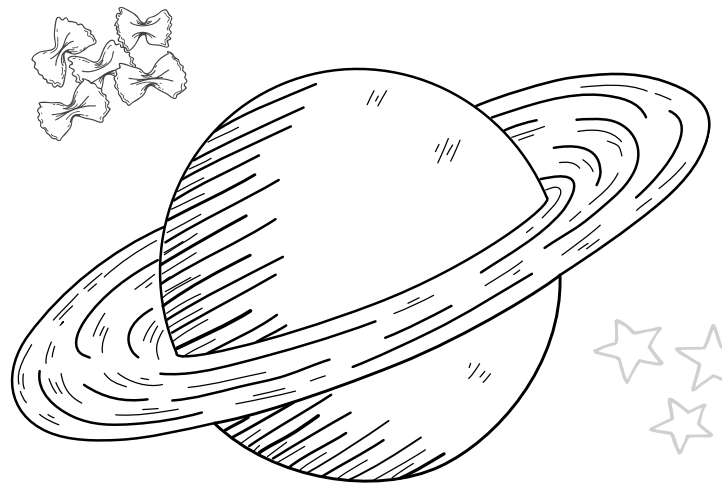


FIND MORE RECIPES

KIDS CORNER

COLOURING CONTEST

Share +Tag us @celiac_bc by April 15 on Instagram, or email info@bcceliac.ca when you finish colouring and get ready, you might snag a sweet prize!



KIDS CORNER

HOMEMADE PLAYDOH

Originally Published: Jun 12, 2017 · Modified: Apr 13, 2019 by Rebecca Pytell on <https://strengthandsunshine.com/>

Cook time: 10 mins.

Ingredients:

- 2 Cups Gluten-Free Flour
- ½ Cup Hot Water (you may need a touch more)
- ½ Cup Salt (any kind)
- 2 Tb Liquid Oil (any kind)
- 1 Tsp Cream of Tartar
- Colouring of choice
- Beet juice – red/ pink
- Turmeric – yellow
- Matcha – green

Directions:

1. Mix together the gluten-free flour, salt, and cream of tartar in a large bowl.
2. Add in the water and mix again (be careful!), then knead with your hands until your dough is just about formed.
3. Add in the colouring of your choice to all the dough or split the dough in a few sections to make multiple colours.
4. Knead in the colouring with your hands until fully incorporated.
5. Keep the dough in a sealed container to preserve freshness.



**THANKS TO YOU, THE CCA BC CONTRIBUTED
\$2,500 TO GROWING UP CELIAC
A RESOURCE FOR THOSE RAISING CHILDREN WITH CELIAC DISEASE.**

Download the workbook and other resources at celiac.ca/living-gluten-free/children/



Celiac Disease Awareness

1

Request a proclamation by your city



Each year, volunteers and the board of directors at CCA BC contact the mayors of BC cities, asking them to officially declare May as Celiac Disease Awareness Month and May 16 as International Celiac Disease Awareness Day.

You can also join in! Proclamations and light-up requests often take weeks to process, so get yours in early. Head to your official city website or landmark and submit your request.

2

Request to light up a city landmark green

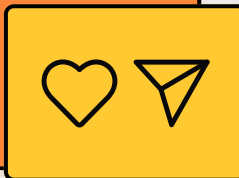


Instructions are available here: <http://tinyurl.com/yfnfkuht> or If you have questions, reach out to us by emailing info@bcceliac.ca

What landmarks light up? To name a few: Coquitlam Light Columns, Lafarge Lake Fountain, Delta City Hall, Ladysmith Town, City of Nanaimo's The Bastion, Port Coquitlam City Hall, Victoria Street Bridge, Bloedel Conservatory, Burrard Street Bridge, Canada Place Sails of Light, Pacific Coliseum, BC Place, Science World, Lion's Gate Bridge, Vancouver City Hall, Legislative Assembly of BC and Fitzsimmons Creek Bridge.

3

Like + share science-backed posts on social media



Misinformation pervades the internet. The Canadian Celiac Association **@ccaceliac** and CCA British Columbia **@celiac_bc** offer scientifically grounded information on celiac disease. Consider sharing our posts to assist individuals navigating the muddy waters of online advice.

4

Wear green: May 16 International Celiac Day



This one is easy! Wear green on May 16 or opt for a discreet green ribbon throughout May to commemorate either yourself or someone you know. Managing celiac disease can be challenging regardless of the stage of diagnosis. Show support in this uncomplicated yet meaningful manner.