



# Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

**DISCLAIMER:** This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.

## Fasano wows enthusiastic crowd at U of A

By LAURA DAVIES

**With wit, energy and passion, Dr. Alessio Fasano, MD** spoke to an appreciative and filled-to-capacity audience at the U of A School of Pharmacy at our last general meeting on January 15. Dr. Fasano is Professor of Pediatrics, Director, Pediatric Gastroenterology and Nutrition, Medical Director, Center for Celiac Research (CFCR) at the University of Maryland School of Medicine. Pam King, Director of CFRC also attended.

Dr. Fasano's talk began with an historical perspective of Celiac disease (CD), a summary of three research studies, and a scientific lecture on how CD damages the intestine. He responded to audience questions a couple of times during the session from cards handed in by audience members. This was extremely helpful since each person at the event could have him address his or her own particular area of interest.

The overall tone of his lecture was positive; there are many scientific advances being made in understand-

ing CD. There have been huge advances in diagnostic techniques, and some groups are currently working on a noninvasive test for CD. Some research centers are seeking a cure for CD, and some are working on developing a vaccine for preventing CD.

Dr. Fasano discussed the groundbreaking 2003 study (published in the Archives of Internal Medicine, February 10, 2003) which estimated that the prevalence of CD in the general population is 1:133, while the prevalence among first degree relatives of Celiacs is 1:22 and 1:39 in second degree relatives. This means over two million Americans are yet to be diagnosed with CD, and the NIH is suggesting closer to three million Americans may have CD. He said that the NIH is planning a publicity campaign focused on CD over the next year.

He also described two other studies, one involving a number of health centers screening patients for CD, and another attempting to develop an understanding of what a "safe" level of gluten is before intestinal damage



**DR. ALESSIO FASANO**

occurs. The current standard of 200 parts-per-million (ppm) may be reduced to 20 ppm. He also described his own work with "zonulin", a protein found in higher levels in Celiacs. The idea of zero ppm is impractical as that would require 'clean room' technology for all food processing, from

(Please see **Fasano speech** Page 5)

In this Issue	
Board members.....	3
Calendar.....	4
Dr.Fasano .....	1&5
Gluten-free dining .....	2
Health news.....	3
Leadership contacts.....	3
March meeting.....	1
Media for sale.....	2&6
Notes .....	2
Phone tree change.....	5
Recipe.....	4
Walk bracelets.....	2
Walk directions.....	6

## ***Dangerous Grains* author to speak at our March general meeting**

**Don't miss our March 26<sup>th</sup> general meeting at the Marshall Auditorium** on the TMC Campus (site of last year's Food Faire) from 9 a.m. to noon.

Our speaker will be Ron Hoggan, Ed. D, co-author of *Dangerous Grains*. He was diagnosed with celiac disease in 1994, and his subse-

quent research on gluten grains and their impact on human health has been published in peer reviewed science and medical journals as well as in numerous newsletters and on many websites. Hoggan is a widely respected writer within the gluten-sensitive and medical communities.

(Please see **Ron Hoggan** Page 2)