

# Your Guide to a Healthy Gut

## News from the Celiac Center

Winter 2023

### Upcoming Events



#### From the Experts: Join Our Virtual Meeting on "All Things Celiac"

Hosted by the Harvard Medical School Celiac Research Program and the National Celiac Association

##### Living Well with Celiac Disease and Diabetes Mellitus

Join the Harvard Medical School Celiac Research Program and the National Celiac Association for the first webinar in our Spring 2023 "Ask the Experts" series. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A, on **Wednesday, February 15, 2023, from 1- 2:15 pm EST.**

Together Caitlin Colling, MD, adult endocrinologist at MassGeneral for Children (MGfC), and Janaki Vakharia, MD, senior combined adult and pediatric endocrinology fellow at MGH and MGfC, will cover the importance of screening and diagnosis of Type 1 diabetes in the celiac population and the medical care of diabetes in pediatrics, young adults, and adults. Registered Dietitian Sharon Weston, MS, RD, LDN, CSP, FAND, from the Celiac Disease Program at Boston Children's Hospital, will address nutritional concerns and challenges of adhering to the gluten-free diet while managing diabetes effectively.

Lee Graham, executive director of the National Celiac Association, will introduce the webinar, which will be moderated by **Ciarán P. Kelly, MD**, medical director of the Celiac Center at Beth Israel Deaconess Medical Center. A Q&A session will follow the presentations; please submit general questions with your registration or during the webinar on the Zoom platform.

Please note: This is an educational webinar, and no information is intended for diagnosis or treatment of any medical condition. Please seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Continuing Education Units (CEUs): This course (220323-RSS) is approved by the Boston Children's Hospital's Continuing Education Department for 1.25 AMA PRA Category 1 Credits™ for physicians, 1.25 contact hours for nurses, 1.25 ACE CE continuing education credits for social workers, and 1.25 CEUs for Registered Dietitians. Instructions for claiming credits will be made available during the webinar and transcripts will be available within 30 days.

[Click here to register](#)

[Click here for a library of past "All Things Celiac" Webinars](#)

Stay tuned for our April 2023 webinar!

### Virtual Gluten-Free Education Group Classes

Our Celiac Center offers virtual group classes, led by celiac dietitian **Melinda Dennis, MS, RD, LDN**, which include PowerPoint presentations and group discussion on nutrition-related topics. We hope you will join us for one or more of the classes listed below offered monthly to registered patients of the Celiac Center at BIDMC!

- Basics of Labeling Laws/Cross Contact
- Healing on the Gluten-Free Diet: Gut Health and Nutrients
- Dining Out & Traveling: Reliable Resources for Shopping/Living
- Gluten-Free Labeling Deeper Dive: Advanced Labeling/Cross Contact

[Read the flyer here](#) to learn more and check upcoming dates in January and February!

### Highlights from the International Celiac Disease Symposium 2022

The International Celiac Disease Symposium, held October 19-22, 2022, was a powerful and engaging 4-day conference in beautiful Sorrento, Italy. Leading celiac clinicians, researchers, support organizations, and other interested parties joined to share the latest research and education and deep collaborations among countries were sparked. Below are summaries of two of the many talks I enjoyed during the conference.

[Click here to read my recap of 'Celiac Disease around the World.'](#)

[Click here to read my recap of 'Probiotics & Prebiotics.'](#)

- **Melinda Dennis, MS, RD, LDN, Nutrition Coordinator, Celiac Center, BIDMC**

### Research Corner

#### Interested in Research?

You can help move knowledge about celiac disease forward by participating in research studies. Your physician can help you determine whether participating in a clinical trial is appropriate for you. If you are interested in research taking place at the Celiac Center, please email us at [celiac@bidmc.harvard.edu](mailto:celiac@bidmc.harvard.edu) or call **617-667-3419**.

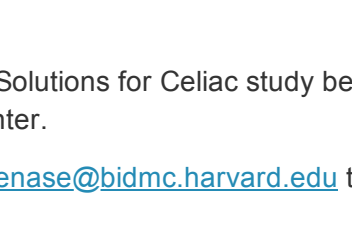


Some of our **current enrolling clinical research studies** include:

- Solutions for Celiac Study:** A [research study](#) for people with persistent symptoms despite following a gluten-free diet. See below.
- CD-PREG:** The CD-PREG study aims to understand and determine the frequency of celiac-related symptoms and the impact on the quality of life in patients living with celiac disease during their pregnancy and the postpartum period. [Click here to learn more.](#)
- The Milk Study:** Researchers at BIDMC are conducting a research study to learn about ways to prevent the absorption of gluten in the digestive tract. This study may be a good fit for you if you are healthy, following a gluten-free diet for at least 3 months, and agree to have 1g of a gluten powder twice during the study, with either bovine (cow) colostrum or a placebo (milk powder). Email us at [celiac@bidmc.harvard.edu](mailto:celiac@bidmc.harvard.edu) for more information.

#### Phase 2 Celiac Disease Clinical Trial Seeking Volunteers

The Solutions for Celiac Study is recruiting participants to help test a drink-based study medication designed to reduce symptoms of accidental gluten exposure in celiac disease patients adhering to a gluten-free diet.



Previous clinical trials involving this investigational treatment showed reduced damage to the intestine and reduced symptoms after a gluten challenge compared to placebo. It is unlike other celiac disease clinical trials that involve uncomfortable biopsies or frequent injections.

Celiac specialist, Dr. Amelie Therrien, is the study doctor for the Solutions for Celiac study being conducted at Beth Israel Deaconess Medical Center's Celiac Center.

Sign up for the Solutions for Celiac Study or contact us at [latiglutenase@bidmc.harvard.edu](mailto:latiglutenase@bidmc.harvard.edu) to learn more!

#### Upcoming Event: January 19 Webinar on the Latiglutenase Clinical Trial with BIDMC Celiac Center's Dr. Amelie Therrien

Dr. Amelie Therrien will be presenting on Thursday, **January 19, 2023 at 3 pm EST** about the Solutions for Celiac Study, a celiac disease clinical trial being conducted at Beth Israel Deaconess Medical Center. We invite you to attend this informational webinar to learn more about the study. The presentation will be followed by a live Q&A.

Please register to attend. The event will be recorded and sent to registrants and attendees after the event.

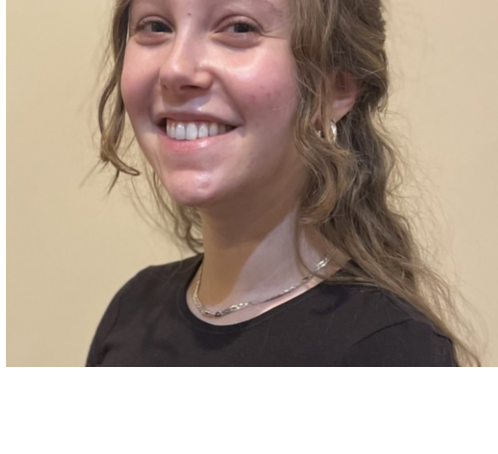
[Click here to register](#)



### Team Spotlights

#### Emma Frank, BS Clinical Research Coordinator, Celiac Center

Emma recently graduated from the University of Vermont Honors College in May of 2022 with a major in Nutrition and Food Science and a minor in Public Communication. Her early research intern work included an internship at a food allergen testing lab. Diagnosed with celiac disease in 2004 at age 4, Emma grew up in a time when gluten-free was not a fad yet, and she struggled greatly finding things to eat. She has always been involved in the Celiac Support Group at Boston Children's Hospital and wrote an Instagram gluten-free food blog for several years.



Emma is passionate about celiac disease and recognized that she wanted to get involved in work that had a direct connection with educating others about the disease. She joined our Celiac Clinical Research Team in December of 2022 and is working on two studies examining how someone with celiac disease might be able to ingest gluten safely. One study focuses on enzymes that could allow people to potentially tolerate cross-contamination. Another study focuses on the effects of bovine colostrum in gluten digestion. She enjoys being able to do research on something that is so personal to her. Her father, Dr. Samuel Frank, is the Celiac Center's affiliated neurologist.

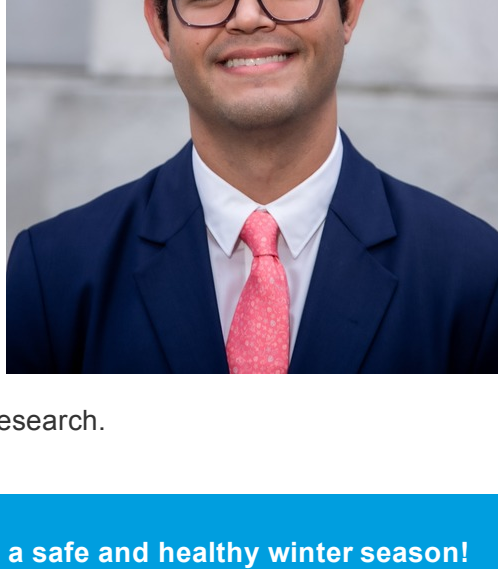
Additionally, please enjoy the short travel blog Emma has written on her experiences travelling with celiac disease:

#### Traveling Successfully With Celiac Disease – Emma Frank

After I graduated from college, I traveled to 16 countries in Europe over the course of 3 months, planning food carefully in advance throughout my trip. Many people with celiac disease are afraid to go out to eat, but I wanted to prove my anxiety wrong and challenge myself to eat out every single day of the trip. I went grocery shopping for breakfast and lunch but I went out to dinner every night. On my trip, I was lucky enough to spend 2 weeks in Italy, visiting Milan, Venice, Cinque Terre, Florence, Rome, and the Amalfi Coast. Every single day I was there, I had a pizza and/or pasta in a restaurant. I had the best Italian food of my life and have never felt safer in a country, which might seem strange. The Italian government regulates their restaurants; restaurants certified by Italian Celiac Association (AIC) either have a dedicated kitchen space or a second kitchen solely for gluten-free food. Their app (AIC Mobile), which is similar to "Find Me Gluten Free", lists celiac-disease friendly establishments. It also lists grocery stores that have a large gluten-free section or are entirely gluten-free (yes- there are dedicated gluten-free grocery stores). Since Italian food is so centered around gluten, these resources made traveling to Italy very low stress and allowed me to really enjoy the food.

#### Marco Noriega, MD Research Fellow, Celiac Center

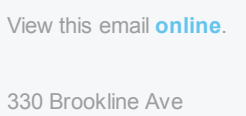
Marco Noriega, MD, is a Mexican-trained physician currently working as a research fellow in the Division of Gastroenterology, Hepatology and Nutrition at BIDMC. His research interests include patient continuity of care and food security, which are both cornerstone topics in the quality of life of patients with chronic diseases. He is currently working under the mentorship of Dr. Sarah Flier (inflammatory bowel disease) and Dr. Javier Villafuerte-Galvez in the Celiac Center, focusing on quality improvement research and an H. pylori eradication program. He is delighted to learn from the extraordinary team at the BIDMC Celiac Center and the many perspectives patients share in our journey toward patient-oriented research.



The Clinicians of the Celiac Center wish you a safe and healthy winter season!

Beth Israel Deaconess Medical Center  
Celiac Center  
330 Brookline Avenue, Boston, MA 02215

Share this email:



Manage your preferences | [Opt out](#) using TrueRemove®  
Got this as a forward? [Sign up](#) to receive our future emails.  
View this email [online](#).

330 Brookline Ave  
Boston, MA | 02445 United States

This email was sent to  
To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.