

Your Guide to a Healthy Gut

News from the Celiac Center

Summer 2023

Upcoming Events



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

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

Join the Harvard Medical School Celiac Education & Research Program and the National Celiac Association for these two webinars in our Fall 2023 "Ask the Experts" series. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A,

Close Connections in Autoimmunity: Thyroid Disorders and Celiac Disease

Wednesday October 18, 2023 from 1-2:15pm ET

Thyroid disease and celiac disease are closely linked as two autoimmune diseases and commonly occur together. Two experts in the endocrinology field will present current findings and guidance to address challenges for adults and children who are managing both conditions. **Ari Wassner, MD**, Medical Director of the Thyroid Center at Boston Children's Hospital, will cover epidemiology, incidence, and screening of thyroid disease and celiac disease in children and adults and share the newest research in the thyroid field. **James Hennessey, MD**, Director of Clinical Endocrinology at Beth Israel Deaconess Medical Center, will address the impact of celiac disease on patients with thyroid disease, potential long-term complications, and treatment strategies.

Lee Graham, Executive Director of the National Celiac Association, will introduce the webinar. **Giuseppe Barbesino, MD**, of the Mass General Endocrinology Unit/Thyroid Associates, 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.

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](#)

Building a Strong Foundation: Celiac Disease and Bone Health

Wednesday, November 15, 2023, from 1- 2:15pm ET.

Bone health is a crucial topic for both children and adults with celiac disease, as bone can be adversely affected due to the inflammatory process and malabsorption of key nutrients. **Deborah Mitchell, MD**, pediatric endocrinologist at Mass General for Children (MGfC), and **Julio C. Bai, MD**, adult gastroenterologist and Professor Emeritus of Medicine at the Research Institute of Universidad del Salvador in Buenos Aires, will address the prevalence and types of bone disease in the adult and pediatric celiac populations, testing methods, and treatment options, including lifestyle modifications for bone health. **Katarina Mollo, MEd, RDN, LDN**, clinical dietitian at the Center for Celiac Research and Treatment at MGfC, will discuss the importance of the gluten-free diet and the use of supplements, where appropriate.

Lee Graham, Executive Director of the National Celiac Association, will introduce the webinar, which will be moderated by **Daniel Leffler, MD**, an expert celiac gastroenterologist at the Celiac Center at Beth Israel Deaconess Medical Center. 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.

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[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.

- Tuesday, September 26, 2023: Gluten-Free Labeling: In-depth Review of Labeling Laws/Cross Contact (5:30-6:30pm)

- Tuesday, October 24, 2023: Dining Out & Traveling, Reliable Resources for Shopping/Living (5:30-6:30pm)

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

Celiac Smarts

Sunday, October 1, 2023

9am – 4pm

Sheraton Needham Hotel

Celiac Smarts is a one-day symposium that features hands-on learning opportunities, case-based discussions, and engaging learning opportunities about celiac disease and the gluten-free diet for the health care and celiac patient communities. The day will look at the history of celiac disease, new advances in diagnostic methods, clinical trials for celiac drug development, and how research, multi-disciplinary clinical excellence, and culinary innovation have paved the way to a better understanding of this genetically mediated autoimmune disease. Available in-person and live-streamed for virtual attendees.

Daniel Leffler, MD, Amelie Therrien, MD, Javier Villafuerte, MD, Jocelyn Silvester, MD, (BCH and BIDMC), Samuel Frank, MD, and registered dietitian Melinda Dennis, MS, RDN, LD, from the BIDMC Celiac Center will be among the clinicians presenting that day.

[Visit the website to learn more and register.](#)

Celiac Center News

Identifying Gluten in Medications

The ADINA Act—A bill would require drug labels to disclose ingredients made from allergens or gluten.

GlutenFreeWatchdog has posted information on how to contact congress:

<https://www.glutenfreewatchdog.org/news/sample-scripts-for-contacting-members-of-congress-asking-them-to-support-the-adina-act-a-bill-requiring-drug-labels-to-disclose-ingredients-made-from-allergens-or-gluten/>.

For background information, please see: <https://www.glutenfreewatchdog.org/news/a-bipartisan-bill-to-require-major-food-allergens-and-gluten-to-be-identified-in-medications/>.

International Foundation for Gastrointestinal Disorders video. IFFGD 2021 Advocacy Event: How Congress Works: <https://www.youtube.com/watch?v=cMMPRluuYWE>.

Food Labeling Modernization Act – positive movement forward!

If signed, new legislation would amend the Food Allergen Labeling and Consumer Protection Act (FALCPA) to require that food product packaging disclose ALL gluten-containing grains (wheat, barley, and rye) in the ingredient list and/or “Contains” statement on ingredient labels.

For example, “yeast extract” would now appear as “yeast extract (barley)” if it was derived from barley.

Traveling with Celiac Disease or a Gluten-Related Disorder Part 2

September 2023

Hi, I'm Emma, Research Coordinator for the Celiac Center at BIDMC. After college, I packed a 45-pound backpack and set off to visit 16 European countries in 88 days. I was diagnosed with celiac disease in 2004 and since then, I've been lucky enough to travel to 23 countries and 28 states, anywhere from remote areas to national parks to large cities.

I often hear from people who have celiac disease who are terrified of traveling or dining out, but I am here to tell you that you can do anything that anyone who doesn't have celiac disease can do. All it takes is some extra planning.

If you missed the last newsletter, [part one of this two-part article](#) discussed how to get started and general tips for traveling. Part two will cover traveling to a place with a different language, what to do when you arrive, and where to stay.



Emma Frank at the Belgium French Fry Museum

[Click here to read more](#)

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 call **617-667-3419** or email us at efrank2@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.

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(s) 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 contact Jocelyn Silvester at jsilves2@bidmc.harvard.edu or **617-667-8374**.

Team Spotlights

Christopher Ryan Iriarte, MD

***Instructor of Dermatology and Harvard Medical
Faculty Physician at BIDMC***

Christopher R. Iriarte, MD, is the Director of both the inpatient dermatology consult service and supportive oncodermatology (skin, hair, or nail issues related to cancer treatment) at BIDMC and an Instructor of Dermatology at Harvard Medical School. He completed combined residency training in Internal Medicine and Dermatology in the Harvard Combined Medicine-Dermatology program. His primary interests include complex medical dermatology, with a focus on dermatologic diseases with systemic associations. He is particularly interested in dermatology conditions that overlap with gastrointestinal disease as well as in bullous/ blistering disorders such as dermatitis herpetiformis (related to celiac disease). Dr. Iriarte's other primary interests include medical education, inpatient consults, and providing dermatology care for cancer patients. He sees patients in Boston and Chestnut Hill.



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

Beth Israel Deaconess Medical Center
Celiac Center
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