

# Your Guide to a Healthy Gut

## News from the Celiac Center

Spring 2022

### 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

#### Elite & Everyday Athletes with Celiac Disease: Eating for Fitness at All Ages

**SAVE THE DATE: Thursday May 19, 1 to 2:15 pm ET.**

Join the National Celiac Association (NCA) and the Harvard Medical School (HMS) Celiac Research Program for the final webinar in our Spring 2022 "All Things Celiac" series. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A, on **Thursday, May 19, 2022, from 1- 2:15 pm ET.**

Whether you're an elite athlete, a weekend hiker or biker, or you enjoy an evening stroll, leading an active healthy life is important for everyone, including those with celiac disease. Join the discussion with board-certified sports dietitian **Mary Ellen Kelly, MS, RD, CSSD, LDN**, and **Tara McCarthy, MS, RDN, LD**, Clinical Nutrition Supervisor at the Celiac Disease Program at Boston Children's Hospital. Fractures, repeated injuries and low bone density in pediatric patients will be addressed along with nutritional and physical fitness. **Caroline Johnson**, a Division 1 distance runner at Lafayette University, will share her experience managing the gluten-free diet while competing at the college level.

**Lee Graham**, executive director of the NCA, will introduce the webinar, and **Samuel A. Frank, MD**, a neurologist at BIDMC and Associate Professor at HMS, will moderate the session. A Q&A session will follow the presentations; please submit general questions below or during the webinar on the Zoom platform.

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 on how to access CEU certificates will be emailed to webinar attendees following the event.

[Click here to register](#)

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

**Stay tuned for our Fall 2022 Series coming in September!**

### 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:

1. **Solutions for Celiac Study:** A research study for people with persistent symptoms despite following a gluten-free diet. [Click here to learn more.](#)
2. **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.](#)

### News & Updated Resources

#### COVID-19 Vaccination Survey

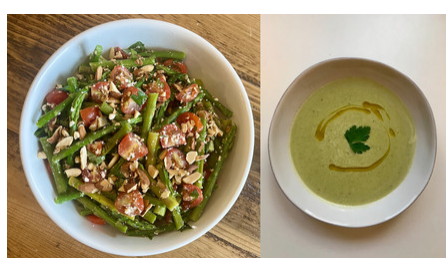
McMaster University in Ontario, Canada, has published a survey to assess the side effects of COVID-19 vaccines in celiac disease compared to people without celiac disease. The Celiac Center at BIDMC is partnering with them to get the word out. Whether you have celiac disease or not, they need your help in completing this short survey, accessible through the link below. Please distribute the link to the survey within your family members and friends. McMaster thanks you for your contribution to research and hopes to have results for the gluten-free community soon.

[Click here to take the survey.](#)

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

We've added [Greek Dining](#) and updated [Combining the Mediterranean Diet and the Gluten-Free Diet](#), [Introduction to Celiac Disease](#), [Lactose Intolerance](#), [Weight Gain on the Gluten-Free Diet](#), and [Eating Gluten-Free on a Budget](#). Please take a look!

### Recipes



Tantalizing spring meal inspirations – we're featuring: [Chilled Asparagus Salad w/ Quinoa, Feta, Roasted Almonds and Honey Dijon Vinaigrette](#) accompanied by [Creamy Green Pea & Edamame Soup](#)

The Clinicians of the Celiac Center wish you a peaceful and healthy path to summer!

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

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