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"

Program and the National Celiac Association

Hosted by the Harvard Medical School Celiac Research

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-

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

selected from those submitted during registration. We regret that we will be unable to

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 enewsletter 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



The CD-PREG study aims to understand and determine the

Celiac Disease and Pregnancy

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.

frequency of celiac-related symptoms and the impact on the quality

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 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

Have you been to our Celiac Disease Management page on celiacnow.org recently?

We've reformatted several of the medical articles for easier reading: Genetics,

Cream.

Updated Resources

Recipes

Endoscopy, Non-Responsive Celiac Disease, and Non-Celiac Enteropathy. Please take



featuring Golden Roasted Root Vegetable Soup with Coconut

Soothing and nourishing late fall meal inspiration: we're

Beth Israel Deaconess Medical Center

330 Brookline Avenue, Boston, MA 02215

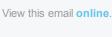
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