

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*

For information call:

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Quad Cities Celiac Support Group
qcceliacs.org

Chapter 79
Celiac Sprue Association
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csaceliacs.org

Other Celiac Organizations

American Celiac Alliance
americaneliac.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

<http://www.niddk.nih.gov/health/digest/pubs/celiac/index.htm>

University of Chicago Celiac Disease Program
www.uchospitals.edu/specialties/celiac

The Celiac Disease Center at Columbia University
www.celiacdiseasecenter.columbia.edu

<http://www.mayoclinic.com/invoke.cfm?id=DS00319>
University of Maryland Center for Celiac Research
www.celiaccenter.org

www.glutenfreedrugs.com

www.celiac.com

celiac listserve adresses

<http://www.enabling.org/ia/celiac/index.html#index>

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



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Since 1995

Celiac disease is an genetic, autoimmune disorder that damages or destroys the lining (villi) of the intestines in reaction to gluten, a protein found in wheat, rye and barley. If celiac disease is suspected, it can be diagnosed by blood tests and small bowel biopsy.

Damage to the villi can lead to digestive problems, one or more vitamin or mineral deficiencies, and/or a lack of basic nutrition. Any of these can produce a long list of complaints and seems to give each celiac their own unique set. Since each symptom alone is not specific to celiac disease, **a celiac may remain un- or mis-diagnosed for years.**

Some of the **common symptoms** presented are: diarrhea, anemia, osteoporosis, constipation, bloating, gas, weight loss, fatigue, depression, abdominal or bone pain. Children may present different symptoms: failure to thrive, short stature, a distended abdomen, dental enamel defects, unusual behavior changes.

According to a recent University of Maryland study the **prevalence of celiac disease in the US** may be as high as 1 in every 133 individuals. The average length of time it takes for a symptomatic person to be diagnosed with celiac disease in the US is ten years.

It is important not to begin a gluten-free diet until testing is complete and a diagnosis is confirmed by a physician. Without gluten in the diet, healing can occur rapidly. This can invalidate test results and make an accurate diagnosis impossible.

How Does a Celiac Support Group Help?

We are a group of individuals with celiac disease or dermatitis herpetiformis and are happy to share our knowledge and experiences. If you or a member of your family have Celiac Disease or Dermatitis Herpetiformis you are invited to join us. The only cure for this disease is to eat foods that do not contain wheat, rye or barley. The diet is referred to as: *The Gluten-Free Diet.*

We can help you get gluten out of your diet and cope with this lifestyle change. Beginning the diet can be difficult and frustrating but there are resources available to help make the adjustment. While maintaining the gluten-free diet takes effort, the **reward is good health!**

Attending meetings helps people in their quest in finding good tasting gluten-free food and maintaining a positive attitude. As the number of people on the gluten-free diet increases more products are becoming available

The Quad City Celiac Support Group meets monthly at Genesis West Medical Center. Topics such as substitutions for such everyday staples as bread, pasta, pastries are discussed. Often experts are invited to speak on subjects related to celiac disease and strategies for living well on the gluten-free diet.

Group activities have included:

- ◁ Eating Gluten-Free 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