

# Your Guide to a Healthy Gut

## News from the Celiac Center

Winter 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

#### Celiac Disease and Your Reproductive Health

**SAVE THE DATE:** Wednesday February 16, 1 to 2:15 pm ET.

Are you pregnant, thinking about starting a family, or caring for an infant? Join the National Celiac Association (NCA) and the Harvard Medical School Celiac Research Program for the first 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 **Wednesday, February 16, 2022 at 1:00 pm ET.**

How does celiac disease—treated or untreated—affect the reproductive health of both women and men? Fertility, pregnancy, and childbirth are some of the topics that will be addressed by Maureen Leonard, MD, from the Center for Celiac Research and Treatment, Massachusetts General Hospital, and **Amelie Therrien, MD**, and **Marcela Banegas, MD**, from the Celiac Center at Beth Israel Deaconess Medical Center (BIDMC). They will review the latest data on celiac-related symptoms and the impact on the quality of life in patients with celiac disease during pregnancy and how genetics might contribute to the development of celiac disease.

Lee Graham, executive director of the NCA, will introduce the webinar, and Dascha Weir, MD, Clinical Director of Celiac Disease Program at Boston Children’s Hospital, 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): 1.25 CEU 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](#)

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

### Upcoming Webinars

**Wed, March 23:** Long COVID, Autoimmunity, and Celiac Disease

**Thursday, April 14:** Celiac Disease and the Older Patient

**May:** Date and Topic TBD

Our next e-newsletter will come out in late spring so please periodically [check the NCA site](#) starting in mid-late February 2022 for registration for upcoming webinars.

### Research Corner

#### New study starting at BIDMC for people with persistent symptoms despite following a gluten-free diet



Nausea, upset stomach, constipation, diarrhea, vomiting. These are the common GI symptoms associated with celiac disease. Other symptoms include headaches, fatigue, or irritability. Adults with celiac disease can also have unexplained iron-deficiency anemia, joint pain, arthritis, depression or anxiety, seizures, infertility or miscarriage, or itchy skin rashes.



And in some people, there are no symptoms. But there is still damage occurring to their small intestine.

If you’ve been on a gluten-free diet for at least 12 months and still find yourself experiencing moderate to severe GI symptoms, we invite you to participate in the Solutions for Celiac research study designed to help people who are still getting “glutened” even while following a gluten-free diet.

Join the Solutions for Celiac study and get access to a dedicated study team who will provide additional celiac-specific care to you. You will receive an investigational medication designed to reduce symptoms of accidental gluten cross-contact.

Join the Solutions for Celiac study - track your symptoms, get seen by leading physician-researchers, and advance a new therapy for celiac disease.

Contact us at [latiglutenase@bidmc.harvard.edu](mailto:latiglutenase@bidmc.harvard.edu) to hear more!

#### 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**.

### News & Updated Resources

#### Gluten-Free Oat Supply at Risk in the U.S.

It has recently come to our attention that there is a new and concerning issue around the oat supply in North America that, among others, affects those on the gluten-free diet. The situation is fluid. To the best of our knowledge, these are the three posts (specific to the gluten-free diet in the U.S.) currently available on this topic (as of 2/3/2022). They will likely be updated regularly as more information becomes known.

[GFCO warns the gluten-free community about oat supply issues: Recommendations from Gluten Free Watchdog](#)

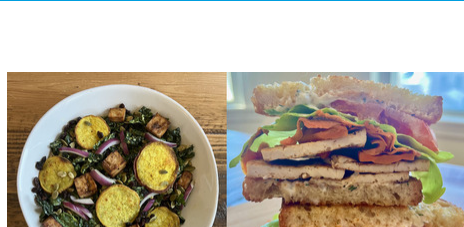
[The Shortage of Gluten-Free Oats - Gluten Intolerance Group](#)

[Gluten Free Food Program Statement](#)

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

We’ve added a [Middle Eastern Dining](#) handout and reformatted [Healthy Eating on the Gluten Free Diet](#) for easier reading. Please take a look.

### Recipes



2 cozy warming gluten-free recipes to see you through the rest of winter: [Chopped Kale and Chard Salad with Sweet Potatoes, Currants and Creamy Tahini Dressing](#) and [Smoked Carrot and Tofu Sandwich](#).

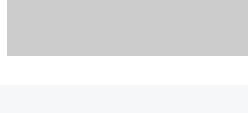
The Clinicians of the Celiac Center wish you a peaceful and healthy path to spring!

Beth Israel Deaconess Medical Center

Celiac Center

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