

Your Guide to a Healthy Gut

News from the Celiac Center

Summer 2021

Upcoming Events



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

Welcome to our third series of Ask the Experts: “All Things Celiac” webinars!

Our four free online webinars will be offered from September to December 2021 on the Zoom platform.

SAVE THE DATE: Thursday, September 30, 2021

A range of neurological and neuropsychological features have been associated with celiac disease, including headaches, ataxia (coordination problems), peripheral neuropathy (numbness, tingling or pain from nerve damage), cognitive challenges and “brain fog,” to name a few.

Join the Harvard Medical School Celiac Research Program and the National Celiac Association with our first fall webinar entitled “*The Intersection of Neurology and Celiac Disease*” on **Thursday, September 30, 2021** from **1:00-2:15pm ET**.

BIDMC neurologist [Samuel Frank, MD](#), and Benny Kerzner, MD, medical director of the Celiac Disease Program at Children’s National Hospital, will discuss the connection between our nervous system and celiac disease in pediatric and adult patients, as well as non-celiac gluten sensitivity.

[Click here to register](#)

Upcoming Webinars: Save the dates!

October 27: Dermatology and Celiac Disease: Did Gluten Cause this Rash?

November 17 or 18 (TBD): Holiday Favorites: Cooking Gluten-Free

December 15: Open Mic: Ask the Docs and Dietitian (Pre-submitted audience questions will be answered by gastroenterologists and a registered dietitian from our HMS-CRP program.)

Research Corner



Non-responsive celiac disease in children on a gluten free diet in *World Journal of Gastroenterology*, April 2021

Boston Children’s Hospital (BCH) researchers and their colleagues at BIDMC recently examined the outcomes of 616 children diagnosed with celiac disease at BCH and found that 15% of them continued with symptoms six months after initiating a gluten-free diet. Gluten exposure was the most frequent cause of symptoms and the majority of children improved on follow-up. Constipation was also a frequent cause of symptoms. As it is well understood that constipation can worsen on a gluten-free diet due to the lack of insoluble fibers, it is important to assess for and identify constipation and establish a good bowel regimen if present. [Click here to read the full publication.](#)

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.

Team Spotlight: Amelie Therrien, MD



BIDMC gastroenterologist and clinical researcher, [Dr. Amelie Therrien](#), provides expert treatment and care for patients with gluten-related disorders in our Celiac Center. [Click here to learn more](#) about Dr. Therrien’s clinical and research interests and what she considers the most exciting research being done now in celiac disease, a test that may someday replace the gluten challenge.

Updated Resources

New Face of Harvard Medical School Celiac Research Program

Eight years ago, partners from the [Celiac Center at Beth Israel Deaconess Medical Center](#), the Celiac Program at Boston Children’s Hospital, and the Celiac Center for Research and Treatment at MassGeneral Hospital for Children, joined forces to launch the Harvard Medical School Celiac Research Program. With more than 30 years of combined clinical and research experience and more than 35 clinicians from diverse specialties on board, we are working together to improve the lives of those with celiac disease and other gluten-related disorders through advanced research and educational programs.

Our site has recently had a face lift! Please visit our [new HMS CRP homepage](#), read about our [faculty and staff](#), and register for our [virtual monthly webinars](#) “Ask the Experts: All Things Celiac” held in the spring and fall in conjunction with the National Celiac Association.

Recipes



Refreshing and nourishing late summer meal inspirations: we’re featuring [Rainbow Thai Cabbage Salad with Quinoa and Spiced Curry Dressing](#) and [Tropical Peach and Avocado Dairy-Free Ice Cream](#).

The Clinicians of the Celiac Center wish you a safe and healthy rest of your summer!

Beth Israel Deaconess Medical Center
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