



Newsletter of the NL Chapter of the CCA

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The CCA Pocket Dictionary of Ingredients is now available as an iPhone, iPad or iPod touch application, available through iTunes. Right now, the application is only available for Apple devices. Unfortunately in the world of smartphones, Apple, Android and Blackberry applications are not cross-compatible.

Presidents' Message

Happy New Year to all. 2014 was a busy time for the local chapter and 2015 is shaping up to be the same.

Some of the events the local executive coordinated for our members last year included:

- 6 meetings;
- A gluten-free cookie class in partnership with Sobey's and the dietitians who work there;
- Christmas dinner;
- Newsletters;
- A pancake breakfast in partnership with NL Housing and Homelessness Network

The pancake breakfast last February was the first time that the local chapter participated in the pancake event. We served gluten-free pancakes to help raise money for this worthy cause. It appears that our presence made a difference because this year the organizers have asked us to serve at 3 sites! What a great shift - there was a recognition that providing gluten-free pancakes is a needed and valued opportunity for people with celiac/dermatitis herpetiformis and non-celiac gluten-sensitivity.

Several volunteers stepped up and are going to help out with this pancake breakfast which is scheduled for February 17. The local chapter will be serving gluten-free pancakes at City Hall (St. John's) and we have added a second site - the Breezeway Bar at Memorial University. Stay tuned to see what else we have planned for 2015.

In the meantime, please get involved. Help support all who live gluten-free!

Wishing you and your families health and happiness in 2015.

Lisa Dooley, President
glutenfreenuggets@outlook.com

New Research on Cancer Risks for Celiacs

For many years, celiacs have lived with the constant threat of an increased cancer risk, particularly that of “T-Cell” lymphoma (one of the many non-Hodgkin lymphoma types). Recently, a group of researchers in Finland did a comprehensive study of the risks of malignancy among celiacs in comparison with that of the population in general.

Finland has been very good at keeping track of diagnosed celiacs. In fact, they’re good at keeping track of many things, and they were able to match 32,439 clinically diagnosed celiacs against the Finnish Cancer Registry records, which cover over 98% of diagnosed malignancies.

The results were interesting. The study indicated that while there was no real difference between the overall rate of malignancy between celiacs and the general population it was because celiacs had increased risks in some areas and decreased risks in others.

New Changes in Store for the Official Health Canada Position on Oats and the Gluten-Free Diet

Last November the Government of Canada announced that Health Canada has released a new Position Paper on the safety of pure uncontaminated oats for people with celiac disease. The paper reviewed the evidence collected since the last review in 2007.

The increase, as expected, was in non-Hodgkin lymphoma and other malignancies of the small intestine and colon, and basal cell carcinomas of the skin. The decrease was in female breast cancer, lung cancer, and pancreatic, renal, and bladder cancers.

It is important to note that other life-style factors were not taken into consideration, and there is no guarantee that the diagnosed celiacs were following a strict gluten-free diet. The risks were higher in those who were demonstrating symptoms as opposed to those who were asymptomatic.

The risks for non-Hodgkin lymphoma were greatest within two years of diagnosis, indicating, perhaps, that the protective nature of the diet came into effect as healing progressed. There does appear to be a statistical increase in risk of malignancy generally in celiacs some five years after diagnosis, but to a lesser extent than that described previously.

REFERENCE

T. Ilus, K. Kaukinen, L.J. Virta, E. Pukkala, P. Collin (2014) Incidence of Malignancies in Diagnosed Celiac Patients, Am J Gastroenterol., 109(9), p. 1471-1477.

Adapted from an article by Willow Wight, Ottawa Newsletter, November 2014



forward.

As a result of this review, the intention is to allow pure uncontaminated oats in products carrying a “gluten free” claim. This change isn’t going to take immediate effect but the process is moving

You can download the entire report in [English](#) or [French](#).

Cost of Gluten-free Food Falling as Diet Becomes More Popular

New Canadian research suggests gluten-free products are getting cheaper as gluten-free diets become more popular. Celebrities such as Jennifer Esposito and Ryan Phillippe have touted the benefits of a diet free of gluten, and the book *Wheat Belly* promotes a gluten-free diet as a way of losing weight.

Dr. Mohsin Rashid, a gastroenterologist based in Halifax and an expert on celiac disease, did a cost comparison study on the cost of gluten-free

products in 2008, finding they were 242 per cent more expensive than comparable, regular products. But in a new study to be presented next week, Dr. Rashid found that difference has shrunk. Gluten-free flours, baked goods and prepared foods are now 162 per cent more than regular products. "What we found was gluten-free foods are still significantly more expensive, but the price differenceseems to have narrowed down a bit."

Between 2005 and 2010, the number of gluten-free products grew by nearly 80 per cent. Larger-scale food manufacturers have economies of scale that smaller companies cannot achieve.

Adapted from article in Hamilton Peel Chapter newsletter, November 2014

Gluten-Free Pharmaceuticals

From acetaminophen and aspirin for headaches and other pains, through antibiotics, to the numerous drugs that help many people get through whatever life throws at them, medicine in one form or another is part of our everyday life.

Although not many pharmaceuticals contain wheat, those who must follow a gluten-free diet need to know if their medication is not gluten-free. I recently read that "not all pharmaceutical companies state whether or not their product contains gluten", and that "pharmacists may not be informed [about gluten-sensitivity risks], although more are becoming aware of the risks for some of their customers". So I checked with my pharmacist friend who said that pharmacists would be able to find out from any company if any given product was gluten free or not.

In August 2014 Mint Pharmaceuticals (www.mintpharmaceuticals.com), a Canadian owned and operated company, issued a press-release



announcing that they were the first Canadian pharmaceutical company to be certified under the Gluten-Free Certification Program.

My pharmacist friend commented, "Mint is a supplier of generic drugs and their products are available to every pharmacy in theory. It is however one of the least often used generic companies [in NL] and very few pharmacies would normally carry all of their products. It would be possible for any pharmacy to get Mint drugs for a particular patient if it was required for reason of a gluten allergy."

Mervyn Dean

New Educational Resource

The NL Chapter recently received a letter from Nicole and Matthew Knecht the co-founders of Four Spoons Gluten-Free Bakery in Kelowna, B.C.,

They have given up the bakery and are transitioning to what they call a “comprehensive educational resource website” for people struggling with celiac disease and gluten intolerance. They want to empower people to successfully cook simple, budget-friendly, delicious gluten-free foods. Their team includes two dietitians, a food scientist and a holistic chef, who together have created a range of resource guides.

I took a quick look at their website (fourspoonsglutenfreerecipes.com). As well as the resource guides there are blog posts and a recipe

index conveniently divided into sections such as bread, lunch, dinner, etc., but I haven't tried any of the recipes yet. If anyone decides to give them a go, please write and tell us about it.

Mervyn Dean



Gluten-Free in Paris

If you are visiting Paris anytime make a note to visit “Helmut Newcake” in the Canal Saint-Martin district. According to an article in the *Maclean's* magazine of 24 November, the proprietor and pastry chef, Marie Tagliaferro, has managed to find the perfect mixture of non-gluten flours that mimic the elastic qualities of gluten. The article acclaims her as a pioneer and creator of a whole new school of patisserie.

I checked their website (helmutnewcake.com) and also some reviews on other sites. On the whole they support what is said in the article although, as always, there were a couple less positive comments, but even so the lowest rating I found was 3/5 stars.

If anyone visits Paris and visits this restaurant (36 Rue Bichat) please tell us about it. The *Maclean's*

article did say that the owners had a second restaurant “in a more ritzy area” but there was nothing about it on the website.

Mervyn Dean



One of Helmut Newcake's bestsellers, the chocolate eclair, as shown on their website

Gluten Free at Religious Events

Perhaps the most agonizing issues people with celiac disease or gluten sensitivity face occur when the practice of their faith requires gluten ingestion. In some communities it is relatively easy to substitute gluten-free items, in others it can seem like an unsolvable problem.

A study by Annette Bentley reported that 88% of her subjects had made some change to their religious practice after their diagnosis of celiac disease. Many also indicated that religious practice was sometimes a trigger for violating their gluten-free diet and that they suffered symptoms as a result.

Catholic

The Catholic Church holds the position that hosts that are entirely gluten-free are invalid for the celebration of the Eucharist. There are two options for people with celiac disease or gluten intolerance – to celebrate with only the consecrated wine or to use very low gluten-hosts available from several sources. These very low-gluten hosts are made with wheat starch that has been processed to remove as much gluten protein as possible and have been approved by the Vatican's Congregation for the Doctrine of the Faith.

The percentage of gluten in these wafers translates to 100 ppm gluten, normally more than is considered safe for people with celiac disease, but as Ann Whelan from *Gluten-Free Living* magazine pointed out, at that level, a wafer would contain only 37 micrograms of gluten, a small fraction of the 10 milligrams of gluten that is considered safe for people with celiac disease to consume on a daily

basis. You may need to work out a process where you notify the presiding priest that you are present so that your wafer is prepared separately.

Protestant – using Wafers

Some Protestant traditions use wafers as part of their communion practice. The very low-gluten hosts described above can be used by people with celiac disease or gluten sensitivity. Again, you will have to make arrangements for your wafer to be presented separately from the regular wafers to avoid cross-contamination.

Protestant – using Bread

While virtually every congregation that uses bread as part of their communion ritual will accept the substitution of gluten-free bread, you may have to make some special arrangements to make sure that your gluten-free bread remains uncontaminated by the wheat bread used by the rest of the congregation.

Judaism

The primary gluten-related issue for Jews seems to be sharing communal food during Passover, although a lot of food that is kosher for Passover is gluten-free. The problem is with matzo, by definition made from wheat, rye, barley, oats, or spelt. Some Jewish movements do not eat any grains during passover (non gebrochts) and that food would be naturally gluten-free.

There are gluten-free oat matzos available, and also one made from potato and tapioca starch, although not every Jewish community will accept these variants.

From a longer article in the Kitchener Waterloo Chapter newsletter, December 2014

Upcoming Events

17 February: 07:00 - 09:00 a.m. Pancake Breakfast
City Hall St. John's and MUN Breezeway Bar

31 March, 6:00-7:00 pm: Sobey's (Howley Estates)
Gluten-free Cooking Class

April: Irish Comedy show - details to follow

May: Celiac Awareness BBQ & Annual General Meeting - time and location to be determined

Membership meetings: time, dates and locations to be determined

Ticket Draw for a Diamond Design necklace - tickets will be ready soon - draw date November, 2015

The Last Word

Last Fall my wife and I had a holiday in England. Sherry, my wife, was determined to hike across the north of England following the route and remains of a Roman structure, Hadrian's Wall. We were booked into Bed & Breakfast establishments along the way and would be eating out, mostly in pubs, each evening, so I was a little concerned about being able to eat not only gluten-free but also well - it was going to be a hard slog.

I was very pleasantly surprised to find that all the B&Bs except one had GF bread for me at breakfast, and two of them said they always had some on hand. The pubs were equally aware. When ordering our meal if one of the starch options was chips (fries) the bar-person assured me that they were gluten-free *and* cooked in a separate deep-fat fryer. They were aware of the concerns and I didn't even have to ask. Wonderful. I ate well and finished the 136 kilometres well-fed and still healthy, although my feet did sport a couple of blisters.

So much of what I read in the "celiac" press and in general articles talks about the dangers of eating out, but with GF eating being such a fad is it really still that bad? After our hike we travelled around the UK and visited various friends, sometimes eating in their home, sometimes at local restaurants or pubs. In all the commercial establishments the staff were well aware of how to prepare my food and in one restaurant they not only made their own GF bread but gave me a choice of white or multigrain.

The multigrain had excellent taste and texture but when I asked about the recipe all they would say was that they add molasses to the ingredients. I plan to experiment.

But we're in Newfoundland & Labrador, not the UK. Are things worse here? Not in my experience. The Corner Brook restaurants I frequent are equally aware of the needs of the GF community although only one so far has tried to make their own GF bread.

Is it still a challenge to eat out in this province? Let us know your experiences.

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Sherry and me on the top of "The Cloud" (local name of the hill) in the UK.