



HOLY FAMILY
PARISH

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Celiac Disease

And when Jesus went out, He saw a great multitude; and He was moved with compassion for them, and healed their sick
(Mt. 14:14)

Celiac disease, or gluten-sensitive enteropathy, is a life-long digestive disorder caused by allergy to a protein found in products derived from wheat, rye, and barley (but not oats as previously thought). It is a disease that is not "possible to grow out of." In the U.S., a recent study put the actual prevalence at 1 in 150 Americans, and another study suggests the true rate may be 1% of U.S. and European populations. There is a possible estimate of 97% of people with Celiac Disease who are not diagnosed in the U.S. There must be long term exposure to these grains before the problem develops. It appears usually between 6 and 24 months or so of age. While the condition is clearly genetically determined, environmental factors must play a role in the development of the disease.

The disease itself is characterized by withering of the microscopic finger-like villi that compose the lining of the small intestine. The projections dramatically increase the surface area of the small intestine, and make absorption of nutrients as efficient as possible. As they are lost (atrophied), the absorptive area is severely decreased. Hence, food is not absorbed properly, which in turn causes malnutrition, diarrhea, and all other manifestations. Diarrhea is the most common symptom. Symptoms also may include failure to thrive in children, irritability, vomiting, poor appetite, foul stools, abdominal pain, excessive appetite, and rectal prolapse. Diagnosis is made by a blood antibody test and small bowel mucosal biopsy. Treatment consists of a strict gluten-free diet, which must be adhered to for life. All wheat, rye, and barley products are eliminated from the diet, generally with the help of a dietician.

The outlook for a child with celiac disease is good, as long as the diet is maintained. There are no adverse health effects from proper diet treatment. Teenagers are notorious for going off the diet; they do not realize that their growth and sexual maturation can be affected by the predictable reappearance of bowel damage. Undiagnosed patients are at a greater risk of other serious illnesses.

Who can benefit from a Gluten Free Diet?

Celiac Disease sufferers are not the only ones who can benefit from a gluten-free diet. People with some of the following conditions may also benefit considerably from a gluten-free diet: Rheumatoid arthritis, Multiple Sclerosis, Parkinson's Disease, Neuromyelitis (inflammation of the nervous system), Peripheral Neuropathies, Seizures, Ataxia (loss of balance), Type 2 and Type 1 Diabetes to name a few.

DO NOT START ANY SPECIAL DIET BEFORE CONSULTING WITH YOUR PHYSICIAN FIRST.

Some places to purchase gluten-free products are Main Street Cupcakes in Hudson, Ohio - Altieri's Pizza, Stow, Ohio - Mustard Seed Store Fairlawn, Ohio and Mrs. Ps Bakery online @ MrsPsBakery@gmail.com or 330-606-5846. (Motto: "No Wheat, Just Sweet.")

Permission for some materials used in this article were from Mrs. P and www.celiacdisease.com Encyclopedia.

Have a Happy Spring and Holy and Blessed Easter from Holy Family Parish Nurse.

God bless you, Your Holy Family Parish Nurse.

To contact Holy Family Parish Nurse Ministry call 330-688-6412, ext. 462 or view at www.holyfamilystow.org.