



connection" of the
Celiac Disease Foundation
csgmv-news BIMONTHLY ISSUE II-4
 July – August 2002

WEB SITE -- www.csgmv.org

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DISCLAIMER

Information and dietary recommendations are intended for the benefit of our members and other interested parties. Individuals should consult with their physician before following any medical or dietary recommendations.
 No liability is implied by -- or assumed for – the use of information contained herein.

MISSION STATEMENT - CSGMV

The CSGMV organized to provide support to the diagnosed person (and family) with Celiac Disease and Dermatitis Herpetiformis in the form of current information, available resources, and dietary management on an initial and continuing basis. Further, to serve as a resource for the general community and medical professionals by providing up-to-date information related to the management of Celiac Disease.

Adopted 1/2000
 Revised 5/2002

MEETING

SCHEDULE-@10:00 AM

• August 17, 2002
 • September 21, 2002

• *October 19 2002*
 • "Annual Event"

• November 16, 2002
 • December 21, 2002

Mohawk Valley
R.O.C.K. NEWS

from Becky & Joe Madeira ---

We are an official R.O.C.K. (Raising Our Celiac Kids) group. Danna Korn e-mailed me on July 16th to advise that we will be added to the contact list on the web sites www.celiackids.com and www.gcfcdiet.com.

We had our 1st unofficial meeting at my house on July 11th @ 7pm with Tanya and John Clute. It went very well. We have named it Mohawk Valley R.O.C.K. and we have asked Tanya and John to co-chair with Joe and myself. We also discussed advertising and developing a start up kit for parents with newly diagnosed children. We plan to have our next meeting in August, following the conference in Philadelphia, which Tanya is attending on behalf of C.S.G.M.V. and Mohawk Valley R.O.C.K.

I want to thank C.S.G.M.V. for giving us the registration money to start this group. I am confident that it will help many families in their struggles of understanding and coping with this disease. There IS life after diagnosis. You may contact me by phone (315) 337-7671 or e-mail celiacparents@earthlink.net

Becky Madeira

A Chance to Participate -

Bette Hagman is gathering information about living gluten-free from childhood. As part of her new book, Bette is doing a chapter on "growing up celiac" and needs feedback from people over the age of 21 who have been lifelong celiacs (they need to have been living G-F all their life OR as long as they can remember). If you are one of the rare ones, just send a postcard or letter with your name and address to: Bette Hagman C/O Celiac Disease Foundation, 13251 Ventura Blvd. # 1, Studio City, CA 91604. Bette will send you a questionnaire ~ ~

--thoughts from Kathy Ireland's 'life lessons' --
 Character is a path, not a destination.
 Failure is an education.
 Sorrow is the great equalizer.....
 The **Celiac Disease Center at Col umbia University** -

**Tips to Help Celiacs
Maintain Sturdy Bones –**

- Every diagnosed Celiac patient should have a Bone Density done at the time of diagnosis.
- Make sure your daily diet includes foods high in Calcium.
- Dairy products are the best source of Calcium. However, many newly diagnosed Celiacs are lactose intolerant - which often improves after following a G-F diet for a while.
- Take Calcium supplements every day. Health Care Professionals recommend spreading your dose out over the course of the day (not taking it all at once) with each dose taken at or near mealtimes to enhance absorption. If you take Iron supplements, do not take them with Calcium, since Iron hinders absorption of Calcium.
- Vitamin D is necessary for regulating the body's absorption of Calcium – and it is one of the Vitamins some Celiacs do not absorb well before being diagnosed.
- Look into food products containing added Calcium.
- Do weight-bearing exercises – walking is highly recommended (as is hiking, jogging, stair-climbing, dancing, skiing).
- Restrict your intake of coffee, alcohol, and salt – all of which deplete the body of Calcium.
- Don't smoke – it is believed smoking accelerates bone loss.

5 Simple Rules to be happy –

Free your heart from hatred.
Free your mind from worries.
 Live simply.
 Give more.

Expect less....

	<p><u>Against the Grain</u> Helps Celiacs to Cope with Gluten Free Diet By Jax Peters Lowell</p>
	<p><u>The Gluten-Free Gourmet Cooks Fast and Healthy : Wheat-Free Recipes With Less Fuss and Less Fat</u> By Bette Hagman</p>
	<p><u>The Gluten-Free Gourmet : Living Well Without Wheat</u> By Bette Hagman</p>
	<p><u>More from the Gluten-Free Gourmet : Delicious Dining Without Wheat</u> By Bette Hagman</p>

	<p><u>The Gluten-Free Gourmet Bakes Bread : More Than 200 Wheat Free Recipes</u> By Bette Hagman</p>
	<p><u>Special Diet Solutions : Healthy Cooking Without Wheat, Gluten, Dairy, Eggs, Yeast or Refined Sugar</u> By Carol Fenster</p>
	<p><u>Wheat-Free Recipes & Menus : Delicious Dining Without Wheat or Gluten</u> By Carol Fenster</p>
	<p><u>Kids With Celiac Disease : A Family Guide to Raising Happy, Healthy, Gluten-Free Kids</u> By Danna Korn</p>

**If you have recipes you've successfully converted to G-F, why not share them with others?
 Just mail them to Eleanor Wallace, 10 Clinton St.
 Apt. 715, Whitesboro, NY 13492.**

Thank you !!