

# SACS NEEDS board members!

Due to unexpected resignations, SACS needs a president, president-elect, secretary and another member-at-large for our next fiscal year beginning June 1<sup>st</sup>. President Georgina Rubal cannot carry out the second year of her term because of her in-



creased school-related responsibilities next year.

Cleo Anderson, the president-elect, is moving back to Montana due to work-related requirements. We are going to miss her! She has, however, promised to come back to Tucson and

SACS in five years when she retires.

Hetty Pardee, our current secretary, has said she would rather take over the treasurer's duties, so her office needs to be filled. Our current treasurer, Sue Beveridge, will be membership chairperson as Marilyn Ringer does not want to continue.

If you can serve or want to nomi-

nate someone, contact Nominating Committee Chairperson Mary Louise Catura at 298-1038.

According to Dr. Fasano's CD-ROM, there are 57 undiagnosed Celiacs for every one of us. It's organizations like SACS that make sure they are reached ... and SACS cannot make it happen without volunteers.

## Health news to use

### Wheat-free may not be

According to a March 22, 2004 report by Melissa Schorr of *WebMD Medical News*, one fifth of common grocery foods labeled *wheat-free* or *gluten-free* may actually contain significant amounts of wheat protein.

"Caution must be taken when eating foods labeled gluten-free," says Ashley Lardizabal, a graduate student at the Food Allergy Research and Resource Program at the University of Nebraska in Lincoln.

There is no single standard for defining a gluten-free product. Therefore, the researchers conducted their study to find out the levels of wheat proteins in all types of foods considered non-wheat—like chicken bouillon, corn cereal, and caramel ice cream topping. Out of 140 samples of foods purchased at the grocery store, 16% of the products tested contained wheat proteins.

Most disturbingly, Lardizabal reports that 20% of the products labeled wheat-free actually contained some wheat protein -- even exceeding current labeling guidelines for gluten free. The full article is available online at <http://my.webmd.com/content/Article/84/98081.htm>

### Topical gluten usually not a problem

Celiac.com reports that few Celiacs are likely to have any reaction to

topical gluten contact. In order for a gut reaction to occur, it is likely that direct contact with the gut lumen is required. Many people with Celiac disease have everyday contact with gluten (for instance, bakers with CD who have contact everyday with wheat flour), and do not have any reaction to it.

However, there are, on rare occasion, people who have had an anaphylactoid response to gluten, and these people should avoid gluten in all forms. Also, topical gluten

breathed into the upper airways may cause symptoms of allergic rhinitis in rare instances. If there is a simple alternative to a shampoo, cosmetic, etc., you may want to use the non-gluten containing product.



### Dr. Fine's fecal tests for Celiac may be validated

An abstract published on Celiac.com concerns the use of fecal scIgA AGA combined with fecal IgA AGA, IgG AGA and IgM AGA to diagnose Celiac disease. According to their research, it is a viable, early warning tool to use, especially for those persons with negative blood tests.

The initial research sample was small but seems to support the work done by Dr. Kenneth Fine. The entire article is on Celiac.com. Use the term *fecal scIgA* in their onsite search engine to locate the entire article.

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