

Your Guide to a Healthy Gut

News from the Celiac Center

Winter 2024

Upcoming Events



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

Is it Celiac Disease and Something Else, or Something Else Entirely? SIBO, IBS, and Other Intestinal Disorders

Join us for the first webinar in our Spring 2024 "Ask the Experts" series. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A.

Thursday, February 29, 2024 from 1- 2:15 pm ET

Other than active celiac disease due to gluten exposure, there are many reasons for ongoing symptoms, including food intolerances, small intestinal bacterial overgrowth, diet changes, co-existing or inflammatory diseases, and diseases that are unrelated to celiac disease. **Amelie Therrien, MD, MSc**, expert celiac gastroenterologist at the Celiac Center at Beth Israel Deaconess Medical Center, will review some of these conditions as well as celiac mimickers (conditions other than celiac disease that damage the small intestine and/or elevate tissue transglutaminase). Registered dietitian **Christy Moran, MS, RD**, will discuss the existing evidence for diet therapies to address the commonly seen irritable bowel syndrome and SIBO. The most promising clinical drug trials to address ongoing symptoms in patients with celiac disease will be highlighted by **Jocelyn Silvester, MD, PhD**, Director of Research for the Celiac Disease Program at Boston Children's Hospital.

Chris Rich, executive director of the National Celiac Association, will introduce the webinar, which will be moderated by **Katherine Olshan, MD**, expert celiac gastroenterologist at the Center for Celiac Research and Treatment at Mass General for Children. A Q&A session will follow the presentations; please submit general questions below 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](#)

Virtual Gluten-Free Education Group Classes

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

- Friday, February 2, 2024: Gluten-Free Labeling: Labeling Laws/Cross-Contact (12:30-1:30pm)
- Tuesday, February 20, 2024: Healthy Eating on the Gluten-Free Diet (5:30-

[Read the flyer to learn more and register.](#)

Celiac Center News

Newly Published Paper: Monitoring Adult Patients with Celiac Disease

Dr. Daniel Leffler and registered dietitian, **Melinda Dennis**, from BIDMC's Celiac Center were invited co-authors in an international taskforce of 27 clinicians who analyzed the available research evidence to-date of how adult patients with celiac disease are monitored after diagnosis. The team presented their findings and the set of clinical guidelines they developed from this effort in *Nature Reviews: Gastroenterology & Hepatology*.

Citation: Elli L, Leffler D, Cellier C, et al. Guidelines for best practices in monitoring established coeliac disease in adult patients. *Review Nat Rev Gastroenterol Hepatol*. 2023 Dec 18. doi: [10.1038/s41575-023-00872-2](https://doi.org/10.1038/s41575-023-00872-2). Online ahead of print.

PMID: 38110546

Abstract

Coeliac disease (CeD) is an immunological disease triggered by the consumption of gluten contained in food in individuals with a genetic predisposition. Diagnosis is based on the presence of small bowel mucosal atrophy and circulating autoantibodies (anti-type 2 transglutaminase antibodies). After diagnosis, patients follow a strict, life-long gluten-free diet. Although the criteria for diagnosis of this disease are well defined, the monitoring phase has been studied less and there is a lack of specific guidelines for this phase. To develop a set of clinical guidelines for CeD monitoring, we followed the Grading of Recommendations Assessment, Development and Evaluation methodology. Statements and recommendations with the level of evidence were developed and approved by the working group, which comprised gastroenterologists, pathologists, dietitians and biostatisticians. The proposed guidelines, endorsed by the North American and European coeliac disease scientific societies, make

recommendations for best practices in monitoring patients with CeD based on the available evidence. The evidence level is low for many topics, suggesting that further research in specific aspects of CeD would be valuable. In conclusion, the present guidelines support clinicians in improving CeD treatment and follow-up and highlight novel issues that should be considered in future studies.

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 any of the below research opportunities taking place at the Celiac Center, please call **617-667-8266** or email us at sakula2@bidmc.harvard.edu.



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

1. **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.](#)
2. **The HaT Study:** Researchers are looking into the impact of mast cells on the symptoms in celiac disease and non-celiac gluten sensitivity. Any individuals with celiac disease or non-celiac gluten sensitivity are invited to participate, as well as people currently undergoing testing to diagnose celiac disease. Study procedures include a bloodwork and a saliva swab. If interested, please contact: sakula2@bidmc.harvard.edu
3. **The ILLUMINATE-062 Study:** We are recruiting for the ILLUMINATE-062 Research Study. This clinical trial will evaluate an oral investigational medication designed to break down gluten in the stomach. To qualify, you must be 18 to 75 years old, have biopsy-confirmed celiac disease, have been on a gluten-free diet for at least 12 months but are having ongoing gastrointestinal symptoms related to celiac disease, and not have another inflammatory gastrointestinal disorder such as Crohn's disease.

If you decide to take part in the research study, you would receive 3 doses of the study drug or placebo per day and eat a snack bar 3 times per week that may or may not contain gluten. You would participate in 7 outpatient visits at BIDMC over approximately 9 months. At the study visits, you will have blood and urine sample collected, and complete daily symptom diaries.

This research will take place at the Beth Israel Deaconess Medical Center in the Longwood Medical Area. All study-related care will be provided at no cost. A travel stipend may be provided as well. If you are interested, please call **617-667-8266** or email us at sakula2@bidmc.harvard.edu

Melissa Spiel DO, FACOG

Division of Maternal Fetal Medicine

Department of Obstetrics and Gynecology

We happily welcome **Melissa Spiel DO, FACOG**, to our Celiac Center team. Dr. Spiel is an Assistant Professor at Harvard Medical School in the Department of Obstetrics, Gynecology, and Reproductive Biology and a Maternal Fetal Medicine (MFM) specialist. She performs obstetric diagnostic and surveillance ultrasounds for fetal abnormalities and consultation for high-risk pregnancies across Beth Israel Lahey Health and for non-network affiliated hospitals throughout New England. She also provides obstetric care for high-risk pregnancies during antepartum, intrapartum, and postpartum periods. Dr. Spiel serves as the MFM Clinical Lead for BIDMC's Women's Gastrointestinal Disease program, which focuses on inflammatory bowel disease, hepatic disease, and celiac disease, among others. As the MFM GI clinical lead, she has established collaborations with medicine subspecialists for patient care, education, and research. Dr. Spiel cares for patients at BIDMC, Mount Auburn Hospital, and Beverly Hospital.



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

Beth Israel Deaconess Medical Center

Celiac Center

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