

As a group we offer:

- *Friendship and support*
- *New member information packet*
- *Newsletter*
- *Current scientific research reports about Celiac Disease*
- *Help in locating gluten-free foods*
- *Information on gluten-free cooking & baking*

*Meeting schedule - information*

qcceliacs.org  
qcceliacs@yahoo.com  
Becky Wentworth 563/391-2968  
or  
Donna Renneke 309/786-5247

Quad Cities Celiac Support Group  
qcceliacs.org

*Chapter 79*

Celiac Sprue Association  
P.O. Box 31700  
Omaha, NE 68131-0700  
4021558-0600  
celiacs@csaceliacs.org  
csaceliacs.org

Other Celiac Organizations

American Celiac Alliance  
americanceliac.org

Celiac Disease Foundation  
www.celiac.org

Gluten Intolerance Group  
www.gluten.net

National Foundation for Celiac Awareness  
www.CeliacCentral.org

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**Internet Resources**

*National Digestive Diseases*  
<http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/index.htm>

*University of Chicago - Celiac Disease Program*  
[www.uchospitals.edu/specialties/celiac](http://www.uchospitals.edu/specialties/celiac)

*The Celiac Disease Center at Columbia University*  
[www.celiacdiseasecenter.columbia.edu](http://www.celiacdiseasecenter.columbia.edu)

*Mayo Clinic*  
<http://www.mayoclinic.com/health/celiac-disease/DS00319>

*University of Maryland Center for Celiac Research*  
[www.celiaccenter.org](http://www.celiaccenter.org)

[www.glutenfreedugs.com](http://www.glutenfreedugs.com)

[www.celiac.com](http://www.celiac.com)

*Listserv-celiac*

<http://LISTSERV.ICORS.ORG/archives/celiac.html>

*Quad City*  
**CELAC**  
*Celiac Support Group*

**qcceliacs.org**  
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*Since 1995*

## What is celiac disease?

Celiac disease is a digestive condition triggered by consumption of the protein gluten, which is found in bread, pasta, cookies, pizza crust and many other foods containing wheat, barley or rye. If you have celiac disease and eat foods containing gluten, an immune reaction occurs in your small intestine, causing damage to the surface of your small intestine and an inability to absorb certain nutrients.

Eventually, the decreased absorption of nutrients (malabsorption) that occurs with celiac disease can cause vitamin deficiencies that deprive your brain, peripheral nervous system, bones, liver and other organs of vital nourishment. This can lead to other illnesses and stunted growth in children.

No treatment can cure celiac disease. However, you can effectively manage celiac disease through changing your diet.

Avoiding gluten is essential to manage the disease and prevent complications. Even a small amount of gluten is enough to cause symptoms and complications — that means all foods or food ingredients made from wheat, barley or rye. This includes any type of wheat (including farina, graham flour, semolina and durum), barley, rye, bulgur, kamut, kasha, matzo meal, spelt and triticale.

[www.mayoclinic.com](http://www.mayoclinic.com)



## What is a celiac support group?

We are a group of individuals living with the gluten-free diet who are happy to share our knowledge and experiences. If you or a family member have Celiac Disease, Dermatitis herpetiformis or a gluten sensitivity/intolerance you are invited to join us. We can help you cope with lifestyle changes as you eliminate gluten from your diet.

The only cure for this disease is to eat foods that do not contain wheat rye or barley— **The Gluten-Free Diet**.

The effort necessary to maintain a gluten-free diet is continually rewarded with good health! Participating in meetings helps maintain a positive attitude in our quest for gluten-free food that is both healthy and tasty. Meetings are fun and we make new friends.

The Quad City Celiac Support Group meets at **Genesis West Medical Center**. Topics include substitutions for such everyday staples as bread, pasta, pastries and eating at restaurants. Usually GF food samples are available for trial before you buy. Restaurant dining meetings are a popular group activity. Separating facts from myths about celiac disease and the gluten-free diet is a goal of the group.

The gluten-free diet should only begin after testing is complete and a diagnosis is confirmed by a physician. Without gluten in the diet, healing occurs that could prevent accurate test results and diagnosis.

## Group activities have included:

- ◆ *Eating gluten-free foods at meetings and in restaurants*
- ◆ *Holiday Cookie Exchange*
- ◆ *Celiac Awareness Walk*
- ◆ *Annual Iowa meeting*
- ◆ *Summer Potluck Picnic*
- ◆ *Pancake Breakfast*
- ◆ *Eating-Out Workshop*



## Finding Gluten -free Foods in the Quad Cities

**Better Life Nutrition Center**  
1715 15th Street Place, Moline, IL

**Greatest Grains**  
1600 N. Harrison St., Davenport, IA

**Heritage Natural Foods**  
1317 6th Ave., Moline, IL

## Hy-Vee Health Markets

- Jewel-Osco • Fareway
- Walmart • Schnucks