



CALGARY CELIAC NEWS

Spring 2023



Join our Team
May Awareness Month



Local Light-Ups

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9:00 am to 3:00 pm

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Message from the Calgary Chapter President

Our month has arrived! **May is Celiac Awareness Month**, and while we at the Calgary Celiac Association (CCA) don't limit our awareness efforts to just one month, we get excited each spring for a time when more eyes are opened to the truths about this serious autoimmune disease.

Your daily life offers countless opportunities to use your voice and raise awareness about the seriousness of the disease. Educate and enlist the support of your family and friends.

SHARE: Did you know that most people need to see a message seven times to remember it? As we encourage every year, take time this Celiac Awareness Month to reflect on how celiac disease may be an invisible illness in your life and share our newsletter, social media reels and website with anyone who may benefit from knowing even just a little more about the hidden truths of living with celiac disease.

RAISE: Each year, individual people like you raise funds in support of something they believe in. Are you sick of being sick? Do you want better? Do you want a cure? Research takes money and every dollar counts. Do something fun this Celiac Awareness Month to raise money for research and community events. There are countless ways to do so: Start an Individual Giving Page, you can even do so in honour of a friend or family member with celiac disease, create a Facebook Fundraiser, direct your birthday gifts to the Calgary Celiac Association, walk/run in our 5K (**Charity Challenge on May 28**), or throw a party. There are many easy ways to raise money for celiac disease that can fit into your life.

For people who are food insecure, inability to access gluten-free food adds to a major challenge that can be difficult to overcome without assistance and support. Food insecurity is defined as being without reliable access to enough affordable, nutritious food. Our CCA vice president, Kristi Puszkas, will be speaking with CTV Morning News about this important issue on May 15th at 8:19 am. We invite you to take part in a **Gluten Free Food Bank Drive** to be held on Saturday, May 27th (10-2 pm) at our office located at 6940 Fisher Road SE. Stop by for a coffee, tea, and tour of our new office.

If you don't already follow us on Instagram or Facebook, now's the time so you can stay in the know. We are collaborating internationally with other celiac disease organizations on May 16th to **Shine a Light on Celiac disease**. Perhaps a building near you will light up green in acknowledgement and you can take a photo opportunity, share your pictures, and tag us on social media.

I look forward to seeing you, either online or at one of our community events. Until then, I send my best wishes for good health to you and your families.

Happy Celiac Awareness Month!

Lisa





MAY

<p style="text-align: right;">MAY 6</p> <p>Gluten Free Food Tour</p> <p>We have limited tickets available for this special tour of 4 of the gluten-free kitchens at the Fresh & Local Market at Avenida. You will receive four tasting courses plus a dessert to be provided by Lakeview Bakery. What more could you want?</p>	<p style="text-align: right;">MAY 10</p> <p>Celiac 101 Information Session</p> <p>Free Virtual Information Sessions are offered for those newly diagnosed with Celiac Disease, Gluten intolerance and Dermatitis Herpetiformis and their families. Everyone is welcome ! Zoom presentation followed by Q&A.</p>
<p style="text-align: right;">MAY 13</p> <p>Kids Meetup Skating Party</p> <p>Join other Celiac kids for an informal skate at the Norma Bush Arena. After the skate we will have a special gelato treat from Righteous Gelato. Meet some new friends and join the fun.</p>	<p style="text-align: right;">MAY 13</p> <p>M&M Markets: GF Sampling</p> <p>Select locations of M&M Markets will hand out green ribbons and samples of their certified Gluten Free products. Check our website or newsletter for participating locations and times.</p>
<p style="text-align: right;">MAY 16</p> <p>Gluten Free Dinner Club—Charcut</p> <p>Book your reservation on OpenTable and meet up with other Calgary Celiac community members for Celiac Awareness Day. Charcut will be featuring special Gluten Free menu items and you will be able to drive by local light-ups on your way home.</p>	<p style="text-align: right;">MAY 16</p> <p>Celiac Awareness Day—Light-Ups</p> <p>Local landmarks will be illuminated GREEN for Celiac Awareness Day. Take a picture and share with @calgaryceliac. (Calgary Tower, Reconciliation Bridge, Telus Spark, Lethbridge City Hall, Medicine Hat Tepee, Airdrie City Hall)</p>
<p style="text-align: right;">MAY 27</p> <p>Gluten Free Food Bank Drive</p> <p>Stop by the new Calgary Celiac office to drop off a non-perishable gluten-free donation for the Calgary Food Bank. Drive thru or stay for a coffee or tea.</p>	<p style="text-align: right;">MAY 28</p> <p>Charity Challenge—Walk or Run</p> <p>Calgary Celiac Association is proud to be one of the official charities for the Servus Calgary Marathon on May 28, 2023! Join our team and this important fundraiser for Calgary Celiac .</p>



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VOLUNTEER OF THE YEAR, TRACY MCMILLAN



Her medical background combined with her experience raising two children with Celiac disease make her a great resource for the association. Add to that her enthusiasm for helping others and you have all the makings of Calgary Celiac's Volunteer of the Year.

Tracy has enjoyed "all of the things we get to do like the SAIT Gourmet Dinner, trade shows, educating people, making PowerPoints."

"My favourite part about volunteering with the Calgary Celiac Association is when we are making a tangible difference in people's lives," says Tracy.

During her time leading the education committee, the group has provided education materials to those with diabetes, held education events, provided content for the newsletter, created newly diagnosed children's packages for distribution at the Alberta Children's Hospital, and much more.

When Tracy's two sons and then husband were all diagnosed with Celiac disease, Tracy looked to the Calgary Celiac Association to educate herself about the condition. She signed up for a Celiac 101 session with long-time Calgary Celiac volunteer Vivian Barr.

"At the 101 session, Vivian mentioned that the association was looking for new board members," says Tracy. *"Being on a board was on my bucket list."* Soon after, she met with Board President Jim Calverley, was elected as a member at large in October 2017 and re-elected in 2019.

After joining the board of directors, Tracy connected with the education committee. In 2018, Tracy stepped into a chair and co-chair role until early 2023. Her education and experience as a Nurse Practitioner have been a huge asset to the committee and the Calgary Celiac Association.

"Tracy has the background to understand the science, a compassionate nature, and can provide insight into working with the health region in multiple clinical settings," says Calgary Celiac Board President Lisa Cerato.

Tracy's favourite occasions at the CCA are the events for kids. "When you go to these events with your kids, they know that they can eat everything, and they don't have to ask any questions."

"The Kids Meetups were good too because the kids were with Cinde (Little), and the parents got a chance to chat and share information and advice," says Tracy.

"I want to thank everyone who has taught me everything over the years," says Tracy. Her advice to parents with children who have been recently diagnosed is to, *"join the association and ask questions. It's way easier when you're not on your own."*



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WE NEED YOUR HELP!

Stampede Breakfast Volunteers

We are preparing for our ever popular Stampede breakfast and are seeking volunteers. Do you want to be on the planning committee for the Stampede breakfast? Can you lend a hand on July 8th to execute this event? Please contact Emily @ events@calgaryceliac.ca if you can help.

Kids Meetup Parent Volunteers

We are looking for parents of elementary school aged children who are interested in participating in Kids Meetup. Your input will help the program to take shape. Please contact Emily at events@calgaryceliac.ca, if you're interested in joining the team.



Medicine Hat Celiac Community Liaison

We are seeking a liaison to represent the Medicine Hat Celiac community and liaise with the board of the Calgary Celiac chapter. You will ideally have a passion for spreading Celiac awareness in your community, be willing to take the peer support training (2 hours) and be available for quarterly check-ins with the Calgary Celiac chapter.

Please contact admin@calgaryceliac.ca.

Casino Announcement:

Winter appears to be losing its grasp on southern Alberta, but stay vigilant... the white stuff can re-appear any time.

The next Calgary Celiac Casino will be in the second quarter of 2024 ie April, May or June of next year. I'm hoping for late in the quarter. The exact date will be known this fall. Calgary Celiac will communicate it out as soon as we know it.

We will be at Cowboy's Casino this time. It is on MacLeod Trail near 17th Ave. It is central, easily accessible from Calgary Transit, and has a good volunteer room.



This time we will use the Signup Genius app to fill the schedule. It is straightforward to use and it will show you immediately what shifts are open, and confirm your choice(s) right away.

For background, Casinos are still the largest single fundraiser for the Calgary Celiac Association. The revenue from a Casino event is roughly 50% of our income in a Casino year. That money enables us to run Kids Camp, Gourmet SAIT dinners, GF Kids Christmas party, Information nights, GF Oktoberfest, GF Stampede Breakfast, and the many other activities we provide to the Southern Alberta GF Community.

Thank you.
Ralph, Casino Chair

MEMBER DISCOUNTS



Are you a Member of the Calgary Celiac Association?

The following gluten-free businesses offer discounts to our membership. Let's show them our support during the month of May!



Alkeme is a gluten-free bakery located in Rossland, BC. The owners set out on a mission to make gluten free breads the old-fashioned way using wild fermentation. Alkeme is dedicated to introducing nourishing and delicious products to the market but will also work to be a company that leaves a positive impact on the world around it. You can find their products at select stores in Calgary. Members will receive a discount code to use for on-line purchases.

<https://thisisalkeme.com/>



Arepas Ranch is a family owned business. Their menu is composed of tasteful plates from the Venezuelan traditional cuisine. The main dish is the Arepa, a cornmeal patty that is filled with your choice of shredded beef, chicken salad, pulled pork, black beans, ham, cheese & veggies. Their menu is 100% gluten free and can also be purchased from their Food Truck. Find us at Fresh & Local Market & Kitchens in Avenida Village Thursday—Sunday. Members enjoy 10% off Arepas.

<https://www.arepasranch.ca/>



Avatara is a restaurant that supports local producers with responsible environmental practices, organic & sustainable production. They also support gluten free companies, as their production facility, two restaurants, and mobile vending units, are 100% gluten free. They also offer dairy free, vegan, vegetarian, and halal, food options. Present your membership card to receive this discount.

<https://www.avatarapizza.com/>



Delissitude is a gluten, nut & dairy free bakery and perogy emporium. Founded in 2013 by Renay Eng-Fisher, and operating out of the Calgary Farmers Market they offer a variety of baked goods, pies and perogies each week, with vegan options.

Present your membership card to receive a 10% discount.

<https://delissitude.com/>



Heaven Restaurant & Bar is a cozy, family-owned eatery. Featuring gluten-free Venezuelan fare, including arepas, empanadas and savoury plantain. Heaven also has Mexican food, Vegan and vegetarian options. Heaven is 100% gluten free so come in, relax and enjoy anything off of our menu. They also have a market section where you can purchase frozen meals ready to heat and serve. Members enjoy 10% off.

<https://heavengf.com/>



Miss P's Gluten free bakery provides quality gluten free products to those who require wheat free, gluten free and often dairy and egg free due to allergies. They provide fresh bread, pies, loaf cakes, cupcakes, tarts, other various pastries as well as take home meals such as lasagne and chicken pot pie and perogies to name a few. Find all your gluten free baking at their new location at 3126 Glenmore Court SE. Present your membership card to obtain your discount!

<https://www.misspsglutenfree.com/>

MEMBERSHIP

Purchase a Yearly Membership to the Calgary Celiac Association.
Your membership gives you voting rights
and a voice in the Calgary Celiac community.

- **Vote at AGM**
- **Member Discounts***

\$10/year

*At Participating Local GF businesses

[CLICK HERE](#)



Calgary Celiac Association
Gluten Free
FOOD TOUR

Saturday, May 6
1:00 PM

AREPAS RANCH | QUECHIVO | expat-asia | LAKEVIEW BAKERY | MESTIZO

20 LUCKY TICKET HOLDERS will join Calgary Celiac on May 6 at a reserved table in the Fresh & Local Market at Avenida. Tickets include a five course tasting menu for \$28.

What's on the menu? Mini tacos from **Mestizo**, pupusas from **Que Chivo**, pork belly and cauliflower from **Expat Asia**, and a mixed plate of Venezuelan specialties (arepa, empanada, toston) from **Arepas Ranch**. We will bring the dessert to you as well. **Lakeview Bakery** will be serving fruit tarts and cake.

[PURCHASE TICKETS](#)

Lethbridge News

On May 13, the Lethbridge Crossings M&M Market will be having a sampling of their certified GF products and handing out green ribbons from 12-5.



Join us on May 16, at a Lethbridge restaurant for a Celiac dinner club and to show our support as a group.

On May 16th, the Lethbridge City Hall will be illuminated GREEN for Celiac Awareness Day!

Please RSVP if you are interested in attending and I will forward you the details.

Let's get out as a community and show our support for Celiac Awareness!

Delwin Penner,
Lethbridge Celiac Community Liaison
<Delhatesgluten@outlook.com>

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KIDS MEETUP NEWS!

On Saturday, April 15, 80 people participated in our first Calgary Celiac Kids Meetup at Telus Spark Science Centre. A big thank you to the Spark Community Connections Program for donating the tickets!



The kids and their families had access to all of the galleries, outdoor park and dome shows, and many took part in a scavenger hunt. Thank you to LaCroix for donating drinks for this event!

Board members Kristi Puszkas and Rachael Tweedy met a very special girl named Avery at the event. She donated \$200 to Calgary Celiac. She raised the money by asking for donations rather than presents at her birthday party.



Thank you Avery for your generous gift!

Our next meetup will be a skating party on **Saturday, May 13 at 3:15 p.m.** The meetup will take place at the Norma Bush Arena located at 2424 University Dr. NW.

There will be a cost of \$5.

Your ticket will include one hour of skating and a cup of gelato from Righteous Gelato. There are 50 tickets available for this event.

For more information or to buy tickets click here:

[Sign Up for Kids Meetup](#)

A promotional poster for a "KIDS MEETUP SKATING PARTY". The poster features the CCA Calgary logo in the top left corner. The main text reads "KIDS MEETUP SKATING PARTY" in large, bold letters. Below this, there are two cartoon penguins skating on ice. One penguin is wearing a red hat and scarf, and the other is wearing a yellow hat and scarf. The date "SATURDAY, MAY 13" is prominently displayed in yellow, followed by "FOR KIDS WITH CELIAC DISEASE". The location and time are listed as "LOCATION: NORMA BUSH ARENA" and "TIME: 3:15 PM". The cost is "COST: \$5 PER PERSON". A thank you message to the sponsor "RIGHTEOUS" is included. At the bottom, there is a yellow box with the text "FOR MORE INFORMATION AND TICKETS WWW.CALGARYCELIAC.CA". A hand holding a megaphone is illustrated on the left side of the poster.

ROD MCDANIEL CELIAC KIDS CAMP UPDATE

Subsidy applications are now CLOSED.

Parents who have registered will be receiving detailed instructions directly from camp.

If you have any questions, or would like to join a wait-list, please email events@calgaryceliac.ca

We would like to extend a big thank you to all of the sponsors who arranged some awesome gluten-free treats for the kids this year.

Thank You Sponsors!



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
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Celiac Awareness Month

GLUTEN FREE SAMPLING



MAY 13TH

Get your Green Ribbon

Participating Locations (times):

- 150 Crowfoot Crescent NW (12-8)
- 4307 - 130th Avenue SE (12-5)
- 201-121 Main Street SW, Airdrie (12-4)
- 277 Shawville Blvd. SE Bay 8 (11-6)
- Lethbridge Crossings (12-5)

MAY 16TH

CELIAC AWARENESS DAY

LOCAL LIGHT-UPS



- Calgary Tower
- Reconciliation Bridge
- Telus Spark
- Lethbridge City Hall
- Medicine Hat Tepee
- Airdrie CityHall

Share your picture with [@calgaryceliac](https://twitter.com/calgaryceliac)



DINNER CLUB EVENT



TUESDAY MAY, 16

Join us on Celiac Awareness Day
for a 3 Course Gluten-Free Dinner at Charcut



CHARCUT
ROAST HOUSE



Visit our website for more information





GLUTEN-FREE FOOD DRIVE

MAY 27, 10-2

6940 Fisher Road
North Side Parking Lot

the You can HELP!
Calgary Food Bank

coffee, tea - open house



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MEET OUR TEAM! MAY 28TH FUNDRAISER



“I am running for Calgary Celiac because my 2-year-old daughter was recently diagnosed with Celiac disease. Living with Celiac disease can be challenging, especially for young children who may not understand why they can't eat certain foods or who may feel left out at social events. That's why I'm running this race and raising funds for the Calgary Celiac Association. This organization provides valuable support, resources, and education for people with Celiac disease and their families. They also work to increase awareness about Celiac disease in the community and advocate for the needs of people with this condition.”

Thank you, Sheldon !

And a big thanks to our swag and prize Sponsors:

There is still time to join our team!

You will get to meet other members of the Calgary Celiac community, get some cool team swag and a chance to win prizes!

[JOIN THE TEAM](#)

[MAKE A DONATION](#)





Hello! My name is Marney Yip and I'm the Customer Engagement Supervisor at the Community Natural Foods 10th Ave store. I'm also an advocate and CNF champion for all

things gluten-free.

I was diagnosed with Celiac Disease almost 33 years ago. I've always loved to bake, but it was extremely challenging to find the right flour and the right recipes.

One of my favourite cakes growing up was the traditional Angel Food cake. My mother told me how difficult it was to make it from

scratch, so I never attempted to make it and especially not gluten-free.



Then I discovered the Bob's Red Mill 1 to 1 flour that I use for pretty much all of my baking. I thought there must be a way of perfecting my much-loved angel food cake.

I came across a recipe from Martha Stewart and thought I found my answer. The recipe looked easy enough and with boxed egg whites, I figured I could do this. As I read the recipe, I remember from my old food science days that you may have to adjust for the altitude. A colleague of mine who is a pastry chef said to increase the flour from $\frac{3}{4}$ cup to 1 cup and it should work just fine. I have made this recipe many times for many a celebration or just a treat on a sunny summer's day with fresh fruit and whipping cream.

My point is – gluten-free baking does not have

to be difficult! There are so many great alternative flours and blends out in the market, especially at CNF. With the addition of an extra egg, the correct amount of flour, a pan of water in the oven and of course a strong dash of love - you too can be a fine GF baker.

(see Recipes section for Marney's recipe)

When travelling, I'm always on the hunt for gluten-free treasures. There is a great little store in Kimberly, BC called Stokes (located in a Centex gas station). This store is quite the gem of local fruit and vegetable offerings, as well as a great selection of GF products.

I came across a GF sourdough bread from a small bakery in Rossland, BC called Alkeme Bakery. This bakery is completely GF so no worries about cross-contamination.



What I love about this product is that they use the traditional way to do sourdough and they use very clean ingredients. CNF has both loaves of bread

plus a new product from Alkeme, Baguettes. This item is great for entertaining. You can make a crostini with thin slices and top it with a freshly made bruschetta. It would also be a great addition to a charcuterie board. I am obsessed with this product! I once chased after a customer out of the store just to tell him about this bread. Yes, he came back and bought a loaf.

Come see me anytime at CNF's 10th Ave store and I'd be more than happy to assist you in finding the best quality gluten-free products at we carry. I'll even share some recipes if you like. Till next time.



goodness YOU CAN FEEL GREAT ABOUT

From deli to dairy, we think about everything we put on our shelves. With the largest selection of natural products and highly trained in-store experts, you can feel good knowing you're always getting the very best. Community Natural Foods has over 2,300 gluten-free products, the largest gluten-free selection in Calgary!

10th Ave Market & Cafe
1304 10th Ave SW

Chinook Market
202 61st Ave SW

Crowfoot Market
850 Crowfoot Crescent NW

shop.communitynaturalfoods.com

\$10.00 OFF your next purchase of \$75.00
or more in store

This coupon cannot be combined with any other promotion.
Offer expires June 1, 2023
No other discounts apply.
Coupon has no cash value.



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HOW TO EAT GLUTEN-FREE AT A LOWER COST

By Nutrition Services, Alberta Health Services

Given rising food costs, people following a gluten-free diet may be spending a lot more money on food. In this article, we share ways to spend less money on food while following a gluten-free diet.

- Focus on whole-grain foods that are naturally gluten-free. For example, unpeeled potatoes, brown or wild rice, quinoa, or snacks like air-popped popcorn. These may be cheaper alternatives to specialty products like gluten-free pastas, breads, and crackers.
- Review flyers, search store websites, and print internet coupons for gluten-free products. Make sure the coupons are valid in Canada.
- Consider ordering directly from gluten-free retailers or online warehouse companies that stock a large variety of gluten-free foods. They may offer lower prices, free shipping, and other promotions. To lower the cost even more, coordinate your orders with friends or family also following a gluten-free diet.
- Check if stores have discount or loyalty days. Use those days to stock up on higher priced gluten-free foods but keep expiry date in mind.
- Think about other ways to use sale priced, gluten-free brands. Maybe one brand of buns is better for garlic bread than sandwiches. Or use one bagel brand for toasting and another for tuna melts.
- Try baking your own snacks using gluten-free flour or baking mixes. For example, gluten-free muffin mix is often cheaper than gluten-free muffins from a bakery and the mix will make more muffins.
- Use herbs such as rosemary, thyme, basil, oregano, and lemongrass to flavor foods instead of buying costly gluten-free sauces.

For more ideas, see:

- [Tips to Spend Less Money on Food](#)
- [Budget Tips.](#)



Income and Other Supports

- If you are receiving income assistance, such as AISH, income support, or Alberta Senior Benefit, you may be eligible for extra money to help pay for the cost of gluten-free food. Ask your healthcare team about special diet funding.
- 211 Alberta (ab.211.ca) is a provincial directory that can be used to find financial benefits, programs, and services. Call, text, and chat options are available.
- Local Family and Community Support Services (FCSS) offices have information about community programs: [Find Your FCSS Program - FCSSAA](#)

Gluten-Free Resources

For more information on gluten-free eating, see the handouts and online classes offered by Nutrition Services:

- [Gluten-Free Diet](#)
- [Fibre and the Gluten-Free Diet](#)
- [Helping Your Child with the Gluten-Free Diet](#)
- Free Online Classes: [Nutrition Services Workshops & Classes](#) (search 'celiac')

For More Support

- Talk to your healthcare team
- Call Health Link at 811 and ask to talk to a dietitian, or complete a self-referral at ahs.ca/811
- Visit ahs.ca/nutrition

GLUTEN FREE FOOD GUIDE,

DR. DIANA MAGER

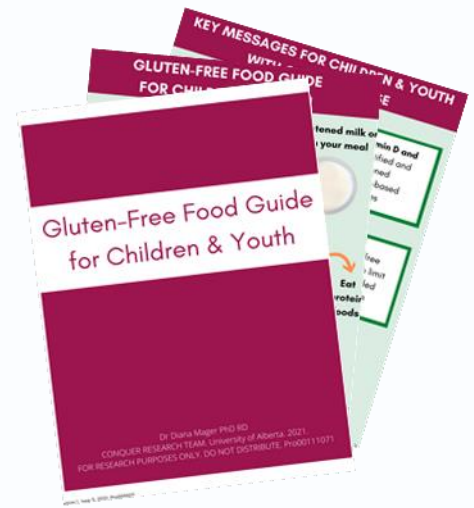
Ever wonder why there hasn't been a food guide for the gluten free diet? Well, Dr. Diana Mager, PhD RD and her research team did and they set out to develop evidenced based nutrition guidelines for children and youth with Celiac Disease.

This new food guide addresses many of the nutritional limitations of the gluten free diet including the higher fat and sugar and lower folate in gluten free processed foods and gives practical and easy to use nutrition tips for a variety of different situations (e.g travel, eating out, school lunches, quick and easy to prepare breakfast ideas).

The gluten free food guide has its own gluten free plate, which is not an exact replica of the Canada's Food Guide Plate. The gluten free plate has some distinct differences including making recommendations drinking vitamin D and calcium fortified plant-based beverages or cow's milk, increasing plant-based protein intake (especially of fruits and vegetables).

They also considered the potential for children and youth who consume specialized dietary patterns (e.g vegan, lacto-ovo) and there are a variety of educational materials included with the guide that provide tips on this. Dr Mager's team is planning on releasing the first phase of the food guide materials this summer, so look out for this announcement on the Celiac Calgary website. **The food guide will be freely available to anyone who wants a copy.**

Dr Mager's team is also working on a **gluten free cookbook** to complement the food guide materials and hope that some of you might be interested in sharing your favorite gluten free recipe. We may adapt the recipe a little, but we will make sure that we have children taste test the revised recipes before we put the cookbook out. If you think you may be interested in providing a recipe just click on the link below and/or if you think you and your children might be willing to do some taste testing this summer for the different recipes then you can email Dr Mager's team at mager@ualberta.ca. They want all of the GF-food guide educational resources to be user friendly and of course tasty. This cook book will be freely available in electronic form when they have finished it. And just in case, you wondered if Dr Mager and her team have considered the huge issue associated with rising food costs. The answer is yes. Her research team wants to let you know that they are starting a new research project that addresses Food Insecurity and how this impacts Canadian children and youth with Celiac Disease and their families. Stay tuned for more information.



For more information about our gluten free food guide for children and youth visit us at:



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In this newsletter article, and as promised in the January newsletter, I am going to offer some insight into treatment options for osteoporosis. Generally, osteoporosis is a slowly progressing disease that occurs over the span of many years. Unlike an infection or an injury that requires immediate attention, you can actually take a few weeks or even months to understand the condition and how it relates to your health, to investigate for secondary causes, to evaluate your treatment options, and then make the decision which you, with the input of your health care providers, consider the safest and best suited to your long-term bone health needs. There is a tendency for many physicians to stress urgency for treatment based on the results of the DEXA scan only. I encourage you to research your bone health needs thoroughly to be sure that you are choosing the best timing and the best medication when medications may be necessary to meet your needs.

The decision to treat osteoporosis with pharmaceutical therapy should never be made on the basis of a DEXA scan alone (bone density). In Canada, the FRAX score is now recognized as a better tool for a broader assessment of overall bone health and fracture risk. And it is worth keeping in mind that the current assessment tools for osteoporosis measure bone density only and do not directly measure either bone strength or bone quality.

Ask your physician to investigate if there are other secondary causes for your osteoporosis in addition to your celiac diagnosis. Osteoporosis is a metabolic disorder as well as being an outcome of aging. Both must be considered in determining best treatment options. Current research also suggests that it may be yet



another autoimmune disease. Treatment of any disease, including osteoporosis, is most effective when the causes are investigated, and the treatment determined accordingly.

For quick review, the most common secondary causes of osteoporosis are:

- Genetic predisposition – reflected in family history.
- Malabsorption diseases, including Celiac Disease.
- Metabolic disorders, including Hyperparathyroidism and surgical menopause.
- Steroids used medium to long term to manage inflammatory conditions (Crohn's, colitis, asthma, as example).
- Some medications to treat other health conditions including PPI use for GERD, thyroid medications, and anti seizure medications, as example.
- Poor nutrition with low calcium, protein and Vitamin D intake as well as low intake of some micronutrients.
- Lack of effective exercise.
- Disordered eating practices.
- Lifestyle choices, including smoking, alcohol use, excess caffeine, carbonated beverages.

Ask your physician to complete the FRAX score with you. It considers the identifiable concerns related to fracture risk based on a cluster of recognized personal health factors. You can also complete the FRAX score yourself. The link is available on the Osteoporosis Canada website: [Osteoporosis Canada](#) under the HealthCare Providers drop-down menu. After you've completed your score, it can be interesting to repeat it again without the risk factors you've included, such as your celiac disease diagnosis and by altering your age by a decade both younger and older, to be able to recognize how significant these pieces of information are to your personal risk of bone injury.

Now that you have a clear idea of your overall fracture risk, it's necessary to look at the measures you can take to reduce your risks as reasonably as possible based on your personal story of day-to-day life. Whether you've been diagnosed with celiac disease for a few months or many years, review your gluten free diet to be sure that it is absolutely optimal from the perspective of preventing any gluten creeping into your food sources as well as ensuring that it is based on optimal nutritional value. Then, review it again with the focus on providing the ingredients for good bone health. It may be time to meet with your dietitian again to review your dietary needs to be certain that you're not missing any key considerations in eating healthy, eating well, and eating for food pleasure and satisfaction. And don't forget hydration. Bone health, like everything else, benefits from a steady intake of water throughout the course of the day.

A key to healthy bones is exercise. A key to fracture prevention is exercise. It doesn't need to be complicated, but it does need to incorporate weight bearing exercise as well as a focus on posture, balance, flexibility, strength, and aerobics. Whether you use a commercial gym, a home gym or use daily

activities to get your exercise, you may find that a few sessions with a physiotherapist who has a broad understanding of osteoporosis needs and exercise safety can be a great starting place. Walking is still considered to be one of the most beneficial ways to exercise consistently. And there are some effective ways to exercise as part of your daily home routine (wall push ups being one of many examples). If you've experienced any vertebral fractures or are at risk for this occurring, your exercise plan must assure safety for your spine. Over the course of a few months, you can strengthen your muscles considerably by training your body to support you more effectively.

This is also the time to assure that your home is safe. Falling is a significant risk for fracture. When was your vision last tested. Poor vision accounts for many falls. Are there tripping hazards in your home, such as electrical cords in your regular pathway, loose area rugs, poorly lit hallways and stairwells? Have you had safety bars installed in your bathtub and shower areas, handrails or hand grips for all steps and stairs. Are you wearing safe footwear indoors and outside your home.

Now that you've taken the time to review all the things that are within your control to manage your bone health, and your physician has reviewed any potential secondary causes for your osteoporosis, you may have reached the point where you and your physician need to have the conversation about pharmaceutical interventions to treat your bone density loss.

Ask your physician to outline for you the drugs (s)he is proposing to prescribe for you, the dosages you would be taking and the duration of the treatment program. What are the most common unpleasant side effects and how can they be managed. Ask if there are any concerns that you should know about, especially relating to dental care. Ask

if (s)he is willing to communicate with your dental care providers about the treatment proposal. There are some very specific oral health considerations with some of the drugs that could interfere with dental treatment. You need to have a very specific plan in place to address these concerns.

There are a number of drugs that are used to treat osteoporosis. There are four general categories based on their type of action on the bones:

1. bisphosphonates (available to women, men, and off label use in children),
2. monoclonal antibodies (available to women and men),
3. anabolic agents (available to women and men) and
4. estrogen related drugs (available to postmenopausal women only).

Bisphosphonates are available in both oral and intravenous forms. They are commonly referred to as anti-resorptive medications as they retain the bone cells that would normally be discarded by the body to increase bone density. They do have known risk factors of contributing to osteonecrosis of the jaw and atypical femur fractures. There is need for collaboration between your prescribing physician and your dental care providers to assure that any risk of ONJ can be minimized. Bisphosphonates can be discontinued at any time without concern for any follow-up medications. The common names of these drugs are Alendronate (Fosamax), Risedronate (Actonel), Zoledronic Acid (Aclasta).

The **monoclonal antibody** drugs, also called RANK Ligand Inhibitors, are prescribed for injection on a 6-month cycle. They are also antiresorptive medications that retain bone cells that would normally be discarded by the body to increase bone density. They have a known risk factor of contributing to osteonecrosis of the jaw, so collaboration

between your prescribing physician and your dental care providers is necessary. There are some dental care providers who discharge patients from their care if they are receiving these drugs. If there is a need to discontinue these drugs, there must be a follow-up plan in place for the use of a rebound drug, usually a bisphosphonate, to prevent the rapid loss of the treatment gains and spontaneous vertebral fractures. The common name of one of these drugs is Denosumab (Prolia).

Anabolic agents are drugs used for injection that contain a small amount of parathyroid type hormone that stimulates new bone development to increase bone density and reduce fracture risk. They are administered by daily injection for two years. These drugs also require an exit strategy of bisphosphonate use to prevent rapid loss of the bone density gains achieved through the treatment process. The common names of these drugs are Teriparatide (Forteo) and Romosozumab (Evenity).

Estrogen-related drugs are used to encourage stable bone remodeling in post menopausal women. Collaboration between your prescribing physician and your gynecologist is advised to address any reproductive system health issues that may be of concern. No specific exit strategy is necessary, and the length of prescription use would be monitored by the gynecologist. The common categories of these drugs are HRT (Hormone Replacement Therapy) and SERM (Selective Estrogen Receptor Modulators) which is prescribed as Raloxifene (Evista).

Some of these drugs are covered by the provincial drug coverage terms of Alberta Health Care, some require special authorization for coverage, and some are user pay prescriptions.

Knowledge is power and this is so true for the management of osteoporosis. Osteoporosis Canada has an excellent website with information based on the current Canadian standards for the diagnosis and treatment of osteoporosis. They also offer regular webinars with some very useful information and resources. There is a similar resource in Calgary, the David Hanley Osteoporosis Centre website, that also provides very helpful information. If you feel you need the benefit of an osteoporosis specialist, you can also ask your physician for a referral to this clinic. Once you are enrolled through the DHOC in Calgary, you will be supported by a team of health care providers, including an endocrinologist, a pharmacist and dietitians.

There is still so much to learn about osteoporosis to better understand why it happens to so many people. There is still so much to develop in research and new treatments which will bring us to improved prevention and treatment choices in the future.

Ask questions, attend webinars, search out resources. Do whatever you can to understand your risks and protect your bone health.

Osteoporosis is called the silent thief because it sneaks in without warning. At this stage, there is no option for a do-over, so establishing a healthy lifestyle is your best means to reduce your risks.

Osteoporosis was thought of as a disease of old age until ~1995 when metabolic dysregulation was recognized as a major contributing factor, and both diagnostic equipment and pharmaceutical therapies were introduced.

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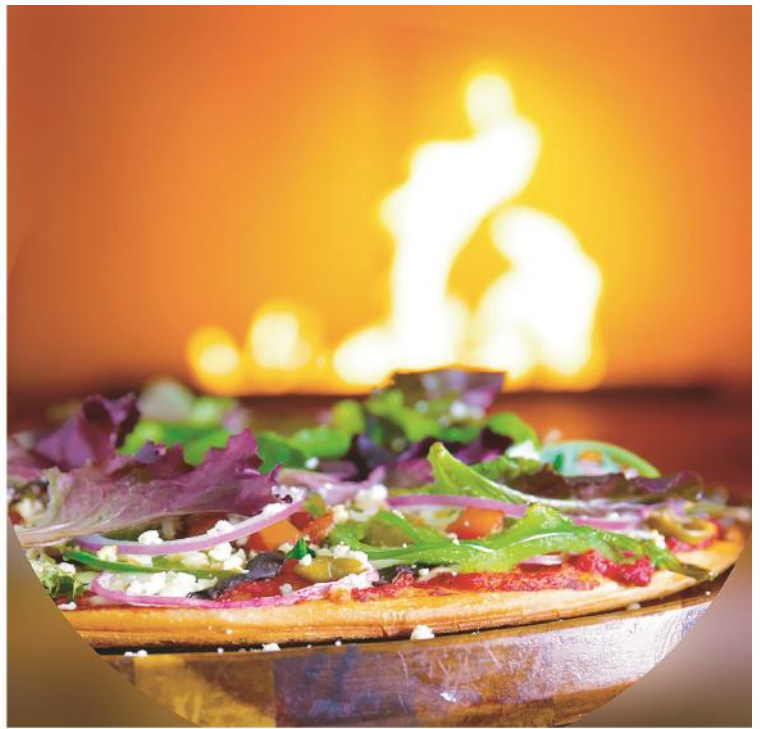
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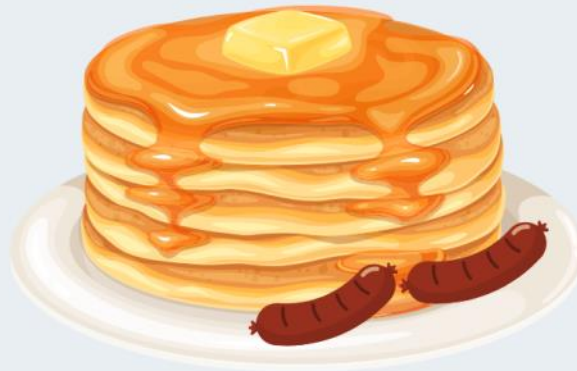
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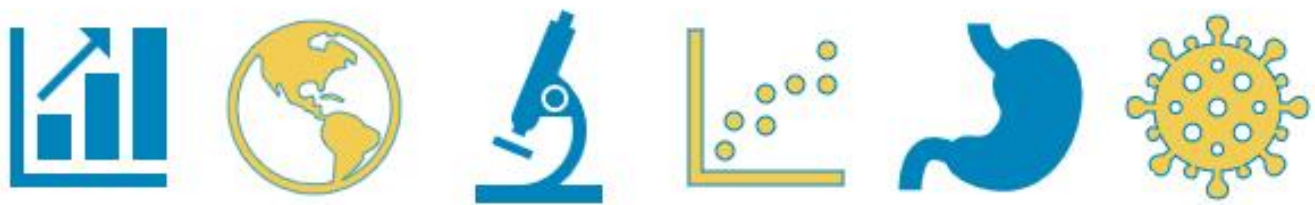
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RESEARCH ROUND-UP

Gaps in care and the persisting invisible iceberg

James King, MSc

As we are back into another Celiac Awareness Month, my thought was to return to some regions in the world where there is very high awareness of celiac disease; still, recent studies indicate that gaps in care and the 'celiac iceberg' can persist in countries where celiac disease is well understood and offers strong support through the healthcare system.

Sweden: 1 in 7 pediatric cases without follow-up

In Gothenburg, Sweden (population of almost 600,000), an investigation of children diagnosed with celiac disease between 2013 and 2018.¹ Medical records of the children were reviewed following the date of diagnosis to assess for subsequent counselling for celiac disease (physician and/or dietitian) or a measurement of tissue transglutaminase antibodies in the follow-up period (2019 to June of 2021).

On average, the group of children has been diagnosed for just over 5 years, 58% were girls, and just over one-quarter (27%) had a known family history of celiac disease. While not the main purpose of the study, it is interesting to note that 60% of the children had been diagnosed with the non-biopsy approach, as the new European guidelines with this option introduced in 2012.

During the follow-up period, 14% of the cases (approximately 1 in 7) did not have a celiac disease related encounter as described above. While these results indicate a meaningful proportion of children may not be receiving optimal long-term follow-up for celiac disease management, it still fairs better than other studies looking at similar outcomes elsewhere. Of children diagnosed at a pediatric gastroenterology clinic in Boston, United States between 2010 and 2014, one-quarter were lost to follow-up even just in their first year of diagnosis.² And while a much earlier time period studied, more than one-third of children diagnosed with celiac disease at a clinic in Israel were completely lost to follow-up.³

The investigation in Gothenburg also found that there were no differences in likelihood of follow-up according to socioeconomic levels of the children – the authors consider

that this is expected given the universal and free pediatric care, as well as partial reimbursement for the excess gluten-free food costs for most individuals aged less than 16 years. But, they also note that the setting of Gothenburg captures an urban area of residence, and therefore the longer distances to healthcare among those in rural areas may see an even higher loss of follow-up than the 14% observed in this context.

Ultimately, this research highlights that despite strong knowledge and sufficient healthcare resources for those with celiac disease, notable gaps in follow-up disease management can persist in the modern era. Indeed, it is important to still flag the potential effect that the COVID-19 pandemic had on healthcare utilization, since more than half of the follow-up study period took place during this time. It is conceivable that some of those without follow-up in this study may have had different outcomes had the significant disruption of the pandemic on the healthcare system not occurred. One caveat even within this caveat is how Sweden did not impose as many restrictions on individuals compared to similar countries over the same time period.

Italy: Still more than half of the iceberg 'invisible'

Italy is another country that has been a hub for significant research and awareness of celiac disease throughout the last several decades. A recent research endeavor across multiple sites within 6 Italian cities was employed to screen primary school-aged children (5 to 11 years) for celiac disease between 2017 and 2020.⁴ While there was geographic variation in the prevalence of celiac disease, the overall proportion was estimated at 1.65% – this is one of the highest reported estimates in the world, as the overall global estimate of biopsy-confirmed celiac disease is approximately 0.7% (1.4% based on serological screening data).⁵ Still, the authors note that the increasing prevalence observed in Italy over time may be slowing down due to a minor change from an estimated 1.58% in a similar context between 2014 to 2016.

They also note that despite being a nation with high awareness of celiac disease among primary care physicians and the general public, easy access to gluten-free products, and financial offset for the high expense of the gluten-free diet, more than half of the cases (60%) identified in this screening initiative were undiagnosed. The frequency of symptoms in these previously unknown cases were also similar to the 40% who had already been diagnosed, indicating that they were not more likely to be 'atypical' or 'silent' celiac disease. Of note was also the much higher proportion of female cases in this study compared to males (over 80% female).



Celiac awareness

As alluded to, these studies continue to highlight that celiac disease remains a condition requiring increased advocacy to the healthcare system, the government, and the general public. While these exact outcomes have not been explored in similar methods in a Canadian context in recent years, I would hypothesize such gaps in care and/or diagnosis could exist to varying degrees in Calgary and beyond to the provincial and national levels. This of course means our work in continuing to bring attention to the celiac disease through the Calgary Celiac Association will be worthwhile to reduce missed diagnoses and improvements in disease management!

Happy Celiac Awareness Month!

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James King, MSc

Disclaimer: I report on evidence from various peer-reviewed studies on celiac disease. However, in these reports I also take this evidence into forming my own considerations on how to interpret these findings. These views are informed by my perspective as epidemiological researcher, my interactions with those in the celiac disease community, and as a celiac disease patient in the healthcare system. I do not have medical training and therefore can not make clinical recommendations for individual health concerns.

Contact: If you have any comments, questions, or general feedback about this article, or would like to see certain research topics discussed, please contact me at jamking@ucalgary.ca.



Marney's Angel Food Cake

Adapted from
Martha Stewart's Gluten-Free Angel Food Cake



Ingredients:

- 1 cup Bob's Red Mill 1 to 1 gluten-free flour
- 3 TBSP Go Bio or Let's Do Organic gluten-free cornstarch
- 1 ¼ cup superfine sugar
- 14 large egg whites (1 ¾ cups), room temp
- 1 TBSP warm water
- ½ tsp salt
- 1 ½ tsp cream of tartar
- 2 tsp vanilla extract

Fresh berries and whipped cream for serving

Instructions:

1. Preheat oven to 350 degrees. With a fine sieve, sift together flour, cornstarch ¾ cup sugar four times into a small bowl. Set aside.
2. In the bowl of a standing mixer, whisk together egg whites and warm water on medium speed until foamy. Add salt, cream of tartar, and vanilla; beat until soft peaks form, about 3 minutes. Increase speed to medium-high and sprinkle in remaining ½ cup sugar, 1 tablespoon at a time. Beat until stiff but not dry.
3. In six additions, sift dry ingredients over meringue, folding in quickly but gently. Pour batter into an ungreased 10-inch tube pan with removable bottom. Run a knife through the batter to release air bubbles. Smooth top with an offset spatula. Bake until golden brown and springy to the touch, 40-45 minutes.
4. Invert pan on its legs and let cool completely, about 1 ½ hours. Carefully run a long offset spatula or knife around the inner and outer perimeter of the pan to loosen. Arrange cake on a plate bottom-side up. Use a serrated knife to slice cake. Serve with berries and whipped cream. Store cake at room temperature up to 2 days in an airtight container or wrapped in plastic.

GF LEMON BLUEBERRY SCONES

This recipe comes from canolaeatwell.com. It's easy & the scones taste great! Submitted by V.Barr



Ingredients

Scones:

- 1 ¼ cups brown rice flour
- ½ cup blueberries
- ¼ cup tapioca starch
- ½ cup sour cream
- 2 TB granulated sugar
- ¼ cup canola oil
- 1 TB baking powder
- 2 large eggs
- 2 tsp xanthan gum
- 1 tsp vanilla extract
- 1 tsp baking soda
- Zest of one lemon
- ½ tsp salt

Glaze:

- ½ cup icing sugar
- 1 TB fresh lemon juice

Directions:

1. Preheat oven to 400 F. Line a baking sheet with parchment paper.
2. In a large bowl, whisk together the dry ingredients. Stir in the blueberries.
3. In a separate bowl, whisk together the sour cream, canola oil, eggs, vanilla & lemon zest. Pour into the dry ingredients & stir until just combined.
4. Using a large cookie scoop, or two spoons, scoop the dough (about ¼ c) onto the prepared baking sheet, leaving about 2" (5 cm) between scones.
5. With a wet hand, gently press the scones down to about 1" (2.5cm) thick.
6. Bake for 17-20 minutes. Cool on a wire cooling rack.
7. While the scones are cooling, whisk the icing sugar & lemon juice together. Drizzle over the warm scones.

Peaches and Mascarpone Topped Traditional English Muffins

Add a stunning edition to your Sunday morning brunch routine.



Recipe created by Kinnikinnick Corporate Chef Lori Grein

Ingredients:

2 individual Kinnikinnick Traditional English Muffins
- split in half (118 g)
1 tbsp butter (15 g)
¼ cup brown sugar (40 g)
1 large peach - cored/cut into thin slices (165 g)
¼ cup mascarpone cheese- softened (55 g)
Optional: garnish with raspberries and fresh mint

Preparation Direction:

1. Toast Kinnikinnick Traditional English Muffins.
2. Spread each half with mascarpone cheese. Set aside.
3. In a medium skillet, melt butter.
4. Sprinkle melted butter with brown sugar.
5. Nestle peach slices on top of brown sugar layer.
6. Simmer until peaches are soft and caramelized in brown sugar. Turn peaches once during the cooking process (approx. 5 - 7 minutes).
7. Divide peach mixture between 4 Traditional English Muffin halves.
8. Top with optional raspberries and mint.
9. Drizzle with remaining brown sugar syrup.

Tips and Variations:

- For a closed sandwich option: Toast both halves of Traditional English Muffin. Add topping to bottom half of Traditional English Muffins only.
- Fresh peach weighs 184 g prior to pit being removed (165 g after).
- Fresh or frozen peaches work great. Thaw frozen peaches and slice into thinner slices before using.
- Use your favourite dairy-free cheese and butter for a vegan option.

Yields 4 portions