

Your Guide to a Healthy Gut

News from the Celiac Center

Spring 2025

Upcoming Events



From the Experts: All Things Celiac Webinar on June 6, 2025

"Gut-Brain Health and Celiac Disease: Caring for Your Second 'Brain'"

Join us for our Spring 2025 webinar in the "**From the Experts**" series. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A, on **Friday, June 6, 2025, from 1-2:15 pm ET.**

Alessio Fasano, MD, Director of the Mucosal Immunology and Biology Research Center at Mass General for Children, Professor of Pediatrics at Harvard Medical School, and Professor of Nutrition at T.H. Chan School of Public Health, will speak about the "crosstalk" between the gut microbiome and the brain, focusing on developmental disorders and mental health issues in the context of gluten-related disorders. **Deanna Kelly, PharmD, BCPP**, the Dr. William and Carol Carpenter Professor in Psychiatry for Mental Illness at the University of Maryland School of Medicine and Director and Chief of the Treatment Research Program at the Maryland Psychiatric Research Center, will share her research on schizophrenia, anxiety, and depression, which are often diagnosed as part of the impressive range of celiac disease symptoms.

Jacqueline Wolf, MD, Associate Professor of Medicine at Harvard Medical School and a gastroenterologist in the Celiac Center at BIDMC, will moderate the seminar. **Chris Rich**, Executive Director of the National Celiac Association, will open and close the webinar. A Q&A session follows the presentations; please submit general questions via the registration form 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](#)

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

Celiac Center News

National Geographic Spotlight: Is Gluten Really That Bad for You?

Earlier this year, the prominent magazine *National Geographic* published an article titled, "*Is gluten that bad for you? Here's what happens when you stop eating it.*" BIDMC's **Ciaran Kelly, MD**, Medical Director of the Celiac Center and the Center for Nutritional Health, and **Melinda Dennis, MS, RDN, LD**, registered dietitian and Nutrition Coordinator at the Celiac Center, were interviewed and provided their perspectives on the popular trend of going gluten-free without a diagnosis and the risks and benefits of a gluten-free diet.

[Click here to access a PDF version of the full article.](#)

Digestive Disease Week Presentations

The following oral presentations and posters were presented by our clinicians and researchers from the Celiac Center at this year's Digestive Disease Week, the largest symposium of gastroenterologists and researchers in the United States, in May. Though the abstracts and posters are not yet online, we wanted to highlight these exciting ongoing areas of research:

Non-biopsy diagnosis of celiac disease appears highly accurate but would not apply to most US adults

Jansson-Knodell, Claire; Ford, Andrew; Patel, Jay; Chatterjee, Arjun; Scantling, James; Kerosky, Matthew; Yu, Ivan; Yang, Qijun; **Therrien, Amelie**; Frank, Emily; Zylberberg, Hayley; Lebwohl, Benjamin; Lee, Jongsop; Seon Choung, Rok; Murray, Joseph; Fu, Yichun; Kupfer, SS; Lustbader, Noah; Adams, Dawn; Rubio-Tapia, Alberto.

Safety profile of vonoprazan: a comprehensive analysis of adverse events in randomized clinical trials

Correa, Tulio L; Mohapatra, Aman; Antunes, Vanio; Manoj, Matthew Antony; **Villafuerte-Galvez, Javier Andre**

Many patients with celiac disease experience heartburn or acid reflux and Vonoprazan is a novel potential treatment option for these symptoms; therefore, evaluating its safety profile is particularly important for this population.

Imbalance in ethnoracial composition of patients in an adult celiac disease referral institution in the northeastern United States

Resources on CeliacNow: Check Out the New Korean Dining Out Flyer

Our website [CeliacNow](#) hosts a wealth of resources about celiac disease. Our Nutrition and the Gluten-Free Diet section includes resources on how to start a gluten-free diet, information on healthy eating, cross contact awareness, tips to successfully read labels, dining out resources, and so much more.

We've recently added Korean dining to our list of gluten-free "Dining Out" handouts. Each handout includes common menu items and how to order them gluten-free, as well as dishes and ingredients best to avoid. [Click here for a copy of Korean Dining Out](#). You can find handouts for American, Chinese, Indian, Italian, Japanese, Mexican, Spanish, and Thai dining [here](#).

Recent Publications

Two articles written by our clinician researchers were recently accepted for publication in the *American Journal of Gastroenterology*:

Banegas M, Flores Marin D, Naskar N, **Correa T**, Rotman C, Regis S, Simpson A, Chang D, **Silvester J**, **Therrien A**. [Gastrointestinal and Extraintestinal Symptoms among Celiac Disease Patients Undergoing a Dose Specified Gluten Challenge: a Systematic Review and Meta-Analysis](#). *Am J Gastroenterol*, 2025.

Therrien A, Akula S, Galeas-Pena M, Frank E, Gillette L, **Silvester J**, **Leffler D**, **Villafuerte Galvez J**, **Kelly C**, Pozdnyakova O, Glover S, Lyons J. Hereditary Alpha-Tryptasemia is Associated with Ongoing Symptoms in Individuals with Celiac Disease Despite Following a Gluten-Free Diet. *Am J Gastroenterol*, 2025. (Pending online publication)

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 **617-667-8266** or email us at nnaskar@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. [To learn more, click here](#).

2. **The GLUTECH Trial:** Adults with newly diagnosed celiac disease are invited to participate in a study to help manage their condition. [To learn more, click here.](#)

Team Spotlights

Zoe Plastaras

Ambulatory and Inpatient Registered Dietitian BIDMC Celiac Center

Zoe Plastaras, RD, LDN, CNSC, is a registered dietitian at BIDMC specializing in medical nutrition therapy for individuals with a wide spectrum of gastrointestinal disorders and diseases, including but not limited to celiac disease, Crohn's disease, ulcerative colitis, eosinophilic esophagitis, gastroparesis, and irritable bowel syndrome. She also helps patients with these gastrointestinal issues manage their tube feed orders. The gastrointestinal system and nutrition related therapy have been long-term interests of Zoe's, and she completed her dietetic internship at BIDMC in 2022. She sees patients through the Nutrition Department at BIDMC, and through her experiences in patient care, she has found that celiac disease can be very interrelated to other disorders. She enjoys assisting patients in finding interventions to manage their various symptoms and needs.



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

Beth Israel Deaconess Medical Center

Celiac Center

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