

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
402/558-0600
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

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

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

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

University of Maryland Center for Celiac Research
www.celiaccenter.org

www.glutenfreedrugs.com

www.celiac.com

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

Quad City
CELAC
Celiac Support Group

qcceliacs.org
qcceliacs@yahoo.com

Since 1995

What is Celiac Disease?

Celiac disease is a disease of the small intestine that is triggered by the eating of gluten, the protein found in wheat, barley and rye.

The immune system's reaction to gluten causes damage to the lining of the small intestine. This damage leads to such symptoms as diarrhea, weight loss, bloating, gas, nausea, vomiting, and abdominal pain. Failure to absorb nutrients and vitamins can lead to anemia, osteoporosis, nerve damage, infertility, and growth failure. Celiac disease is more common in family members of individuals with known celiac disease and individuals with juvenile onset diabetes.

Since the symptoms of celiac disease often vary, people with celiac disease often remain undiagnosed for years. When celiac disease is suspected, it can be diagnosed by blood tests and a small bowel biopsy.

Celiac disease is common— not rare. A recent University of Maryland study revealed the prevalence of celiac disease in the U.S. to be 1 per 133 people.

Once diagnosed, the treatment is the removal of all products containing gluten, wheat, barley and rye, from the diet.

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 may occur that could invalidate test results and prevent an accurate diagnosis.

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 family member have Celiac Disease or Dermatitis Herpetiformis 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*.

Beginning the diet can be difficult and frustrating but there are resources available to help make the adjustment easier. The effort necessary to maintain a gluten-free diet is continually rewarded with good health! Participation in meetings helps develop a positive attitude in our quest for good tasting, gluten-free food. Meetings are fun and we make new friends.

The quality of the gluten-free diet continues to improve as more products are created to meet the growing need for gluten-free foods.

The Quad City Celiac Support Group meets 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