



Lancaster Area Celiacs

LAC Quarterly

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November Meeting Recap

The November meeting closed out the year for us, marking some endings and new beginnings for Lancaster Area Celiacs .

The speaker, Waleah Snyder, RN, told the story that led to her Celiac diagnosis. The story was a familiar one to many members. It included years of negative tests and diagnosis of everything from cancer to anorexia to IBS to psychiatric issues. Not satisfied with any of these answers, Waleah sought out a new doctor who decided to test her for Celiac Disease. The test came back positive and Waleah thought that her problems were finally over, but soon came to find that the diagnosis was a mixed blessing. She finally knew what was causing her years of problems, yet now she had to deal with the complete change in lifestyle that comes with a gluten-free diet. All the foods she came to depend on were actually the foods that were making her sick. In time, Waleah learned more about the diet and found out how to cope with it and eventually how thrive on it. She encouraged us to be persistent with the diet because even though it is difficult at times, we can thrive on it too.

As a registered nurse, Waleah reminded us of the importance of being proactive about our health. She told us of the importance of a flu shot and a pneumonia vaccine since Celiac Disease is an immune system disorder. She talked of the

importance of the taking both calcium and multivitamins to stay healthy and recommended Freda's vitamins for people with dairy allergies as well. Additionally she reminded us that all medicines are not gluten free and recommended the book [A Guide Through the Medicine Cabinet](#) to help determine which medicines are gluten free. She concluded by reminding us that we are in charge of our own health and that we must take control in order to live healthier lives.

Along with baker Gluten Free 4 Me and their famous Kandy Cakes, muffins, cookies and more, two new vendors joined us for the meeting. Conte's Pasta Company brought their gluten free ravioli and pierogies and Good Eatz brought even more gluten free baked goods including cookies, brownies and more. Both companies are just moving into the Central Pennsylvania market, so look for them at some local stores in the future.

The meeting ended with the introduction of the new group leaders, George and Becky Maag, who will be taking over for Sue Polachak, one of the group's founding members and leader for the last five years. Sue was presented with gifts from the group to thank her and her husband Jack for all of their years of dedicated service. As one era ends, we look forward to some exciting new developments as Lancaster Area Celiacs expands and moves into the future.

November Vendors

[Conte's Pasta Company](#)
www.contespasta.com
(856) 697-3400
contespasta@comcast.net

[Gluten-Free 4 Me](#)
www.glutenfree4me.com
(717) 899-6482
cindy@glutenfree4me.com

[Good Eatz](#)
www.goodeatz.org
(610) 670-4885
goodeatz@comcast.net

Gluten-Free Food Co-Op



If you're looking for ways to save money on the gluten free products you use everyday, remember our Gluten Free Food Co-op with Garden Spot Distributors. Garden Spot sells our members food by the case in order to receive lower prices. They have also supplied us with many samples for our meetings and newly diagnosed patients. A portion of the money we spend on the products comes back to our group, so remember them when you're making your shopping list.

If you'd like to get some products from the Co-op, but don't think you can use a whole case, let us know. We can split cases between members if we get enough interest for popular products such as Glutano Tagliatelli Noodles or Conte's Pastas.

A list of available products and prices will be sent out via e-mail. If you do not have e-mail and would like to have a copy of the list mailed to you please call John Bridgen at (717) 367-9308

To place an order, contact John Bridgen by Sunday, January 18, 2008:

Phone: (717) 367-9308 or E-mail: cobrajb@embarqmail.com

Isaac's Fundraiser

Bring your family and friends to the Centerville Rd and Lititz locations Monday February 25 5:00 PM - 9:00 PM. Isaac's will provide special grills and GF chili, you bring your GF bread or have a salad!

Children with Short Stature and Celiac Disease

Several studies have shown that Celiac Disease can cause short stature in children, even if they are not having any gastrointestinal symptoms. A recent study looked at just how common Celiac Disease was in children with short stature. The study examined children between the ages of 10 - 15 who met the short stature criteria. All 176 patients were given blood tests and biopsies to determine whether they actually had Celiac Disease. The results showed that Celiac Disease was in fact the most common cause of short stature for the patients within the study group. 27 patients had Celiac Disease, 25 had pituitary disorder, 24 had hypothyroidism, 18 had constitutional delay in growth and puberty or a family history of short stat-

ure. Causes in the other children included nutritional deficiencies, metabolic bone diseases and several other diagnoses. The most common symptoms displayed by the children who were positive for Celiac Disease were anemia, weight loss, diarrhea and delayed puberty.

After diagnosis, the children with Celiac Disease were placed on a gluten-free diet and were given several different vitamins and supplements. In the next 6 to 9 months, the patients growth rate significantly increased from 2.9cm/year to 8.9 cm/year.

As a result, the researchers recommend that all children with short stature be tested for Celiac Disease.

Article source: www.celiac.com

Better Batter Flour will be taking pre-orders to be delivered to the January meeting. Contact Sue Polachak by January 19 to place an order at 392-6971

or
spolachak@comcast.net

Prevalence of Celiac Disease in the United States

Studies show the prevalence of Celiac Disease in the general population of the United States is 1:133 people. For people showing symptoms of Celiac Disease it is 1:56. For second degree relatives of

a person with Celiac Disease, it is 1:39 and for first degree relatives it is 1:22. So, help your family and friends improve their health and encourage them to get tested.

Recipe of the Quarter

QUINOA TABOULEH

Ingredients

- 1 cup quinoa, uncooked
- 1 tsp salt
- 1/4 cup fresh lemon juice
- 1/4 cup olive oil
- 2 cloves garlic, crushed
- Black pepper to taste
- 4 scallions, minced (whites and greens)
- 1 cup packed minced fresh parsley
- 10 leaves fresh mint (or 2 Tbsp dried), minced
- 2 tomatoes, diced
- 1 small cucumber, seeded and minced
- 1/2 cup cooked chickpeas (optional)

Procedure

Rinse quinoa in a fine sieve. Drain well, and place in medium sauce pan. Add 2 cups water (or stock) and bring to boil. Cover, reduce heat to medium and cook 12 minutes. Drain well, spread on paper towel lined baking sheet and cool for 5 minutes. Transfer to a bowl. In a small bowl, combine salt, lemon juice, olive oil, and pepper. Pour over quinoa and mix thoroughly. Add all other ingredients, cover and refrigerate for at least 30 minutes before serving. Serve cold. This recipe is even better the next day.

Recipe from LifeThyme Wellness

Weekly Updates

If you have e-mail and don't already receive our weekly updates, please let us know and we will sign you up!

lancasterareaceliacs@yahoo.com



Celiac 101 Class

If you are newly diagnosed or just need help surviving on a gluten free diet, this is the class for you. It will give you insight as to where to shop, what to look for, what to do at restaurants and time for lots of questions.

For more information contact: Eileen @ 717-687-9460 or Sandy @ 717-392-1675

Gluten-Free Websites

- www.glutenfree.com
 - www.glutensolutions.com
 - www.recipezaar.com/recipes/gluten-free
 - www.recipesource.com/special-diets/gluten-free
 - www.csaceliacs.org
 - www.authenticfoods.com/recipes/recipes.htm
 - www.glutenfreedrinks.com
 - http://allrecipes.com/recipes/healthy-living/gluten-free/
 - Amazon.com has 570 GF products listed.
- Go to: <http://tinyurl.com/37rect>



Product News

Aunt Jemima syrups

Aunt Jemima says that they can no longer guarantee that any of their syrups are gluten free because the ingredients come into contact with gluten containing grains during harvesting.

CVS Brand products

The following CVS Brand products are
NO LONGER GLUTEN FREE:

1. Infants' Ibuprofen Oral Suspension
Dye-Free Berry Flavor 1 EA (Item # 270134)
2. Infants' Ibuprofen 50 mg. Oral Suspension
Berry Flavor 0.5 OZ (Item # 125607)
3. Children's Ibuprofen Oral Suspension
Berry Flavor 4 OZ (Item # 260608)
4. Children's Ibuprofen 100 mg. Oral Suspension
Berry Flavor 4 OZ (Item # 261925)
5. Children's Ibuprofen 100 mg. Oral Suspension
Berry Flavor 8 OZ (Item # 252797)
6. Children's Ibuprofen Oral Suspension
Grape Flavor (Item # 260607)
7. Children's Ibuprofen 100 mg. Oral Suspension
Bubble Gum Flavor 4 OZ (Item # 191238)
8. Nasal Spray Sinus Liq. 1oz (Item # 125507)

The manufacturer says that the polysorbate 80 contains gluten.

January Meeting Preview

Date: Sunday, January 27, 2008
Time: 2:00 PM - 4:00 PM
Location: Heart of Lancaster Regional Med Center
1500 Highlands Drive
Lititz, PA 17543
Speaker: Dr. M. Azim Qureshi, MD
Pediatric Gastroenterologist
Penn State Children's Hospital
Topic: Celiac Disease at a Glance
Vendors: Better Batter Flour
Good Eatz
Third Vendor TBD

Dr. Qureshi specializes in intestinal disorders and will provide us with an overview of celiac disease for seasoned and newly diagnosed patients. Come prepared with your questions!

Calendar

January 18

Pre-orders & money due: GF Food Co-op
(to John Bridgen)

January 19

Pre-orders due: Better Batter Flour
(to Sue Polachak)

January 21 11:00 AM - 7:00 PM

Gluten Free Day at
"My Girlfriend's Kitchen" in Herhsey



January 27 2:00 PM - 4:00 PM

LAC Meeting
Heart of Lancaster Regional Medical Center
Speaker: Dr. M. Azim Qureshi
Topic: Celiac Disease at a Glance

February 4 6:30 PM

Harrisburg Gluten Intolerance Group Meeting
Mohler Senior Center in Hershey
Speaker: Naomi Poe of Better Batter Flour
Topic: Eating GF Without Going Bankrupt

February 25 5:00 PM - 9:00 PM

LAC Fundraiser Night at Isaac's
Centerville Road and Lititz locations

April 21 6:30 PM - 8:30 PM

LAC Meeting
Location to be determined

A Note from Sue

To My Fellow Celiacs:

Thank you so much for the flowers, gifts, card & mainly the kind words that were extended to me at our last meeting. The kind words and hugs would truly have been enough. I am truly blessed to find such a wonderful group and the friends that I have made. We have grown in the past five years and could not have done this without all of you. I am just grateful that this group will continue under new leadership!

Regards,
Sue Polachak

Donations and Volunteers

Thank you again to all of those who have donated their time and money to our group. Your help keeps us going so that we can continue to educate ourselves and the world around us about Celiac Disease. With your support we can pay for paper, mailings, speakers, ink, copying, etc. Your time allows us to run programs and make our meetings friendly and inviting to everyone. We have over 200 members on our list, so when everyone gives a few dollars at our meetings, it goes a long way toward allowing our group to continue in the future.

Committee

Chairs: George & Becky Maag
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Elizabethtown, PA 17022
Phone: (717) 367-9257
Email: lancasterareaceliacs@yahoo.com

Special Projects: Sue Polachak
Advertising: Doris Jenkins
Brochures: Patti Eitner
Food Co-Op: John Bridgen
Fundraising: Richard McKenna
Minutes: Sue Francis
ROCK Chair: Janelle Gregory
Samples: Mike Schreiner

Celiac 101 Eileen Mauskapf
687-9460
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392-1675