

# Your Guide to a Healthy Gut

## News from the Celiac Center

Spring 2024

### Upcoming Events



#### From the Experts: All Things Celiac Webinar on May 30, 2024

#### Getting the Most from Your Gluten-Free Diet: Adaptations, Budgeting and Access for All

Join us for the combined Harvard Medical School Celiac Education & Research Program and the National Celiac Association's Spring 2024 "Ask the Experts" series. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A.

**Thursday, May 30, 2024, from 1- 2:15pm ET.**

**Lauren Fiechtner, MD, MPH**, Director of Nutrition, Division of Gastroenterology and Nutrition, Mass General for Children; Assistant Professor of Pediatrics, Harvard Medical School; and Senior Health and Research Advisor, Greater Boston Food Bank, will discuss the increased risk of food insecurity and its clinical presentation in children and adolescents on special diets, such as celiac disease, and highlight current work being done to improve access to food assistance programs. **Soran R. Bozorg, MD**, who is pursuing a PhD in Epidemiology and Health Economics at Karolinska Institutet in Sweden, will discuss the effects of the high cost of the gluten-free diet and the general economic burden to individuals with celiac disease and societies worldwide. **Carla Carter, OTR/L**, Director of Outreach and Programming with the National Celiac Association, will address fighting hunger in the nationwide gluten-free population and how individuals can cleverly adapt to a gluten-free diet in cost-effective ways, touching on food access, shopping, storing and preparing gluten-free food.

**Chris Rich**, Executive Director of the National Celiac Association, will introduce the webinar, which will be moderated by **Vanessa Weisbrod**, Chief Education and Community Engagement Officer for the Celiac Disease Foundation. A Q&A session will follow the presentations; please submit general questions below or during the webinar on the Zoom platform.

Please note: This is an educational webinar, and no information is intended for diagnosis or treatment of any medical condition. Please seek the advice of your physician or other

qualified health provider with any questions you may have regarding a medical condition.

Continuing Education Units (CEUs): This course (220323-RSS) is approved by the Boston Children's Hospital's Continuing Education Department for 1.25 AMA PRA Category 1 Credits™ for physicians, 1.25 contact hours for nurses, 1.25 ACE CE continuing education credits for social workers, and 1.25 CEUs for Registered Dietitians. Instructions for claiming credits will be made available during the webinar and transcripts will be available within 30 days.

[Click here to register](#)

[Click here for a library of past "All Things Celiac" Webinars](#)

## Celiac Center News

### Navigating Gluten-Free Travels in Ireland

**Emma Frank**

*Research Assistant II, Celiac Center*

For those with celiac disease, traveling and exploring new cuisines can sometimes be daunting. However, with the increasing awareness of celiac disease and gluten-related disorders, finding gluten-free options around the world has become easier than ever. Ireland, with its rich culinary tradition and stunning landscapes, offers a plethora of gluten-free options for travelers and locals alike. I traveled to Ireland last summer, visiting places such as Dublin, Killarney, and Cork. In recent years, Ireland has seen a significant increase in awareness about celiac disease and non-celiac gluten sensitivity. With approximately 1 in 100 people in Ireland diagnosed with celiac disease, there has been a concerted effort to accommodate gluten-free diets in restaurants, cafes, and grocery stores across the country.

Irish cuisine is famously hearty and comforting, and many traditional dishes are naturally gluten-free. Dishes such as grilled fish, roasted meats, potato dishes, and hearty stews made with locally sourced vegetables are often safe options for those following a gluten-free diet. Be sure to ask your server about any sauces or gravies, as these may contain gluten. Many pubs and restaurants in Ireland now offer dedicated gluten-free menus or clearly mark gluten-free options on their regular menus.

Here are a few special dishes that are naturally gluten-free or can be adapted to be gluten-free:

- **Irish Breakfast:** An Irish breakfast usually includes beans, bacon, sausage, eggs, tomatoes, black or white pudding, and mushrooms. If you can find a breakfast place where you are staying, make sure to ask if they do a gluten-free version!
- **Cottage Pie:** This is usually minced meat, corn, peas, and gravy with a mashed potato crust on top. This is a must-have if you find a restaurant with a gluten-free version.
- **Soda Bread:** In traditional Irish soda bread, there is flour, baking soda, salt, and buttermilk. The acid in buttermilk reacts with the base of the baking soda to provide the bread's leavening. This is why it is called soda bread! It is not naturally gluten-free, but it is an Irish classic. I found gluten-free soda bread all over Ireland.
- When booking accommodations in Ireland, let the hotel or guesthouse know about your dietary requirements. Many hotels now offer gluten-free options for breakfast. At every hotel I stayed in, there were dedicated gluten-free tables filled with baked goods, such as gluten-free soda bread, and gluten-free snacks I could take with me for the day.

While Ireland offers plenty of gluten-free options for travelers, it's essential to take a few precautions to ensure a safe and enjoyable dining experience:

- Communication is Key! Always inform your server about your dietary requirements and ask about gluten-free options or modifications.
- Do Your Research. Before you travel, research gluten-free-friendly restaurants and cafes in the areas you'll be visiting. Websites such as "[Coeliac Society of Ireland](#)" offer helpful resources and recommendations. If you need more help preparing for your trip, look back on articles published in this newsletter: [Traveling with Celiac Disease Part 1](#) and [Traveling with Celiac Disease Part 2](#).
- Consider bringing along gluten-free snacks for times when dining options may be limited, such as during long drives or outdoor excursions. Classic Irish snack brands like Tayto have gluten-free snack options: just make sure you check the ingredients! Some other Irish snacks include Irish cheddar cheese with gluten-free crackers and dried fruit.

Exploring the stunning landscapes and rich culinary traditions of Ireland is a dream for many travelers, and for those on the gluten-free diet, it's entirely possible to do so safely and deliciously. With a growing awareness of gluten-free diets and an abundance of gluten-free options available, Ireland is a fantastic destination for gluten-free travelers looking to indulge in the best of Irish cuisine without compromising their health.

---

**Dr. Rupa Mukherjee**, gastroenterologist at the Celiac Center, co-edited a book chapter entitled "Celiac Disease" for *Gastrointestinal and Liver Secrets*, 6th edition. The book series offers students and practitioners in all areas of healthcare valuable resources for quick reference and exam review. <https://www.us.elsevierhealth.com/gastrointestinal-and-liver-secrets-9780323936378.html>

## Research Corner

### Interested in Research?

You can help move knowledge about celiac disease forward by participating in research studies. Your physician can help you determine whether participating in a clinical trial is appropriate for you. If you are interested in any of the below research opportunities taking place at the Celiac Center, please call **617-667-8266** or email us at [sakula2@bidmc.harvard.edu](mailto:sakula2@bidmc.harvard.edu).



Some of our **current enrolling clinical research studies** include:

1. **CD-PREG:** The CD-PREG study aims to understand and determine the frequency of celiac-related symptoms and the impact on the quality of life in patients living with celiac disease during their pregnancy and the postpartum period. [Click here to learn more.](#)
2. **The HaT Study:** Researchers are looking into the impact of mast cells on the symptoms in celiac disease and non-celiac gluten sensitivity. Any individuals with celiac disease or non-celiac gluten sensitivity are invited to participate, as well as people currently undergoing testing to diagnose celiac disease. Study procedures include a bloodwork and a saliva swab. If interested, please contact:

3. **The ILLUMINATE-062 Study:** We are recruiting for the ILLUMINATE-062 Research Study. This clinical trial will evaluate an oral investigational medication designed to break down gluten in the stomach.

To qualify, you must be 18 to 75 years old, have biopsy-confirmed celiac disease, have been on a gluten-free diet for at least 12 months but are having ongoing gastrointestinal symptoms related to celiac disease, and not have another inflammatory gastrointestinal disorder such as Crohn's disease.

If you decide to take part in the research study, you would receive 3 doses of the study drug or placebo per day and eat a snack bar 3 times per week that may or may not contain gluten. You would participate in 7 outpatient visits at BIDMC over approximately 9 months. At the study visits, you will have blood and urine samples collected, and complete daily symptom diaries.

This research will take place at the Beth Israel Deaconess Medical Center in the Longwood Medical Area.

All study-related care will be provided at no cost. A travel stipend may be provided as well.

If you are interested, please call **617-667-8266** or email us at [sakula2@bidmc.harvard.edu](mailto:sakula2@bidmc.harvard.edu).

---

## SynCeD Study

Researchers at Beth Israel Deaconess Medical Center are conducting a research study to learn about ways to prevent the inflammatory effects of gluten.

### **This study may be a good fit for you if:**

- You are between the ages of 18 and 70 years old
- You have biopsy-confirmed celiac disease
- You have been following a gluten-free diet for at least 12 months
- You can attend multiple study visits
- You are healthy

### **If you decide to take part in the research study, you would:**

- Come for seven outpatient visits, including three that would last five hours each. The study will last approximately one and a half months.
- Complete a two-week at-home gluten challenge.
- Receive the KAN-101 infusion or placebo three times.

**Location of Research:** Clinical Research Center at Beth Israel Deaconess Medical Center

To compensate for time and travel, participants will receive \$2200, in addition to travel/parking reimbursement.

**The Principal Investigator is:** Dr Amelie Therrien, MD

**To take part in this research study or for more information, please contact:** Srihitha Akula via email at: [sakula2@bidmc.harvard.edu](mailto:sakula2@bidmc.harvard.edu) or via phone at: **(617) 667-8266**

### Srihitha Akula

#### **Clinical Research Coordinator**

#### **BIDMC Celiac Center**

Srihitha Akula is the Clinical Research Coordinator of celiac disease research in the Celiac Center at BIDMC. She completed her Bachelor's Degree at Johns Hopkins University in Molecular and Cellular Biology and Chemistry in 2022. She came to BIDMC in pursuit of conducting clinical research during her gap year while applying to medical school and became interested in the various studies being conducted at the Celiac Center.

Her interest in celiac disease stems from the lack of mainstream awareness about the condition and hurdles faced by those who have been diagnosed.

She is the coordinator for various projects including the clinical drug trials TAK-062 and KAN-101, as well as non-drug studies including *"Heterogeneity and Clinical Significance of Mast Cells in Celiac Disease and other Gluten Related Disorders."*



**The Clinicians of the Celiac Center wish you a safe and healthy spring season!**

**Beth Israel Deaconess Medical Center**

**Celiac Center**

330 Brookline Avenue, Boston, MA 02215

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

330 Brookline Ave  
Boston, MA | 02445 United States

This email was sent to .

To continue receiving our emails, add us to your address book.

**emma**