

Your Guide to a Healthy Gut

News from the Celiac Center

Winter 2025

Upcoming Events



From the Experts: All Things Celiac Webinar on February 26, 2024

"Heart Health, Body Weight and Celiac Disease: What We Know, What We Don't Know, and What to Eat"

Join us for the first webinar in our Winter 2025 "**From the Experts**" series. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A, on **Wednesday, February 26, 2025**, from **1-2:15 pm ET**.

Studies show that certain cardiovascular diseases (CVD) are more prevalent in both females and males with celiac disease as compared to non-celiac individuals. **Peter H. Green, MD**, Director of the Celiac Disease Center at Columbia University, NY, and **Jacob Hartz, MD**, Director of Preventive Cardiology at Levine Children's Hospital, Charlotte, NC, will address controversial issues such as risk factors and overweight or obesity status for celiac disease and CVD, and the role of the gluten-free diet in cardiovascular and overall health. **Cristian Costas MSc, RD**, Coordinator of the dietitian-led coeliac service at Bradford Teaching Hospitals, UK, will address how GFD adherence affects the risk for CVD, including body weight challenges, and how GFD modifications and lifestyle interventions can positively influence heart health.

Sharon Weston, MS, RD, LDN, CSP, FAND, Senior Clinical Nutrition Specialist, Celiac Disease Program, Boston Children's Hospital, will serve as moderator for the seminar. **Chris Rich**, executive director of the National Celiac Association, will open and close the webinar. 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

Dietary assessments in individuals living with coeliac disease – published November 2024

BIDMC Celiac Center Associate Director of Research Dr. Amelie Therrien and registered dietitian and Nutrition Coordinator of the Celiac Center, Melinda Dennis, MS, RDN, LD, co-authored a comprehensive article on the dietary assessment recommendations for patients with celiac disease.

The paper highlights multiple topics important for assessing the medical and nutritional status of this population: nutrient imbalances, bloodwork, weight management concerns, controversial topics in the gluten-free diet, food insecurity, and others.

Key Points: Standardized medical nutrition therapy for celiac disease is greatly overdue. Patients are not seeing a celiac registered dietitian as often as recommended.

In response, the authors called for ongoing nutrition monitoring of patients with celiac disease, including a nutrition-focused physical and diet assessment, as well as support for quality of life on the gluten-free diet. Together they proposed an easy to administer dietary adherence questionnaire that will now be validated in upcoming studies.

Please share this important article with your health care team. [Click here to read the full article](#) by lead author, Anne R. Lee, EdD, RDN, LD and celiac clinicians at BIDMC, Columbia University, and the University of Chicago.

AARP Article – Navigating a Celiac Diagnosis after Age 50

Dr. Ciaran Kelly, Medical Director of the Celiac Center at BIDMC, and Melinda Dennis, MS, RDN, LD, registered dietitian and Nutrition Coordinator of the Celiac Center, were interviewed about practical medical and nutrition steps to take when adjusting to the gluten-free diet and lifestyle. Someone in your life who might be wondering if he/she has celiac disease, or someone recently diagnosed will find this short article helpful.

[Click here to access](#)

New Handouts on CeliacNow

Check out our brand new gluten-free handouts on CeliacNow.org – enjoy [Brazilian Dining Out](#) and [Spanish Dining Out](#), or stay home and get creative with [Quick Gluten-Free Meal Prep Ideas](#). To see over 40 handouts on celiac disease and the gluten-free diet, visit [CeliacNow.org](#) and scroll to the bottom under Educational Materials.

Refractory Celiac Disease - Journal Article

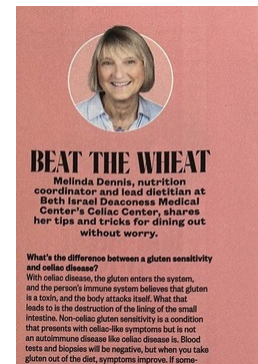
Drs. Amelie Therrien, Daniel Leffler, Ciaran Kelly, and Rupa Mukherjee joined other celiac researchers this past fall to co-author, "*Ulcerative jejunitis in celiac disease: a thirty-year U.S. experience.*" Click here for the [abstract](#) and here for the [full article](#).

Celiac Center Awarded Celiac Disease Foundation (CDF) and Society for the Study of Celiac Disease's (SSCD) Improving Health Equity in Celiac Disease Through Disparities Research Award

Thanks to CDF and SSCD, our team will look at undetected celiac disease among the Latino community, offering free screening for celiac disease at the time of appointments with primary care provider and explore the barriers and challenges of a celiac disease diagnosis in this community. A second part of the study will involve at-home testing for celiac disease. For more information, please contact [Tulio Correa](#).

Beat the Wheat!

Melinda Dennis, MS, RDN, LD, recently shared a column called "Beat the Wheat" in *Boston Magazine* with tips and tricks for dining out without worry. [Click here to see a photo and read the column](#).



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 research taking place at the Celiac Center, please call **617-667-8266** or email us at nlankipa@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: nlankipa@bidmc.harvard.edu.

3. **TAK - 101:** Researchers at Beth Israel Deaconess Medical Center are conducting a research study to learn more about TAK-101 - an investigational drug to help patients with Celiac Disease tolerate gluten. [To learn more, click here.](#)

Team Spotlights

Namrata Naskar

Clinical Research Coordinator BIDMC Celiac Center

Namrata Naskar is the Clinical Research Coordinator for celiac disease research in the Celiac Center at BIDMC. She earned her medical degree from KMC, Manipal, India and completed her residency in Medical Microbiology at BJ Medical College, Ahmedabad, India. Her residency, which coincided with the COVID-19 pandemic, sparked a strong interest in public health and inspired her to pursue a Master in Public Health in Epidemiology and Biostatistics from Boston University. During her master's program, Namrata developed a deep fascination with clinical research, particularly in the intricate processes and execution of clinical trials. She takes pride in being part of studies aimed at improving the quality of life for individuals with celiac disease—a condition that profoundly impacts daily living through challenges such as cross-contact and anxiety surrounding gluten exposure. Namrata aspires to pursue a pathology residency in the United States. She views pathology as the foundation of accurate diagnosis and effective treatment across a range of diseases, including celiac disease, and is motivated by the opportunity to contribute to better patient outcomes through her work. At the Celiac Center, Namrata is the coordinator for various projects including The GLUTECH Trial and the TAK-101 drug trial.



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

**Beth Israel Deaconess Medical Center
Celiac Center**

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