



By SHIRLEY CURTIS

If the thought of intestinal discomfort and/or itchy skin is not keeping you strictly GF, maybe the latest research linking CD and cancer will.

According to the Aug. 15, 2003, issue of the *American Journal of Medicine*, a study of 381 CD patients over 19-years compared their incidence of cancer with a normal population.

Of the 381 CD patients, 43 (11%) were diagnosed with cancer. Of these, nine were diagnosed with cancer after the CD diagnosis, seven were within a month of CD diagnosis, and 27 were diagnosed with cancer before the CD diagnosis.

Using standard morbidity rates, only 14 (instead of 43) could have been expected to have a cancer diagnosis.

"The most striking feature of our study is that the risk for non-Hodgkin's lymphoma persisted despite diagnose and treatment with a gluten-free diet,"

# Study links CD to cancer

Dr. Peter H. R. Green, of Columbia University, New York, said. He stated that the increased cancer risks may be because patients are inadvertently consuming gluten, which is frequently present in processed food or food prepared outside the home.

He did not address the issue that many were not on a GF diet as their cancers were caught *before* their CD diagnosis.

Studies in Europe showed the same CD-Cancer link, but this was the first US study .

The implication of this, Dr. Green said, is that CD patients need to be followed by their physicians for signs of non-Hodgkin's Lymphoma.

The CD cancer link is explored comprehensively in *Dangerous Grains* by James Braly, M.D., and Ron Hoggan.

Their theory is that gluten (and to a lesser extent milk-derived casein) contain peptides (protein fragments) that look and act like the narcotic morphine. These natural opioids interfere with the actions of our innate killer cells that would, under ideal conditions, destroy cancer cells before they multiply.

The authors cite the increased rates of cancer deaths among heroin and cocaine

addicts to support their theory. They state, "There are many similarities between untreated celiacs and opiate addicts in impaired natural killer cell function, altered T-cell function, generally reduced immune function and altered spleen function, another important element of the immune system."

The authors further assert that the natural opioids released by wheat and dairy products may be why certain foods are called 'comfort foods'. And, it may also be why strict GF adherence might be difficult for some people.

Furthermore, since these naturally occurring opioids cause increased insulin production, more glucose is moved into cells. And, cancer cells need glucose to thrive. The increased glucose can result in adult-onset diabetes and contributes to the increasingly common obesity found in undiagnosed Celiacs.

Their theories are not mainstream, but they are provocative. Another source explaining this phenomenon is at this site: <http://dogtorj.tripod.com/foodstuff/id4.html> The author, a veterinarian who is a Celiac, links major public health problems to overall societal trends in milk and wheat consumption.

## Board lists '04-'05 officer slate



**Georgina Rubal**

Georgina Rubal, member-at-large, has been named president-elect. Georgina will be elected president in May and will begin her term in June, according to Mary Louise Catura, chairperson of the executive board election committee.

Other nominations to the slate of officers for the 2004-2005 term include: president-elect for 2005-2006,

Cleo Anderson, newly arrived from Montana

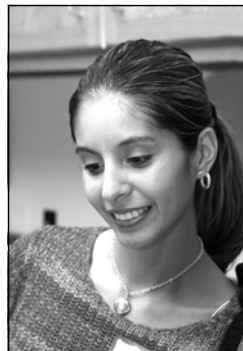


**Cleo Anderson**

where she was a state CSA leader, and vice president/membership, Lisa Lopez, a long-time SACS member.

Mary Louise, a past president who heads the Roundtable Forum, noted that the membership chairperson position has been expanded to a vice presidency to accommodate expanding responsibilities due to our growing membership.

Completing the slate are: treasurer, Sue Beveridge, who will be serving a second term; secretary, Hetty Pardee, who also will be serving a second term; and, member-at-large, Brenda Bryson, also a long-time SACS member.



**Lisa Lopez**

## NOTES

**CSA/USA:** 877-272-4272, 8 a.m. to 3 p.m. Central Time, [www.csaceliacs.org](http://www.csaceliacs.org)

**Change of Address/Phone number:** Notify Jill Rouw, membership chairperson,

**Change of Email:** Notify us via the link at [SouthernArizonaCeliac-Support.org](http://SouthernArizonaCeliac-Support.org).

**Frito Lay snacks:** Visit [www.fritolay.com/nutrition/glutefree.shtml](http://www.fritolay.com/nutrition/glutefree.shtml) for gluten status.

**GF travel:** Vacation gluten-free but well-fed this summer in the Pacific Northwest. Click on [www.glutenfreeda.com/vacations.asp](http://www.glutenfreeda.com/vacations.asp) for details.