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EAT WELL, AGE WELL.

Celiac Disease Awareness

Celiac disease is a serious autoimmune condition, however, it is estimated that 2.5 million Americans are undiagnosed. If you have Celiac disease and eat gluten, which is a protein found in wheat, rye, and barley, your body's immune response attacks the small intestine. This leads to damage of the small fingerlike projections that line the small intestine called villi. They are important because they help promote nutrient absorption and when they are damaged, nutrients cannot be absorbed properly into the body.

Did you know that Celiac disease is hereditary? If you have a **first-degree relative** who has/had it such as a parent, child, or sibling, **you have a 1 in 10 risk of developing it!** Celiac disease can develop at any age, if left untreated, Celiac disease can lead to serious health problems and long-term complications.

Symptoms of Celiac Disease are different for adults and children, only 1/3 have of adults display GI issues like diarrhea. Instead, they are more likely to have: unexplained iron-deficiency anemia, fatigue, bone or joint pain, arthritis, osteoporosis or osteopenia (bone loss), depression or anxiety, peripheral neuropathy (tingling, numbness or pain in the hands and feet), seizures or migraines, infertility or recurrent miscarriage, canker sores inside the mouth, itchy skin rash, and more.

Please talk with your doctor to be properly diagnosed. Following a strict gluten-free diet is the only treatment. **To learn more about Celiac Disease and related disorders, recipes, and more visit <https://celiac.org/>**

WEEKLY CHALLENGES:

Try a gluten free pasta such as chickpea pasta.

Try a gluten free recipe (the website below has some)

Be aware of gluten-free labels on packages.

Talk with your doctor if you are experiencing signs or symptoms of Celiac disease.

May you be celiac aware!

Use the words in the list below to complete the sentence.

Have fun!

1. People who have _____ disease have a severe autoimmune reaction to gluten.
2. When cooking it is important to clean _____ cooking materials that may have gluten on them.
3. Found in many grains such as wheat, rye, and barley, _____ is a common protein found in many foods.
4. When someone has a severe allergic reaction to gluten, they are considered to be gluten_____.
5. Did you know that gluten can be found in cosmetics, medications, and products like _____ as well as food?
6. If you aren't gluten intolerant and don't have celiac disease you should NOT _____ gluten unless a healthcare professional tells you to.
7. Because of how many gluten containing products there are and how many products are gluten cross-contaminated in factories it is important to check food _____ while shopping.
8. If you have Celiac, there are still many _____ foods you can eat if you must go gluten-free!
 Get together with loved ones and get creative!
9. Unfortunately, Celiac disease is _____. If someone you are related to has Celiac disease it is important to get tested for it.
10. Experts believe that an _____ 2.5 million Americans have undiagnosed celiac disease.
11. _____ gluten from your diet when you have Celiac disease and/or are gluten intolerant, can relieve diarrhea, headaches, nausea, stomach aches, and more symptoms.
12. Celiac disease, which causes damage to the _____ intestine over time, can lead to nutrient malabsorption.
13. Symptoms of celiac disease can go beyond digestive system problem. Celiac can cause _____ (iron deficiency), joint pain, and osteoporosis.
14. As of now, the only _____ for celiac disease is a gluten-free diet.

Choose 1 word per sentence.

Estimated	Cure
Eliminating	Envelopes
Anemia	Labels
Delicious	Celiac
Completely	Avoid
Small	Intolerant
Gluten	Hereditary