

# Children's National CELIAC DISEASE PROGRAM



**Our Celiac Disease Program focuses on treating both the minds and bodies of our patients.** The Multi-Disciplinary Celiac Disease Clinic allows children diagnosed with celiac disease and their families the opportunity to schedule one integrative multi-disciplinary appointment, where they will be seen by our gastroenterology team as well as our other integrative specialists.

Our approach is to care for not only the gastrointestinal symptoms and concerns associated with celiac disease, but to care for the psychological and extra-intestinal problems that may arise as a result of celiac disease.

## CONSULTATIONS AND REFERRALS

For more information or to make an appointment, e-mail [celiac@childrensnational.org](mailto:celiac@childrensnational.org).

You can also visit us at [ChildrensNational.org/Departments/Celiac-Disease-Program](http://ChildrensNational.org/Departments/Celiac-Disease-Program)

## LOCATIONS

Children's National Hospital  
Friendship Heights  
5028 Wisconsin Ave NW #310  
Washington, D.C. 20016

Telehealth appointments available.  
Scan to share with QR code:



## FEATURES OF OUR PROGRAM INCLUDE:



**The Multi-Disciplinary Celiac Disease Clinic** offers patients and families the opportunity to receive all necessary care in one coordinated visit. All patients will have the following:



**A care coordinator** dedicated to ensure an optimum experience in the clinic.



**A dietitian** specialized in ensuring a well-balanced, gluten-free diet.



**A psychologist** available to teach patients skills such as coping, adjustment, and adherence to the gluten-free lifestyle and resolve tensions related to having a chronic condition.



**An education specialist** to teach patients and families the ins and outs of the gluten-free diet, how to navigate their new lifestyle and advocate for patient needs at school.

## ADDITIONAL SUPPORT AND OPPORTUNITIES INCLUDE:



Opportunities to participate in **clinical research** projects to advance our understanding of celiac disease. Several research efforts are underway, including examining quality of life in patients with celiac disease, exploring the relationship between celiac disease and other diseases/symptoms and creating an accurate tool to assess gluten-free diet adherence.



**Extensive educational resources** including nutrition education classes, web-based cooking videos to learn about gluten-free food preparation, peer mentorship activities for varying age groups and parents, and several other recurring activities to help patients live a happy and healthy gluten-free lifestyle.



**Support group activities** that help parents and young people acclimate to normal social settings.



**Celiac Disease & Gluten-Free Diet Digital Resource Center** is an app designed by the Celiac Program at Children's National Hospital to provide a cohesive set of high-quality educational materials to patients and families living with celiac disease or a gluten-related condition.