

Celiac Disease Resources

Submitted by the Mid-Michigan Celiac Support Group

Research estimates that 1% of the population, which would be 4,000 people in Genesee County, are living with Celiac Disease. Of those 4,000 people, it is estimated that almost 3,000 of them are undiagnosed. Recent findings show that this disease is on the rise, across all ethnicities, and cases are more often presenting with non-gastrointestinal symptoms. In fact, Celiac Disease has over 300 associated symptoms, many of which are not abdominally related. Some include:

- infertility and miscarriage
- anxiety and depression
- dental enamel defects
- anemia
- hair loss
- osteopenia/ osteoporosis
- * Lactose Intolerance
- * kidney stones
- * Turner Syndrome
- * obesity
- * peripheral neuropathy
- * migraines

Local Support Group

The mission of the Mid-Michigan Celiac Support group, chapter 59 of the Celiac Support Association, is to provide education, resources and emotional support for those who are diagnosed with Celiac Disease and other gluten related disorders. We also strive to be advocates for these diseases by reaching out to professionals and organizations to promote awareness, improve diagnosis, and partner in further research.

We currently schedule meetings four times a year (March, May, September and November) as well as plan social outings. We can be found on Facebook at MidMIGlutenFree or we can be contacted at midmiglutefree@gmail.com. Chairperson Margaret Clegg is more than happy to talk to newly diagnosed patients, and she can be reached at 810-252-1049. This volunteer run support group publishes a quarterly newsletter, which shares product & restaurant review, latest research, and recipes.

There are many resources for doctors wanting to learn more about properly diagnosing Celiac Disease, as well as free resources for doctors to give out once patients are diagnosed. For a complete listing of resources, visit the full article online.

- Physician and Medical Staff Education

North American Society for Pediatric Gastroenterologists, Hepatology and Nutrition has a **free** webinar that is geared for "pediatric and adult gastroenterologists, primary care physicians, physician assistants, nurse practitioners, trainees, dietitians, and other health care professionals who are involved in the care of patients with gluten related disorders." Doctors can earn CEU's for doing this online one-hour webinar.

Link - <http://bit.ly/NASPGHANceliacwebinar>

Harvard also offers a webinar, which has a \$40 fee, but earns doctors an even larger amount of CEU's. This webinar has levels, and doctors must answer questions correctly before proceeding to the next level.

Link- http://cmeonline.med.harvard.edu/course_descriptions.asp?Course_id=125

The Dr. Schar Institute has a complete website devoted to "providing the latest information and training on the diagnosis and management of gluten-related disorders." This resource is free to professionals and includes a quarterly newsletter delivered to their email inbox. More at <http://www.drschaer-institute.com/in/welcome-1.html>

University of Chicago Celiac Disease Center Preceptorship Program

This "on-site, intensive two-day training" is the only program of its kind in the United States. The annual course held each December provides instruction, hands on training, and the ability for medical personnel to bring their own cases for consultation. To apply, go to <http://www.cureceliacdisease.org/medical-professionals/preceptorship>

- Patient Resources

The Celiac Disease Center at Chicago University provides free care packages for patients who are newly diagnosed via biopsy. This care package includes food and literature. Doctors can find out more at the following link-

<http://www.cureceliacdisease.org/living-with-celiac/care-packages>

A free Ebook for those newly diagnosed can be found at

<http://www.cureceliacdisease.org/living-with-celiac/resources/jump-start-your-gluten-free-diet-ebook>

The Schar Company offers free care packages for doctors to distribute as well. A form can be filled out and they will send them directly to the doctor's office in sets of 5. This box includes food, coupons, and an educational DVD for patients. The form can be downloaded at <http://bit.ly/ScharForm>, and faxed in when complete.

National Foundation for Celiac Awareness

Newly diagnosed patients can download a free ebook that explains the disease, what they can and can't eat, and includes a few simple recipes. NFCA also has an archived database of free webinars that range from a variety of different topics.