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Celiac Disease Digest Newsletter

July 2010

Welcome

Welcome to the first edition of the Celiac Disease Digest Newsletter, a publication from the new Celiac Disease Program at Children's National Medical Center. We've developed a 5-prong program to help our patients live happy, healthy and fulfilled gluten-free lives. In this month's newsletter you'll learn all about the new program, upcoming events and get great tips for managing a successful gluten-free diet! And, don't forget the yummy recipes! Happy reading!

The New Celiac Disease Program

You may have heard that Children's National Medical Center now has a Celiac Disease Program! Our goal is to attack pediatric celiac disease aggressively through improved diagnosis, treatment and awareness, using a 5-prong approach:

1. Meeting physical needs
2. Meeting psychological needs
3. Education & training of health professionals
4. Community outreach & advocacy
5. Research

Addressing all five of these components allows us to take a comprehensive look at all aspects of this autoimmune disease and by doing so, improve the care of children with celiac disease and their families. To learn more about the program, please visit our Celiac Disease Program website at <http://www.childrensnational.org/ceciac>.

Upcoming Events for the Celiac Program

Gluten-Free Dinner at The Melting Pot Washington DC

- Tuesday July 20 at 7:30pm
- Location: 1220 19th Street, NW, Washington DC 20036
- Register at: <http://meltingpotdc.eventbrite.com/>

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Gluten-Free Gala: A Huge Thank You

To kick off Celiac Disease Awareness Month, on Saturday May 1, the Celiac Disease Program held its inaugural Bite Back at Celiac Gluten-Free Gala at the Washington DC Design House. The sold-out event was a scrumptious success where attendees enjoyed a chic martini bar and a 100 percent gluten-free meal including hors d'oeuvres, entrees and a dazzling array of cookies, cakes and other goodies.

The event raised more than \$70,000, all of which will help fund mental health support for patients in the Celiac Disease Program.

View photos of the event at: <http://tinyurl.com/27klhgg>

Note From Lennie Clore, Celiac Program Coordinator

Welcome to the Celiac Disease Program at Children's National Medical Center! We are so excited to kick off our monthly newsletter and introduce you to our growing program!

As the program coordinator, you can expect to receive monthly updates from me about how our program is developing and how its evolution will positively affect you and your family. Our program provides a multidisciplinary, family-centered approach to caring for children with celiac disease.

As the weather turns warmer and we begin thinking about vacations, camp and pool parties, I want you to consider the venues that your child may visit. If your child was just diagnosed this year, you are encountering new challenges in each of these locations. If your child has been diagnosed for a longer period of time, you will likely still face frustrations due to a lack of knowledge about celiac disease and the gluten-free diet.

That is where we come in! As an example, our dietitian Jessica Sargood and I are giving a presentation on celiac disease next month to the Fairfax County school nurses in an effort to advocate for our patients with celiac disease at these schools. However, schools are only the tip of the iceberg, as our goal is to promote awareness throughout the community.

So, as you finalize your summer plans, keep us in mind as a resource to help your child have the best summer yet!

--Lennie Clore, MSN, RN, CPNP

Celiac at School

Between classroom parties, food sharing at lunch, and vending machines, school can be one of the most challenging environments for children with celiac disease. Not to mention the difficulties if the faculty and staff are unfamiliar with celiac and the gluten-free diet.

Sometimes, all that's needed is a little education, and we can help! If you're interested in staff from our Celiac Program speaking with you child's school, please contact our program coordinator, Lennie Clore, at 202-476-3297 or email at eclore@cnmc.org.

Recipe of the Month: Soft & Chewy Chocolate Cookies



*Recipe from Vanessa Maltin
Makes 24 Cookies*

12 ounces semi-sweet chocolate chips
6 tablespoons unsalted butter (softened)
1/2 cup sugar
1/2 cup packed brown sugar
3 eggs
1 teaspoon vanilla extract
1 1/2 cups Gluten-Free All-Purpose Baking Mix
1/4 teaspoon baking powder
1/4 teaspoon salt

1. Preheat the oven to 350 degrees F
2. Pour the chocolate chips into a heat safe bowl and place over a saucepan of boiling water. You can also use a double boiler if you have one available. Stir the chocolate until melted. Turn off the heat and allow the chocolate to cool for about 5 minutes.
3. Combine the butter, sugar and brown sugar in a standing mixer and turn on medium speed. Cream together. Add the eggs and vanilla and mix until well combined.
4. In a separate bowl, combine the backing mix, baking soda and salt. Whisk together.
5. Reduce the speed on the mixer to low. Add in the chocolate and flour mixture and mix until well combined.
6. Drop large tablespoons of dough onto a greased cookie sheet about two inches apart. Bake for 14 minutes. Cool before serving.

**Are you searching for gluten-free recipes? If so, email your recipe needs to Vanessa Maltin at vanessa.maltin@gmail.com and check back in the next newsletter to see your recipe created.

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