

Author Ron Hoggan speaks to SACS

By LAURA DAVIES

Another packed audience greeted Canadian author, fellow celiac and celiac-patient advocate Ron Hoggan to discuss his book *Dangerous Grains*, co-authored with Dr. James Braly. Over 70 people attended the March 26, 2005 talk entitled "Controversies in Celiac Disease: Still More Questions than Answers."

It was a fascinating talk from the Canadian perspective on celiac disease (CD) and related disorders. Hoggan provided us an insight into the Canadian healthcare system, including the fact that in Canada the average celiac patient presents symptoms for 13 years before diagnosis.

Hoggan began his talk by discussing the controversy surrounding the diagnosis of celiac disease. Not all people who seem to have gluten sensitivity are testing positive for celiac disease, and Hoggan stated that according to Dr. Martin Kagnoff of the University of California, San Diego (Professor of Medicine and Pediatrics, Director of the Laboratory of Mucosal Biology) many people lack the enzymes to properly digest gluten. Hoggan believes that blood tests for celiac disease are a great screening device, but may be missing some individuals at risk for CD.

Hoggan went on to discuss the system of ranking the degree of villous atrophy of the intestinal villi devel-



RON HOGGAN, co-author of *Dangerous Grains*, shows evidence of his good humor and ready wit.

oped by Dr. Michael Marsh of the United Kingdom (UK). This system was slow to be adopted in Canada he stated, but has been in use in the United States for years. Hoggan said that there may be other reasons for villous atrophy, not just CD, for example cow's milk or soy allergy, parasites, or several other disorders.

His own work includes research from all over the world, especially the UK. Hoggan is a teacher by profession, and has an especially deep interest in the neurological symptoms sometimes found in patients with gluten sensitivity or celiac disease. Many of the studies he cited in (Please see **Hoggan Talk** page 2)

pins as well as the popular, green *Celiac Awareness Bracelets* (\$3).

Besides the election and business meeting, all members will be asked to fill out an end-of-the-year evaluation which includes the Walk, general meetings, Roundtable, information available, resources, etc. The board needs input and ideas of what the membership really wants and values as the number of participants and volunteers has declined for planned events even as our membership has grown.

Chapter 15 Notes

The Gluten Intolerance Group (GIG) is holding a conference in Chicago, June 17-19. Our own 'Celiac' Dietician, Nancy Schuller, may be attending. More information available at <http://www.gluten.net/>.

There is a new GF market in the Phoenix area called *Gluten Free for You*. All items in the store are, they claim, GF. Check out their offerings at www.glutenfreeforyou.com

Silly Yaks, an online listserv is available at USASillyYaks@yahoo.com. It's monitored and informative.

Mary Massarotti is SACS new librarian as the Tucson Public Library declined our donation of materials relating to the GF diet and celiac disease. Mary will have the materials available for loan at general meetings and the Roundtable.

According to McCormick Spices: "The complete range of McCormick Gourmet spices and herbs (in the glass bottle with green label) are gluten free. This range of products is also filled on a line where no other gluten containing products are processed." Their mixed spices *may* contain gluten and are *not* processed on GF lines. Read the labels.

Campbell's has a GF product list out for 2005. It includes some Swanson's Broths and Prego Pasta Sauce. Chicken Broccoli Cheese and Savory Lentil are also GF soups. Ingredients can change without notice, so read the labels.

Food Find: Mrs. Leeper's ready to make pastas are now available in Fry's and Smith's. They are similar to hamburger helper mixes

CSA/USA: 877-272-4272, 8 a.m. to 3 p.m. Central Time. Their URL is: www.csaCeliacs.org.

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Food Fair

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However, each paid-up member household receives only one copy of *Celiac Digest* in each mailing. Since the fiscal year is from July 1 to June 30, if you have joined since March 1 of this year, you do not need to renew.

You'll also need that checkbook for CD Walk T-shirts (\$5), Walk water bottles (\$2), logo pens (2/\$1), and CD