

# Your Guide to a Healthy Gut

## News from the Celiac Center

Fall 2021

### Upcoming Events



#### From the Experts: Join Our Virtual Monthly Meeting on “All Things Celiac”

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

##### Open Mic: Ask the Docs and Dietitian

**SAVE THE DATE:** Wednesday **December 15, 1 to 2:15 pm ET.**

Join the National Celiac Association (NCA) and the Harvard Medical School Celiac Research Program for a special Q&A webinar in our final Fall 2021 “All Things Celiac” series. Experts will spend 75 minutes answering your general questions on celiac disease and gluten-related disorders. The webinar will be held on **Wednesday, December 15, 2021**, from **1:00 to 2:15 pm ET.**

Our expert speaker panel includes Denis Chang, MD, pediatric gastroenterologist in the Division of Gastroenterology and Nutrition at Boston Children’s Hospital; **Rupa Mukherjee, MD, attending gastroenterologist in the Celiac Center at Beth Israel Deaconess Medical Center**; and Pam Cureton, RD, LDN, registered dietitian with the Center for Celiac Research and Treatment at MassGeneral Hospital for Children (MGHfC) and the University of Maryland.

Lee Graham, executive director of the NCA, will introduce the webinar, and Mark Salvatore, MD, pediatric gastroenterologist at MGHfC, will moderate the session.

Questions: You can submit a general question when you register. Questions will be pre-selected from those submitted during registration. We regret that we will be unable to address all questions.

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): 1.25 CEUs for Registered Dietitians (pending). CEU certificates will be emailed to participants who attend the live webinar event after completion of webinar and approval by the Commission on Dietetic Registration.

[Click here to register](#)

**Upcoming Webinars:** Stay tuned for the Winter Feb – May 2022 “All Things Celiac” Series! The next newsletter will come out in late winter so please check the [NCA site](#) starting in mid-late January for registration for our February 2022 webinar.

### Research Corner



#### Celiac Disease and Pregnancy

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. Interested? Find out if you are eligible!

Please contact [cdpreg@bidmc.harvard.edu](mailto:cdpreg@bidmc.harvard.edu).

[For more information, click here.](#)

#### Want to Participate in Celiac 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**.

### Food Label Modernization Act 2021

A helpful, much-needed boost to our food labeling challenges!

The Food Label Modernization Act (FLMA) has been proposed and will hopefully be passed with the support of the gluten-free community and the general public. This bill will require manufacturers to disclose **ALL** gluten-containing grains (wheat, rye, and barley) on food product packaging regulated by the Food and Drug Administration. Currently, barley and rye are NOT required to be disclosed on food labels.

##### **Example of Proposed FLMA Labeling: Malt Syrup (barley) OR Contains Barley**

The Bill also would require that gluten, allergen, and ingredient information is listed out clearly for food products sold online. In addition to these changes, a symbol system for the front of the label will display nutrients that are associated with public health concerns (such as saturated and trans fat, sodium, and added sugars).

If passed, FLMA will benefit many people with celiac disease, other gluten-related disorders, and those with food allergies. Hidden sources of gluten that aren’t listed on food labels can be detrimental to those trying to make smart food selections when purchasing gluten-free food in the store or online. This addition to the food label may positively influence consumers to make healthier choices to potentially reduce symptoms and damage from their medical conditions.

[Click here to learn more.](#)

[Click here to read the full bill.](#)

- Shannon Cloran, BIDMC Dietetic Intern 2021-2022, and Melinda Dennis, MS, RD, LDN

### Updated Resources

Have you been to our [Celiac Disease Management](#) page on [celiacnow.org](http://celiacnow.org) recently?

We’ve reformatted several of the medical articles for easier reading: [Genetics](#), [Endoscopy](#), [Non-Responsive Celiac Disease](#), and [Non-Celiac Enteropathy](#). Please take a look.

### Recipes



Soothing and nourishing late fall meal inspiration: we’re featuring [Golden Roasted Root Vegetable Soup with Coconut Cream](#).

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

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

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