

## Brazos Valley Gluten Intolerance Group

### Contact Members:

**Sara Boswell**, Branch Manager  
Phone: 281-793-2417; *Email:* gimpycow@tamu.edu

**Denise Fries**, founder 979-846-8395 (M-F 8-5)  
*Email:* service@friesfinancial.com

**Amy Raines**: Phone: 979-255-7643  
*Email:* dfwpentathlon@yahoo.com

**Monica Michalka** – *Email:* aggieceliac08@gmail.com  
...or simply **www.celiac.com**  
We are also on the web (a Yahoo! group)  
at: <http://www.bvgig.com>

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**REMEMBER:** The time to be tested for Celiac Disease is **NOW**, not later

### How to test for Celiac Disease

**Bloodtest** – the Celiac panel antibody blood test may include:  
Total Serum IgA  
Anti-Gliadin (AGA) IgA  
Anti-Gliadin (AGA) IgG  
Anti-Endomysial (EMA) IgA  
Anti-Tissue Transglutaminase (tTG) IgA

**Endoscopy** – often used to confirm bloodwork with biopsy (several samples are needed).

### Trusted Labs:

- **Prometheus Laboratories Inc.**  
9410 Carroll Park Drive  
San Diego, CA 92121  
Call (888) 423-5227 Opt. #3  
[www.prometheuslabs.com](http://www.prometheuslabs.com)
- **Specialty Laboratories,**  
27027 Tournay Road  
Valencia, CA 91355 90404  
800-421-4449  
[specialty@specialtylabs.com](mailto:specialty@specialtylabs.com)  
[www.specialtylabs.com](http://www.specialtylabs.com)

**The Center for Celiac Research at the University of Maryland Medical Center in Baltimore**, directed by **Alessio Fasano, M.D.**, specializes in clinical care, diagnostic support, education and research related to Celiac Disease. Dr. Fasano's contact info: 1-800-373-4111 (physicians), 1-800-492-5538 (patients) Center for Celiac Research Phone: 410-328-6749 Internet: [www.celiaccenter.org](http://www.celiaccenter.org)

### FOR MORE CELIAC DISEASE INFORMATION:

**University of Chicago Celiac Disease Program**  
Michelle Melin-Rogovin, Executive Director  
Stefano Guandalini, M.D., Director  
5839 S. Maryland Avenue, MC 4069 Chicago, IL. 60637  
Celiac Disease Information Line: 773-702-7593  
[www.uchospitals.edu/specialties/celiac/index.php](http://www.uchospitals.edu/specialties/celiac/index.php)

**American Celiac Society  
Dietary Support Coalition**  
P.O. Box 23455, New Orleans, LA 70183  
Phone: 504-737-3293  
Email: [amerceliacsoc@netscape.net](mailto:amerceliacsoc@netscape.net)

**Celiac Disease Foundation**  
13251 Ventura Boulevard, #1  
Studio City, CA 91604 Phone: 818-990-2354  
Email: [cdf@celiac.org](mailto:cdf@celiac.org) Internet: [www.celiac.org](http://www.celiac.org)

**Celiac Sprue Association/USA Inc.**  
P.O. Box 31700, Omaha, NE 68131-0700  
Phone: 1-877-272-4272 Internet: [www.csaceliacs.org](http://www.csaceliacs.org)

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**Meeting location:  
St. Joseph Education Annex  
3030 E 29th St. Bryan, TX 77801**

**Meetings are currently  
held the 2nd Friday of the  
month from 6:30-8 PM.**

**Celiac Disease**  
is the most commonly  
misdiagnosed disease in  
**America**

**Could you, your friend or  
family member have  
Celiac Disease?**

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### Most Common Symptoms:

- ✓ *diarrhea and/or constipation*
- ✓ *migraines*
- ✓ *chronic fatigue*
- ✓ *anxiety*
- ✓ *bone and/or muscle pain*
- ✓ *GERD*
- ✓ *miscarriage*
- ✓ *dental enamel defects*
- ✓ *mouth ulcers*
- ✓ *"foggy" thinking*
- ✓ *rheumatoid arthritis*
- ✓ *type 1 diabetes*
- ✓ *thyroid disease*
- ✓ *gas/bloating*

**Celiac disease** (gluten-sensitive enteropathy, or non-tropical sprue) is a chronic autoimmune condition caused by a hereditary intolerance to the protein (gluten) in **wheat, rye, barley** and possibly **oats**.<sup>1</sup>

**Our mission:** To increase awareness of Celiac Disease. The under-diagnosis of Celiac Disease is a serious concern. The risk of long-term complications, up to and including cancer, increases the longer the disease goes untreated. The only treatment for Celiac Disease is lifetime compliance with a 100% gluten-free diet. The Brazos Valley Gluten Intolerance Group (BVGIG) is here to help you live and thrive with a gluten free lifestyle.

#### Celiac Disease facts

⇒ Celiac disease is estimated to affect **1 in 133 Americans**.<sup>2</sup> The estimated prevalence for African-, Hispanic- and Asian-Americans is 1 in 236. **In people with first-degree relatives who are Celiac: 1 in 22.**

⇒ **It is the most common genetically based, autoimmune disorder in the world.** The number of people living with Celiac Disease in the United States is estimated to be 2.2 million, and **97% of them are undiagnosed.**

⇒ Celiac disease is more common than **Alzheimer's Disease** (2 million), and is also more common than **Crohn's disease, ulcerative colitis and cystic fibrosis combined**.<sup>3</sup>

⇒ On average, **it takes 9 years for a symptomatic person in the US to be diagnosed with Celiac Disease.** This delay dramatically increases an individual's risk of developing additional autoimmune disorders, neurological problems, osteoporosis and cancer. In Europe, the diagnosis of Celiac Disease takes only 4-8 weeks. In some areas of Italy, all children are **tested for Celiac Disease by age 6.**

⇒ Doctors in the US are not trained to consider Celiac Disease for their chronically ill patients.

#### References:

<sup>1</sup> Arentz-Hansen H, Fleckenstein B, Molberg O, Scott H, Koning F, Jung G, Roepstorff P, Lundin KE, Sollid LM. **The Molecular Basis for Oat Intolerance in Patients with Celiac Disease.** PLoS Med. 2004 Oct;1(1):e1.

<sup>2</sup> Green, P.H. et. al., **Characteristics of adult Celiac Disease in the USA: results of a nation survey.** American Journal of Gastroenterology, 2001

<sup>3</sup> Fasano et. al., **A multi-center study on the seroprevalence of Celiac Disease in the United States among both at risk and not at risk groups.** Archives of Internal Medicine. February 2003.

#### Classic symptoms in small children (6-18 months)

failure to thrive  
lack of muscle definition, poor muscle tone  
distended abdomen  
irritability  
diarrhea or constipation  
steatorrhea (oily or greasy stools)  
listlessness

#### Additional Symptoms in Adults

musculoskeletal system (short stature, osteoporosis)  
skin "rash" of painful bumps (dermatitis herpetiformis)  
reproductive (delayed onset of puberty, infertility etc...)  
anemia  
early menopause  
central nervous system (behavioral, epilepsy, depression)

#### Common misdiagnoses

IBS (irritable bowel syndrome)  
IBD (inflammatory bowel disease)  
lactose intolerance  
Crohn's disease  
ulcerative colitis  
undefined anemia  
depression  
eczema  
fibromyalgia  
anorexia  
yeast overgrowth, *Candida albicans*  
parasites/amoeba/infection/infestation

#### Complications from undiagnosed Celiac Disease:

additional food sensitivities and lactose intolerance  
autoimmune thyroid disease  
diabetes and other autoimmune conditions  
infertility  
intestinal lymphomas (and possibly other GI cancers)  
malnourishment  
muscle weakness/pain  
osteoporosis  
pancreatic insufficiency  
severe anemia  
vitamin K deficiency (associated w/ hemorrhaging)  
other vitamin/nutrient deficiencies (D, E, A, calcium)

#### People with any of the following conditions are at increased risk for Celiac Disease:

alopecia (hair loss)  
asthma  
autism  
autoimmune liver disease  
other causes of chronic liver disease  
autoimmune thyroid disease  
any autoimmune syndrome  
chronic diarrhea of unknown origin  
dermatitis herpetiformis  
diabetes mellitus, type1  
Down's syndrome  
female infertility  
gastroesophageal reflux disease (GERD)  
hepatitis C  
inflammatory bowel disease  
iron deficiency  
irritable bowel syndrome  
lupus  
microscopic colitis  
mothers of kids with neural tube defects  
osteoporosis  
peripheral neuropathy  
rheumatoid arthritis  
seizure disorders  
short stature in children  
Sjogren's syndrome

**By committing to the gluten free diet, you can help prevent the onset of secondary autoimmune disease (and related financial burdens).**

Age at diagnosis	Chance of developing autoimmune condition
4 – 12 years of age	16.7%
12 – 20 years of age	27%
Over 20 years of age	34%

**Source: Duration of exposure to gluten and risk for autoimmune disorders in patients with Celiac Disease.** SIGEP Study Group for Autoimmune Disorders in Celiac Disease. Ventura A, et.al. Gastroenterology 1999 Aug;117 (2):297-303.

**To check if a medication has gluten visit: [www.rxlist.com](http://www.rxlist.com)**