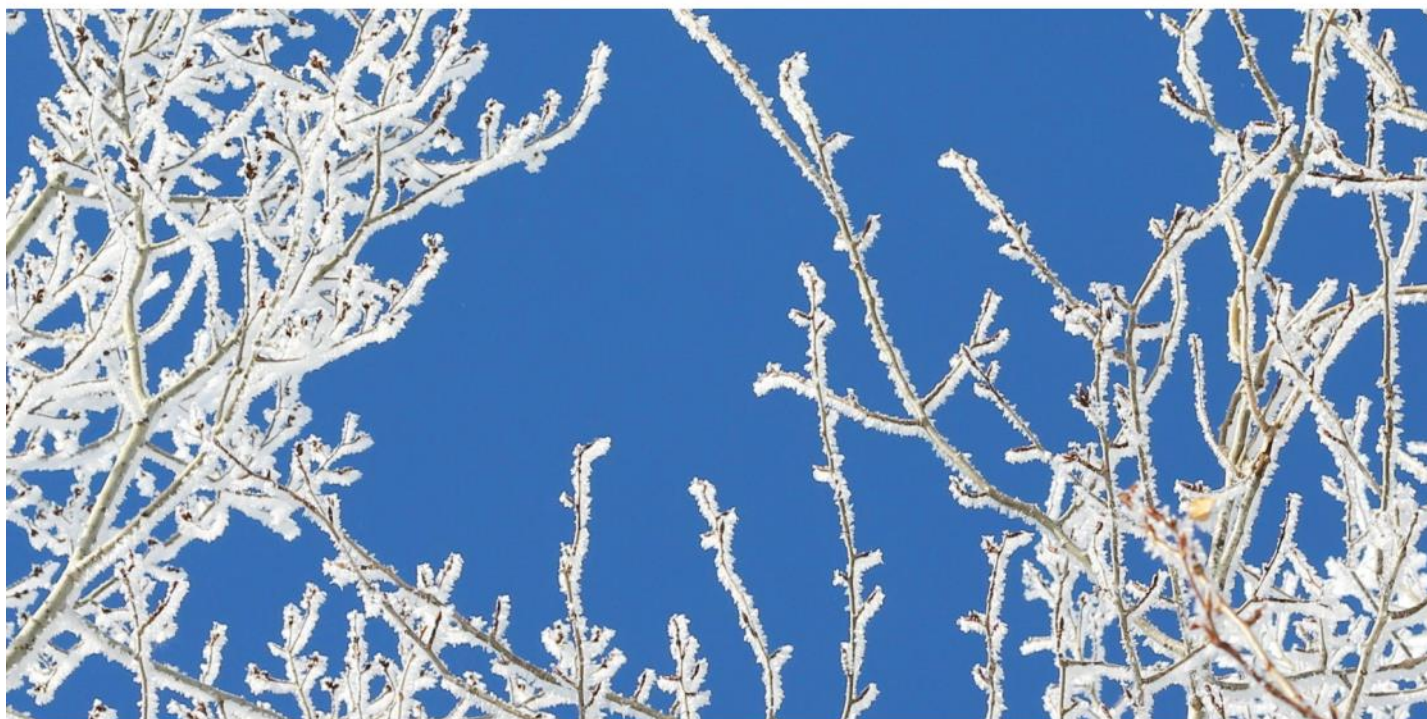




CALGARY CELIAC NEWS

Winter 2023



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9:00 am to 3:00 pm

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Message from the Calgary Chapter President

I hope that everyone had a lovely holiday season, enjoyed with family and friends. Lately, we have had some terrific sunny days and mild winter weather, hopefully this will continue for a little while longer.

2022 has been a groundbreaking year for our Chapter, with higher attendance at most of our events than we've seen in a long time. We have a strong board and are working hard to increase celiac disease awareness in our community.

I'd like to say a big thank you to everyone for supporting us in 2022, from our members, fundraisers and followers to our commercial partners, healthcare professionals and research teams. We couldn't achieve all of this without you and look forward to your continued support in 2023. Thank you!

At our January board meeting, we welcomed Dana Hagg to our board. Dana was diagnosed with Celiac disease in 2020, is a Calgary lawyer and very interested in advocacy and awareness. I am certain that her enthusiasm and experience will be an asset to our organization.

I have a good feeling about 2023; I believe this is going to be a big year for the Calgary Celiac community. There is so much going on in the celiac disease world that would have seemed like a dream when the Calgary Chapter was founded in 1980. **Our own 2022-2025 strategic plan involves several exciting initiatives that I can't wait to share with you.** Please take a minute to refer to our section on Strategic planning in this issue as well as an update on the website for further information.

For the coming months, we have many events lined up. Building upon past success, we will be bringing back the Kids Meetup and the Rod McDaniel Celiac Kids Camp in the summer. We are also planning some new events this year in addition to our community favorites.

Registration is now open to join our Calgary Marathon & CCA chapter 5K team. This continues to be one of our largest fundraising events of the year and is incredibly important in supporting our local initiatives and contributions to national celiac disease research. If you ever thought about participating, we encourage you to bring your family and friends and fundraise for our team!

I look forward to seeing you, either online or at one of our community events. Until then, I send my best wishes for good health to you and your families.

Lisa



MEMBERSHIP

Purchase a Yearly Membership to the Calgary Celiac Association.
Your membership gives you voting rights and a voice in the
Calgary Celiac community.

- **Vote at AGM**
- **Member Discounts***

*At Participating Local GF businesses

\$10/year



Annual Memberships expire
December 31st

Thank You!

*for supporting the Calgary Celiac Association
and helping us make a difference in 2022*



120 Peer
Support
Interactions



8 Community
Events



900 served a
Gluten-Free
Breakfast



70+ Volunteers
(1,000 hours)

1200 pounds of
gluten-free food
collected



<p style="text-align: right;">Date: MON, FEB 27, 2023</p> <p>Grocery Store Tour</p> <p>Time: 7:00 pm - 8:30 pm</p> <p>Location: Macleod Trail SW Coop</p> <p>Overwhelmed with label reading ? Calgary Celiac wants to give you the tools to shop with confidence. At the end of our Grocery Store tour, you will navigate the grocery store with the knowledge you need to make safe choices.</p>	<p style="text-align: right;">Date: THUR, MAR 16, 2023</p> <p>Celiac 101 Information Session</p> <p>Time: 7:00 pm - 9:00 pm</p> <p>Location: Virtual (Zoom)</p> <p>Free Virtual Information Sessions are offered for those newly diagnosed with Celiac Disease, Gluten intolerance and Dermatitis Herpetiformis and their families. Everyone is welcome ! Zoom presentation followed by Question & Answer session.</p>
<p style="text-align: right;">Date: MON, MAR 13, 2023</p> <p>Kids Avatara Pizza Party</p> <p>Location: Avatara Pizza, 14343 Macleod Trail South</p> <p>Hey kids. Enter the coloring contest on page 27 for your chance to win tickets to the Kids Avatara Pizza party. This will be the launch of our new Kids Meetup. Bring a parent to make your own pizza, generously sponsored by Avatara Pizza.</p>	<p style="text-align: right;">Date: SAT, APR 15, 2023</p> <p>Kids Meetup—Telus Spark</p> <p>Location: Telus Spark</p> <p>More details about this FREE Kids Meetup event will be available soon on our website and socials. Subscribe for Kids Events emails so you don't miss out.</p>
<p style="text-align: right;">Date: WED, MAY 10, 2023</p> <p>Celiac 101 Information Session</p> <p>Time: 7:00 pm - 9:00 pm</p> <p>Location: Virtual (Zoom)</p> <p>Free Virtual Information Sessions are offered for those newly diagnosed with Celiac Disease, Gluten intolerance and Dermatitis Herpetiformis and their families. Everyone is welcome ! Zoom presentation followed by Question & Answer session.</p>	<p style="text-align: right;">Date: SUN, MAY 28, 2023</p> <p>Charity Challenge—Walk or Run</p> <p>Location: 1410 Olympic Way SE (Stampede grounds)</p> <p>Calgary Celiac Association is proud to be one of the official charities for the Servus Calgary Marathon on May 28, 2023! The Charity Challenge unites the spirit of runners/walkers with a unique fundraising program with the main purpose of creating Healthy Communities that Thrive together. Join our team and fundraise for the Calgary Celiac Association.</p>

Please check our Website

WWW.CALGARYCELIAC.CA

FOR UPCOMING EVENT INFORMATION

CALGARY CELIAC—STRATEGIC PLAN

People are always at the heart of what we do, whether it's research to help us develop new approaches, the creation of inspiring recipes to make living well gluten free a pleasure, or even just being there, through peer support services such as our Celiac 101 information sessions. We are proud of what we do to make a positive difference in people's lives.

The Calgary Celiac Association Strategic Plan builds on our chapter successes and outlines our priorities for 2022-2025. We have a clear vision statement, a revised mission statement, clearly outlined foundational principles, and updated strategic directions

with corresponding priorities.

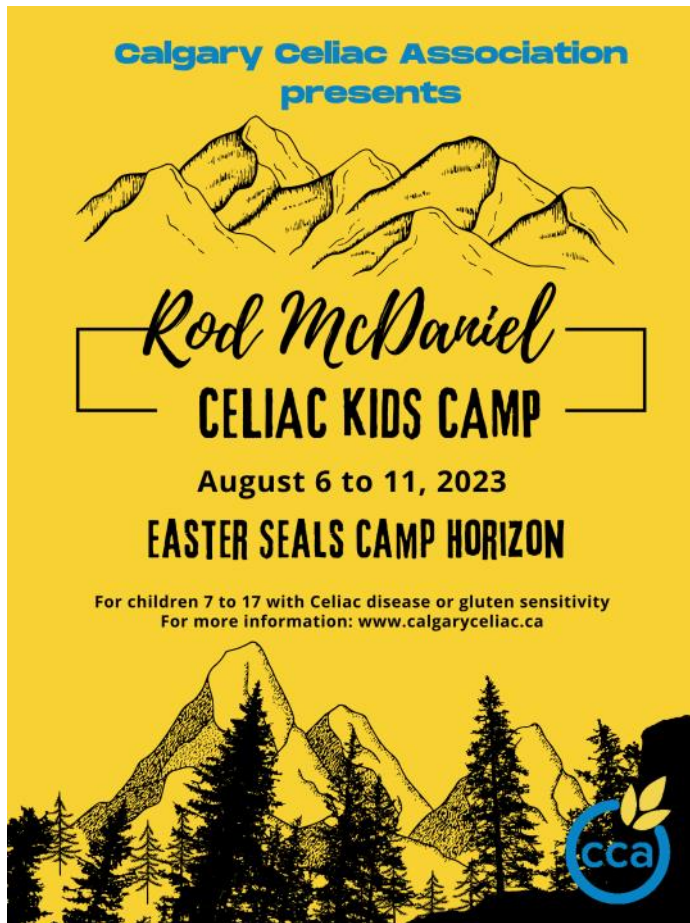
Below you will find a “At a Glance” graphic which represents a quick look at what our chapter aspires to achieve. The entire Strategic plan will be housed on our CCA website for your review. I hope you enjoy reading it, and as always, we are here if you want to discuss any aspect of our work or how you can get involved to help us achieve our goals.

All my best,

Lisa



ROD MCDANIEL CELIAC KIDS CAMP, AUG 6-11



Registration is now open for the Rod McDaniel Celiac Kids Camp!

It may be cold outside, but it's time to start thinking about summer camp! The Rod McDaniel Celiac Kids Camp will take place from August 6 to 11. The camp is managed by Easter Seals Camp Horizon for young people aged 7 to 17. Camp Horizon is located in beautiful Kananaskis Country, close to Bragg Creek.

The cost of the camp has increased from last year. Easter Seals subsidizes the camp, but due to rising costs, they have had to increase the cost to families. This year, the cost for the camp is **\$900**; however, campers requiring a gluten free diet will receive a **\$250** subsidy from the Calgary Celiac Association.

Siblings will be permitted to register, beginning March 1, if there is space available. Siblings, who do not require a gluten free diet, will not receive a subsidy from our association.

For more information on camp, and the fun activities offered to campers, please refer to the Easter Seals Camp Horizon website here: [Camp Programs – Easter Seals](#)

Registration for the camp is now open and will close when 80 campers have registered or on April 14th. If your child would like to go to camp, please register early!

How to register:

1. Complete the Calgary Celiac Eligibility Form to apply for the Rod McDaniel Celiac Kids Camp Subsidy. [Click Here to Apply](#)
2. After your Eligibility is verified, you will receive your invitation to attend via email and your invoice to be paid to the Calgary Celiac Association.
3. Once Calgary Celiac has received payment (e-transfer or credit card), you will receive your Registration Code to complete your registration on the Easter Seals Camp Horizon registration system.
4. Register your child using the Registration Code provided. Please ensure you have filled out all forms and waivers. You are not fully registered until you complete all of the required documentation for Easter Seals Camp Horizon.

If you have any questions, please email events@calgaryceliac.ca



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NEW! GROCERY STORE TOUR

Grocery shopping can feel overwhelming at times. You read the label, and you're still wondering if the product is gluten free. Calgary Celiac wants to give you the tools to shop with confidence. At the end of our Grocery Store tour, you will navigate the grocery store with the knowledge you need to make safe choices.

The tour will take place on **Monday, February 27 at 7 p.m. at MacLeod Trail Coop.**

Participants will take part in a short information session in the community room at the store, and then tour the store with Calgary Celiac presenter Emily Halliday.

Each participant will receive:

- A Canadian Celiac Association pocket ingredient guide
- A Calgary Celiac grocery list note pad
- Handouts with tips for grocery shopping and label reading from the Canadian Celiac Association
- Refreshments courtesy of LaCroix and Hornby Organic
- A Calgary Coop reusable grocery bag with a bag of gluten free oats donated by Nationwide Foods

The program is free, but a donation of \$10 would be much appreciated to cover the costs.


[SIGN UP NOW](https://www.calgaryceliac.ca)

There are limited spaces in this program – please be sure you can attend when you register.

About the presenter

Emily has been a Celiac 101 presenter for several years. She has also completed the Gluten-Free Food Program training for the food service and hospitality industry as well as the Canadian Celiac Association peer support program.





GROCERY STORE TOUR

Overwhelmed by grocery shopping? Is it gluten free or not?
Answer all of your questions at our presentation and tour.

MONDAY, FEBRUARY 27
7 P.M.

Macleod Trail Coop Community Room
8188 Macleod Trail SE

TO REGISTER GO TO [WWW.CALGARYCELIAC.CA](https://www.calgaryceliac.ca)



“ZOOLIGHTS FAMILY HOLIDAY PARTY WAS A MAGICAL EVENT”

On Saturday, December 3, 150 people braved the cold to enjoy our first Zoolights Family Holiday Party. It was lovely to see so many families enjoying Zoolights and stopping at our event space to enjoy gluten snacks and hot chocolate.

Each child received a gift bag courtesy of a generous financial sponsorship from McLeod Law, and each family received a bag full of gluten-free food donated by sponsors.

“Community Natural Foods put the call out to its suppliers, and we had a wonderful response,” says Calgary Celiac Event Coordinator Emily Halliday.

Following the event, participant Tammy Still said, “we had a wonderful evening with yummy food and the kids are enjoying the goodies that were donated.”

Events are a team effort! Many thanks to our event volunteers Marcia, Rachael, Vivian, Alex, Geoff, Tracy, Ryan and Nolan. We couldn't have these events without volunteers.

We are planning increase the size of the event in 2023 from 150 to 250. The 2022 event was subsidized by a contribution from the Calgary Celiac Association and the sponsorship from McLeod Law.

“We want to make the event affordable for everyone,” says Calgary Celiac Board President Lisa Cerato. “Thanks to sponsorships and donations participants don't pay the true cost of the event.”



Sponsors are needed to keep the ticket price affordable. Every donation and sponsorship dollar helps to keep the ticket prices low.

“If you are aware of any companies who may wish to provide a sponsorship for this event, please let us know,” says Lisa.

Thanks to all of the sponsors for our 2022 event. McLeod Law, Community Natural Foods, Kinnikinnick, Hornby Organic, Manitoba Harvest, Treats by Carla, Three Farmers, Bob's Red Mill, Allergy Smart, Miss P's, Giddy YoYo, LaCroix, Nationwide Natural Foods, Hippie Snacks, Chew Chew Pediatric Dentistry, Growing the Light, Drops of Gratitude



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From deli to dairy, we think about everything we put on our shelves. With the largest selection of natural products and highly trained in-store experts, you can feel good knowing you're always getting the very best. Community Natural Foods has over 2,300 gluten-free products, the largest gluten-free selection in Calgary!

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1304 10th Ave SW

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202 61st Ave SW

Crowfoot Market
850 Crowfoot Crescent NW

shop.communitynaturalfoods.com

\$10.00 OFF your next purchase of \$75.00
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This coupon cannot be combined with any other promotion.
Offer expires March 1, 2023
No other discounts apply.
Coupon has no cash value.



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JOIN OUR TEAM! CHARITY CHALLENGE



“It’s a great way to meet some members of the Calgary Celiac community and walk towards a better future. “

[REGISTER NOW](#)



Please consider joining our Calgary Celiac Team on **May 28th at the Servus Charity Challenge**. You can choose to Walk or Run any distance (5K, 10K, 21K, Marathon In-Person or Virtual) and set your own fitness and fundraising goals.

Join the members of our Board & Staff who are doing the Good Life 5K Walk!



Our charity relies on donations to fund our programs. The race registration cost is set by Calgary Marathon based on the distance and Calgary Celiac gets a nominal registration referral plus 100% of all fundraising donations. You will get some cool run swag from Calgary Marathon and some additional “Calgary Celiac” swag.

IN-PERSON	Sept. 26 - Jan. 18	Jan. 19 - Mar. 22	Mar. 23 - May 17
Kids Marathon	27.50	27.50	27.50
GoodLife Fitness 5KM In Person Walk/Run	45	50	55
ASICS Runkeeper 10KM In Person Walk/Run	60	65	70
Centaur Subaru 21.1KM In Person Walk/Run	99	112	125
Servus Credit Union 42.2KM In Person	120	130	140

CALGARY CELIAC VOLUNTEER CLASSIFIEDS

Kids Meetup Parent Volunteers

We're looking for parents of elementary school aged children who are interested in participating in Kids Meetup. Your input will help the program to take shape. Please contact Emily at events@calgaryceliac.ca, if you're interested in joining the team.

Calgary Food Bank Liaison

Would you like to volunteer with the Calgary Food Bank as Calgary Celiac Liaison? Volunteer as a food sorter with the Calgary Food Bank and ensure that Celiac hampers are safe for our community. Reply to president@calgaryceliac.ca if you are interested in learning more.



Casino Co-Chairperson

Our current Casino Chairperson is seeking a co-Chair that would shadow them for the next Casino (2024) with the intention of taking over this valued volunteer role for future years. Contact info@calgaryceliac.ca if you are interested in finding out more.



I recently had the chance to chat with Stacey at Cut Cooking about the certification of their GF Flour blend using the BRCGS Protocol. The BRCGS Program is recommended by the Canadian Celiac Association for Gluten Free product certification. It is a rigorous protocol that manufacturers of a food product have to go through to get their product gluten-free certified. This is a voluntary program and manufacturers do not have to do this program to make a Gluten Free claim.

[Certification Information - Canadian Celiac Association](#)

If you see the CCA Gluten Free symbol you can trust that the product is safe for someone with Celiac disease. Labelling laws in Canada prevent manufacturers from making false claims. All allergens must be listed on the ingredient list, but this extra level of protocol is preventative in nature and does not rely on end product testing.

With family experience with Celiac Disease, it was important for Stacey and her partner Meg to create a product that was celiac safe and high in nutritional value. After their product was gaining popularity, it was important for them to go through the extra steps to become gluten-free certified and give peace of mind to their celiac consumers.

Cut Cooking started the process with the BRCGS safety program and on-line training that cost a few hundred dollars. They were then required to be audited for food safety practices and verify all their processes, quality control, source materials and facility pass an annual audit.

The rigor of the audit and process is determined by product risk and whether or not there are any other top allergens in the ingredients.

The license can be upwards of \$2500 per year and goes up in cost with the number of products and complexity of ingredients.

The fee to use the CCA trademark is another few hundred per year, so this certification process can get pricey and daunting for a small manufacturer.

Her advice to someone considering product certification:

- Make sure you are already following all safety protocols for a safe celiac product,
- Be flexible and willing to adapt to fulfill requirements for certification.
- Grow into the process as your business grows.
- Make sure it is a viable option for your product and business.

Ultimately, we would love to see more products certified gluten-free but realize it is not viable for every business owner.

We really appreciate those businesses that make the extra effort to keep us safe. ~ Joanne





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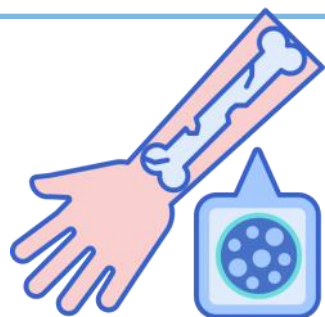
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Osteoporosis is a disease that has long been recognized because of its contribution to bone injuries that can lead to reduced physical activity and quality of life.

Until more recent times, it has been thought of primarily as a disease of aging, especially in women, and is often seen as a disease that is inevitable. **We are becoming more aware of the significant role that osteoporosis plays in the celiac community and the relationship between undiagnosed and/or untreated celiac disease and osteoporosis.** And most importantly, unexplained and unexpected fractures are now recognized as a reason to investigate people for undiagnosed celiac disease, across the entire age spectrum.

The CCA, as part of follow-up care when celiac disease is diagnosed, recommends that if there are signs of metabolic bone disease, severe malabsorption or other risk factors for osteoporosis at the time of diagnosis, that these patients should be screened for osteoporosis. In some jurisdictions, the recommendation extends to all patients newly diagnosed with celiac disease without any age restrictions. The tests are referred to as BMD (bone mineral density) exams or DEXA (bone densitometry) exams. The DEXA scan was introduced in 1994 and is a comparatively recent tool for investigating osteoporosis.

Osteoporosis is primarily a condition of aging but is also a condition of association with some other health conditions and life choices.

These are often referred to as secondary causes which can include:

- Genetic predisposition – reflected in family history.
- Malabsorption diseases, including Celiac Disease.
- Metabolic disorders, including Hyperparathyroidism and surgical menopause.
- Steroids used medium to long term to manage inflammatory conditions (Crohn's, colitis, asthma, as example).
- Some medications to treat other health conditions including PPI use for GERD, thyroid medications and anti seizure medications, as example.
- Poor nutrition with low calcium and protein intake as well as low intake of some micronutrients.
- Lack of effective exercise.
- Disordered eating practices.
- Lifestyle choices, including smoking, alcohol use, excess caffeine, carbonated beverages.

A thorough investigation should be completed to determine if you have any secondary conditions that can complicate an osteoporosis diagnosis. And also ask your physician to complete a FRAX risk assessment score to determine if you are at major risk of osteoporosis fractures.

In Alberta, there are guidelines for those who can access DEXA exams as part of their health care coverage. Generally, it is available to anyone over the age of 65, post menopausal women 50 or older with additional risk factors and men 50 and older with additional risk factors. For patients under the age of 50, the referral for the DEXA must be initiated by a specific group of medical specialists. In the case of celiac disease, your gastroenterologist can place the request based on your celiac diagnosis. It is considered prudent to discuss investigation for osteoporosis with your gastroenterologist at the time of

your diagnosis. And of particular note is that early indications of osteoporosis are frequently overlooked in people younger than 50 and in many children at the time of diagnosis.

Good bone health is dependent on good nutrition which includes intake of bioavailable calcium and the ability to absorb it from a healthy gut. Celiac Disease, with the damage it creates to the gut lining, makes optimal absorption of calcium and other nutrients difficult to impossible until the gut heals.

According to Dr. Stefano Guandalini, at the time of diagnosis, ~70-80% of all newly diagnosed patients will have some degree of bone loss at the time of diagnosis. He also offers the good news that ~80% of those demonstrating this bone loss, once they have adhered to the gluten free diet for 2 years, will see their bone density restored to a more normal density level for their age. BUT, the remaining ~20% of these patients will have a continued reduced bone density and should be carefully monitored to determine if and when pharmaceutical interventions should be considered to reduce the risk of bone fractures. The reference is at ~14:00 minute position in this podcast featuring Dr. Guandalini.

[Beyond Celiac Town Hall: Manifestations of Untreated Celiac Disease with Stefano Guandalini, MD - YouTube](#)

Taking a brief look at osteoporosis generally, and bone development and decline, there are very specific stages. From birth to early adulthood, the bones are under demand to grow, lengthen, strengthen and generally develop the ability to support the normal activities of adult life. In those early years, there is a greater production of growth cells and slower removal of aging cells that accommodates the skeletal development. Through the adult years (the years of peak bone mass), there is a stable pattern of new cells replacing older cells with a fairly stable rhythm. Once wom-

en reach menopause there is a rapid decline in the new bone cell production and a greater loss of the aging cells. This same pattern happens with men, but at a slightly later age and without the abrupt change. It is this imbalance of cell production and removal that accounts for the decrease in bone density and the increased risk of bone injury. With life expectancy now reaching well into the senior years, the continued bone loss poses a significant risk to many senior adults and life doesn't provide a do-over to regain optimal bone quality later in life if the opportunity is lost in the youthful years.

Undiagnosed and untreated (or poorly treated) Celiac Disease is a significant risk to bone health. The earlier the diagnosis, the greater the resilience of the body to compensate for lost months or years of nutrient deficiencies. If there are other secondary causes for developing osteoporosis, in addition to the celiac diagnosis, it adds to what can be a complicated puzzle for best bone health throughout life. Ask your physician to establish a base line for osteoporosis presence and, if present, its associated risks. The osteoporosis community is now focusing on fracture risk (FRAX Score) as the most effective tool for evaluating lifetime fracture preventions. Physical activity, good nutrition, managing related health conditions and pharmaceuticals are all methods of dealing with an osteoporosis diagnosis. BUT, before you can determine the best choices for your life, you need to know if you have osteoporosis that needs to be treated. Talk to your physician.

As a reminder, when getting your DEXA scans done, pick a location that will be convenient not only for your first visit, but also for all follow-up visits. It is important to have all exams done on the same equipment to assure that comparisons can be made with accuracy.

Part of the age restriction related to access of DEXA scans is determined because of the use of radiation (albeit in extremely low doses). As

in all cases of the use of x-ray radiation, the need must be carefully evaluated to prevent indiscriminate use. There is, however, a new tool for a similar procedure now available in Calgary, called the Echolight (also referred to as REMS) scan. It uses ultrasound equipment to provide an equivalent image that can provide a similar assessment of bone density and additionally, some indication of bone strength. The test is NOT insured through Alberta Health Care so is an out-of-pocket expense that qualifies as a medical expense for Income Tax purposes. It is a great alternative or complimentary resource for people who are refused access to DEXA scans through conventional methods or for people who would prefer to avoid even the small amount of radiation involved with the DEXA scan. (I have had the Echolight scan done and was very pleased with the cost, ease of access, and results.) The test is available through Wosler Diagnostics. (Wosler Diagnostics refers to it as a Sonolite exam.) You

can get more information from them by calling 403-753-8001

Osteoporosis is a complex disease that is still not well understood. The generally slow progression makes evaluation of interventions complicated to follow. And, often it is not diagnosed until there is a major non-traumatic fracture, often referred to as a fragility fracture, that brings it to attention. It is called a silent disease for these reasons. The key to long term management of osteoporosis is being aware that you have this disorder, taking the age-appropriate and best possible steps to assure optimal bone health and ultimately reduce the risks of fragility fractures and the impact these can have on quality of life.

In the next newsletter, I'll look at some of the treatment options that are available for treating osteoporosis and some of the dental considerations that relate to this as well.

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RESEARCH PARTICIPATION REQUESTED!

New Gluten-free food guide study for children and youth (5-18 yrs) recently been diagnosed with Celiac Disease

Please contact Rita Jiang BSc
at zhigian3@ualberta.ca or Dr
Diana Mager at (780)492-7687

What will you do in this study?

1. Receive a Gluten-Free Food Guide
 - Healthy gluten-free food plate model
 - 22 GF Educational materials
2. Attend an Individualized dietary counselling session
3. Fill out questionnaires



Time-Flexible, On Zoom, Non-invasive



RELATIONSHIPS IN A CELIAC WORLD

If you are

- 18 or over and
- living with celiac disease and in a romantic relationship or
- in a romantic relationship with someone with celiac disease bit.ly/3B0Bc3o

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UNDERSTAND HOW CELIAC
DISEASE AFFECTS
ROMANTIC RELATIONSHIPS

The University of Calgary Conjoint
Faculties Research Ethics Board has
approved this study (REB13-0149). This
research has also been approved by
the Human Research Ethics Board
(HREB) at Mount Royal University.
Funding provided by the Calgary
Chapter of the Canadian Celiac
Association.

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NEWS FROM NATIONAL—CELIAC CANADA

CELIAC CANADA



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Research Fund

DR. JAMES A. CAMPBELL RESEARCH FUND

APPLICATIONS FOR TWO GRANT PROPOSALS NOW **OPEN**

JAC RESEARCH AWARD

- **\$25,000** grant for research projects in Canada relevant to celiac disease, dermatitis herpetiformis, and gluten-related disorders
- Open to all types of relevant research

FUN FACT



Since its inception in 2000, the JAC Research Fund has awarded over \$350,000 in grants.



DEADLINE

APRIL 30, 2023



FOR MORE INFORMATION:

Email: clientsupport@celiac.ca

<https://www.celiac.ca/healthcare-professionals/research-awards/>

JAC YOUNG INVESTIGATOR AWARD

- **\$5,000** for any kind of research into celiac disease, dermatitis herpetiformis, and gluten-related disorders
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KIDS MEETUP IS BACK!



The pandemic put a hold on our Kids Meetup program, but we're launching our new program this month with a colouring contest.

- Six winners will get to participate in a make your own gluten free pizza party at Avatara's south location on **March 13th**. Many thanks to Avatara for sponsoring this contest!
- Each of the six winners will be able to bring one parent to the party. The contest is open to kids who are elementary-school aged.
- The due date is **February 28**. Submit your entry to events@calgaryceliac.ca. Please include the child's name and age. Winners will be drawn at random from all entries received. On March 2, the winners will be notified, and invited to the Make Your Own Pizza Party!



More about Kids Meetup

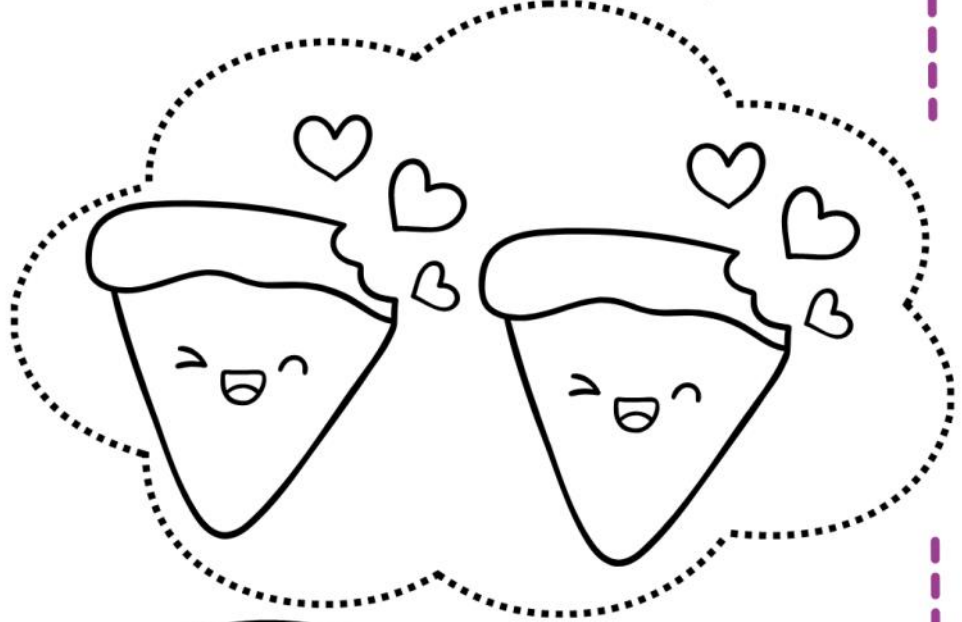
Each Kids Meetup will operate as a separate event. We will send out an email to those on our subscriber list who have checked off that they are interested in kids' events. Watch your email for the announcements. You'll be able to register on our website. Space in each event is limited. This program will be free of charge as long as we can continue to find generous sponsors who can host a meetup.

Our first Kids Meetup will take place on **April 15th** at Telus Spark. Many thanks to Telus Spark for accepting Calgary Celiac into the Spark Community Connections Program!

Looking for parent volunteers

Would you like to join the Kids Meetup Steering Group? We're looking for parents of elementary school aged children who are interested in participating in Kids Meetup. Your input will help the program to take shape. Please contact Emily Halliday at events@calgaryceliac.ca, if you're interested in joining the team.

YUM PIZZA!

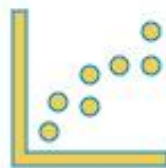


AVATARA



Calgary

To enter, send to events@calgaryceliac.ca. Please include your name and age.
Deadline February 28, 2023.



RESEARCH ROUND-UP

Testing for and incidence of celiac ‘autoimmunity’ in Alberta

James King, MSc

Over the last several years, I have worked with large datasets of administrative healthcare data for various research projects. As the name implies, this type of data is not initially collected for research purposes – it is collected and utilized for the operation and business of Alberta Health Services to deliver healthcare to individuals throughout the province. However, this resource has increasingly become leveraged for studying different health conditions and epidemiological outcomes. There was a notable gap in the study of celiac disease that had not yet been explored in detail using this type of data – accordingly, I worked with several colleagues from Alberta Health Services, University of Calgary, University of Alberta, as well as epidemiologists outside the province and Canada in identifying and analyzing some of this data.

Background

Many of us likely started our journey to diagnosis (or someone we were caregiving for), with a blood test to screen for the possibility of celiac disease. For many years, this test has predominantly been the tissue transglutaminase (TTG) antibody test, as it is highly accurate for detecting potential celiac disease. With the administrative data available in the repositories of Alberta Health Services, all the recorded TTG tests could be identified as far back as April 1, 2012. Using this database, we were able to then evaluate two important patterns in celiac disease:

How often is the TTG test being performed?

How many individuals are *newly* positive for TTG antibodies?

This second concern is something that has recently been described in scientific literature as ‘celiac autoimmunity’, given that it does not necessarily constitute a formal diagnosis of celiac disease (i.e., based on biopsy of the small intestine). However, it is still informative to understand how many individuals are positive for TTG as some individuals forego the upper endoscopy procedure either due to their own choice or the recommendation of a physician in certain contexts. Therefore, quantifying this measure can help to provide a more comprehensive picture of the potential magnitude of celiac disease in a particular region. Here is a summary of some of the key findings from a project exploring these outcomes over the last few years.

Testing for TTG

Over an 8-year period from April 2012 to March 2020 (essentially pre-pandemic era), there was approximately 920,000 tests conducted in Alberta among approximately 680,000 unique individuals. In terms of number of unique Albertans tested throughout this time, this corresponded to 20 per 1,000 overall, and this rate of testing did not significantly change over time. But, there were notable differences across certain populations:

Females were tested more frequently than males

25 per 1,000 compared to 15 per 1,000

Those living in the metropolitan areas of Alberta (Calgary and Edmonton) were tested more frequently than non-metropolitan areas

22 per 1,000 compared to 16 per 1,000

Those living in less socioeconomically deprived areas were tested more frequently than those living in more socioeconomically deprived areas

22 per 1,000 (least deprived category) compared to 18 per 1,000 (most deprived category)

Of all the tests conducted in this time, almost 38,000 had a positive result for celiac autoimmunity (4%). In terms of unique Albertans, there were approximately 20,000 with at least one positive test (3%). However, the second objective was mainly to distinguish out of these tests who was *newly* positive for the TTG antibodies – in other words, they had recently developed celiac autoimmunity (or it was recently identified). To do this, we focused only on those with their first positive test between April 1, 2015 to March 31, 2020 (5-year period) and excluded anyone with a diagnosis code for celiac disease in outpatient or inpatient settings back to April 1, 2002.

Incidence of celiac autoimmunity

In the 5-year period, there was an estimated ~7500 Albertans newly positive for TTG antibodies, corresponding to an incidence rate of 35 per 100,000 persons. As opposed to the stable rate, there was a significant increase in incidence across the time period – the average increase in rates was approximately 6% per year. Major differences in incidence were also found across several population groups:

Incidence in females was higher than males

45 per 100,000 versus 25 per 100,000

Children (aged less than 18) also had the highest rates

47 per 100,000 compared to 34 per 100,000 (adults aged 18 to 64) and 18 per 100,000 (adults aged 65 or older)

Those living in the metropolitan areas of Alberta (Calgary and Edmonton) had higher incidence



than those living in non-metropolitan areas

37 per 100,000 compared to 29 per 100,000

Those living in less socioeconomically deprived areas had higher incidence than those living in more socioeconomically deprived areas

39 per 1,000 (least deprived category) compared to 31 per 1,000 (most deprived category)

Perhaps unsurprisingly, the incidence of celiac autoimmunity was generally higher among areas and subgroups that exhibited higher rates of testing for TTG. It is difficult to fully explain the reason for this correlation based on the data available, but it is possible that these patterns reflect a higher testing among populations with higher suspected celiac disease; on the other hand, it could signal that certain populations with lower incidence rates have a lower probability of identifying true celiac disease due to lower testing. Further research will be needed to more clearly understand whether the differences in incidence are due to genuine variations in celiac disease (e.g., historically incidence has typically been higher in children compared to adults) or more closely mirror the testing patterns – indeed, there is a likely possibility that both factors are at play to some degree.

This study was recently published in the journal *Gastroenterology*, and can be accessed for free by anyone interested in reading more: [https://www.gastrojournal.org/article/S0016-5085\(23\)00007-0/fulltext](https://www.gastrojournal.org/article/S0016-5085(23)00007-0/fulltext)

Additionally, an interactive visualization tool was developed for users to view the data across Alberta and population subgroups in more detail: <https://kaplan-gi.shinyapps.io/CAVE/>

References

King JA, Bakal JA, Li B, Whitten TA, Gidrewicz D, Turner JM, Van Zanten SV, Huynh HQ, Heitman SJ, Shaheen AA, Quan H, Godley J, Underwood FE, Hracs L, Bergman D, Ludvigsson JF, Lebwohl B, Benchimol EI, Williamson T, Kaplan GG. Variation in testing for and incidence of celiac autoimmunity in Canada: A population-based study. *Gastroenterol.* 2023 [Online ahead of print].

Disclaimer: I report on evidence from various peer-reviewed studies on celiac disease. However, in these reports I also take this evidence into forming my own considerations on how to interpret these findings. These views are informed by my perspective as epidemiological researcher, my interactions with those in the celiac disease community, and as a celiac disease patient in the healthcare system. I do not have medical training and therefore can not make clinical recommendations for individual health concerns.

Contact: If you have any comments, questions, or general feedback about this article, or would like to see certain research topics discussed, please contact me at jamking@ucalgary.ca.





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KinniTOOS® Angel Food Cake

Cookie pieces in every bite with layers of vibrant red strawberry filling. Recipe created by Chef Lori Grein



Ingredients

Cake & Decorations

- 1 package **Kinnikinnick Angel Food Cake Mix** (450 g)
- 1 litre whipping cream (480 g)
- 2 tsp vanilla extract (6 g)
- ¾ cup icing sugar (120 g)
- 12 egg whites (396 g)
- ½ package **Fudge KinniTOOS®** - whole cookies
- ½ package **Fudge KinniTOOS®** - crushed (110 g)
- Optional: fresh strawberries

Strawberry Filling

- 600 g frozen strawberries - thawed
- ½ cup granulated sugar (115 g)
- ½ cup water (104 g)
- 1 package strawberry gelatin (gluten-free) (85 g)

Directions

KinniTOOS® Angel Food Cake

Preheat oven to 375°F (190°C). Sift **Kinnikinnick Angel Food Cake Mix** and set aside.

In a large bowl whip egg whites until soft peak. Add vanilla extract to egg whites and continue to whip egg whites until stiff peak. Using your hand or a spatula carefully fold in **Kinnikinnick Angel Food Cake Mix** into egg whites. Fold mix in just until incorporated (careful not to beat all the air out of the egg whites). Gently fold in **Fudge KinniTOOS®** crushed cookies. Pour mixture into a 9" bundt or fluted pan (do not spray)

Bake in preheated oven for 35 minutes. Remove from oven and invert cake to cool. To remove KinniTOOS® Angel Food Cake from pan, carefully run a pallet knife around edge of cake to loosen from pan. Press bottom slightly to release. Remove bottom of cake pan (if your cake pan doesn't have a removable base; run a palette knife around edge of cake and tap pan upside down on counter). Let cool completely before decorating.

Yields 1 cake

Strawberry Filling

In a medium saucepan combine thawed strawberries, granulated sugar and water. Bring to a boil while stirring constantly. Reduce heat and continue to simmer until strawberries have broken down (approx. 20 minutes). Add gelatin to strawberry mixture and stir until dissolved. Transfer mixture to a food processor or blender. Puree until smooth (Careful: contents are extremely hot). Place mixture in a bowl to cool slightly. Cover with plastic wrap and cool completely in the refrigerator for 4 hours. Stir mixture before using.

Decorating

Cut cooled KinniTOOS® Angel Food Cake into 3 layers. Set aside. In a large bowl, whip whipping cream to medium peaks. Add icing sugar and continue to mix until stiff peaks. Place whipped cream in a piping bag with a large round tip (#1A). Place the top layer of sliced KinniTOOS® Angel Food Cake (top side down) on a cake board or plate to decorate. Pipe a border around the inside and outside edge of the cake layer. Fill with Strawberry Filling between whipped cream borders. Repeat with the next layer of cake, finishing with the bottom flat layer on top. Decorate the outside of the cake with piped whipped cream starting from the bottom in a circular motion working your way towards the top. Pipe a second layer of border on top of outer and inner edge on top of cake. Decorate with whole **Fudge KinniTOOS Cookies** along the bottom edge of the cake. Finish with optional fresh strawberries on top.

"Sweetheart" Gluten-Free Crepes

Recipe by GoGlutenFreely



Yields 12 crepes

Ingredients

- 4 large eggs
- 2 cups whole milk (or dairy-free milk)
- 1 cup gluten-free flour blend
- 4 tablespoons unsalted butter, melted (or 3 tablespoons olive oil)
- 1/2 teaspoon salt
- 1/4 teaspoon xanthan gum (omit if your flour already contains it)
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract

"Our family tradition is sweet breakfast crepe fillings: fresh fruit, my dad's homemade wine jelly, Nutella, whipped cream... My personal go-to is fresh berries rolled into a warm crepe, sprinkled with a dusting of powdered sugar. My other favorite is [homemade cranberry sauce](#) (leftover from Christmas Eve dinner) for a crepe filling, again, with powdered sugar sprinkled on top." Heather, GoGlutenFreely

Directions

1. Combine all ingredients in a blender and mix for about 30 seconds.
2. Let the crepe batter rest in the refrigerator for at least one hour.
3. Heat the crepe pan on the stove until it is medium-hot. Coat the hot pan with oil or cooking spray.
4. Pour 1/3 cup batter into the crepe pan, turning the pan until the bottom is coated with the crepe batter.
5. Cook each crepe for two minutes on one side, using a spatula to help release it. It will slide easily around

the pan when ready to flip. Flip the crepe over and cook for another 1-2 minutes.

Serve immediately with your favorite fillings or store in the fridge with wax paper between each crepe.

Inspiration for Sweet Crepe Fillings & Toppings:

- Berries: strawberries, blueberries, blackberries
- Fruit: bananas, apples, peaches, pears, oranges
- Jelly/jam: fruit jams, wine jelly, lemon curd
- Cranberry sauce
- Whipped cream, ice cream, crème fraîche, ricotta
- Lemon juice & white sugar
- Honey
- Nutella
- Powdered sugar

Chocolate Brownie Valentine Hearts

Recipe credit King Arthur Baking Co.



Brownies

- 16 tablespoons (227g) unsalted butter, cold
- 2 1/4 cups (447g) granulated sugar
- 1 1/4 cups (106g) Dutch-process cocoa
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 tablespoon (14g) Pure Vanilla Extract
- 4 large eggs
- 1 1/2 cups (180g) GF Flour Blend
- 2 cups (340g) chocolate chips
- 1 teaspoon espresso powder

Ganache drizzle

- 2/3 cup (113g) chocolate chips
- 6 tablespoons (85g) heavy cream
- 1/2 tablespoon light corn syrup

Ganache coating

- 1 1/3 cups (227g) chocolate chips
- 3/4 cup (170g) heavy cream
- 1 tablespoon (18g) light corn syrup

Directions

1. Preheat the oven to 350°F. Lightly grease a 9" x 13" pan. Line with parchment, and grease the parchment. While this step isn't strictly necessary, it makes getting the brownies out of the pan a whole lot easier.
2. To make the brownies: In a medium-sized microwave-safe bowl, or in a saucepan set over low heat, melt the butter, then add the sugar and stir to combine.

3. Return the mixture to the heat (or microwave) briefly, just until it's hot (about 110°F to 120°F), but not bubbling; it'll become shiny looking as you stir it. Heating this mixture a second time will dissolve more of the sugar, which will yield a shiny top crust on your brownies.
4. Stir in the cocoa, salt, baking powder, and vanilla.
5. Whisk in the eggs, stirring until smooth; then add the flour, chips, and espresso powder, again stirring until smooth.
6. Spoon the batter into the prepared pan.
7. Bake the brownies for 28 to 30 minutes, until a cake tester or toothpick inserted into the center comes out clean, or with just a few moist crumbs clinging to it. The brownies should feel set on the edges and in the center (barely).
8. Remove the brownies from the oven and cool them on a rack for 20 minutes before turning them out of the pan.
9. Loosen the edges; use a spatula or turner to loosen the bottom as much as possible; then flip the pan over onto another sheet of parchment or waxed paper. Peel the parchment off the bottom of the brownies. Let them cool completely.
10. Use a 2" heart cutter to cut 3 dozen hearts out of the brownies. (Or use a smaller or larger cutter to cut more or fewer hearts.) Place the hearts on a rack set over a piece of parchment or waxed paper.
11. Decide whether you want to drizzle the hearts with ganache, or coat them completely. You'll make the lesser amount of ganache for drizzling, the greater amount for glazing.
12. To make the ganache: Combine the chips, cream, and corn syrup in a microwave-safe bowl. Heat until the cream is very hot.
13. Stir the mixture until the chips melt, then drizzle over the brownie hearts, or spread to cover completely.

