



پاکستانی سیلیک سوسائٹی  
Pakistani Celiac Society  
[www.celiac.com.pk](http://www.celiac.com.pk)

## All About Gluten-Free Lifestyle

# NEWSLETTER

Fall Issue 2009

### DIRECTORS

**President**--Mr. Ahsan Rashid  
**General Secretary** -- Mr. Sultan Yousaf  
**Treasurer** -- Mrs. Maria Avais

### Founder & Patron:

Dr. Mohsin Rashid FRCP(C)  
Paediatric Gastroenterologist

### MISSION STATEMENT

The Pakistani Celiac Society is a national, volunteer, non-profit organization dedicated to provide support and services to individuals and families with celiac disease and dermatitis herpetiformis through programmes of awareness, advocacy and education.

### What is New?

## Celiac Disease: On the Increase

Celiac disease is a common disorder that affects about 1% of the population. It is being reported more and more from various parts of the world. One wonders whether there is a true increase in the prevalence of celiac disease or whether more people are being diagnosed because of better awareness and increase availability of serological testing. A new study from the U.S.A. helps answer this question.

An elegant study was recently reported in the journal *Gastroenterology* by researchers from the U.S.A. (Rubio-Tapia A et al, *Gastroenterology* July 2009;137(1):88-93). The study subjects included 9,133 healthy young adults at Warren Air Force Base, USA whose serum had been collected between 1948 and 1954. The controls included, 12,768 gender matched subjects from two cohorts from Olmsted County, Minnesota with similar years of birth (5,558) between 1995 and 2003 and age at sampling (7,210) between 2006 and 2008. Tissue transglutaminase antibody (TTG) and endomysial antibody (EMA) were measured. Survival was also measured over a 45 year period in the Air Force cohort.

The results revealed undiagnosed celiac disease found in:

- 14 of 9,133 (0.2%) in Air Force cohort
- 46 of 5,558 (0.8%) in persons with similar years of birth
- 68 of 7,210 (0.9%) in persons with similar age at sampling

The rate of undiagnosed celiac disease was 4.0 to 4.5 fold greater in the recent cohort compared to Air Force cohort. In the Air Force cohort, all-cause mortality was greater in persons with undiagnosed celiac disease than among those who were sero-negative.

The study confirms the dramatic increase in the prevalence of celiac disease in the United States with a greater than 4-fold increase in the last 50 years. This is believed to be a real increase rather than just better diagnosis. The reasons for this increased prevalence remains unknown but may be environmental such as change in quality, quantity or processing of cereals especially wheat. Most of the wheat currently being produced is of very high gluten content.

The true prevalence of celiac disease in Pakistan is not known. Since wheat is a staple and consumed in large quantities in Pakistan, it is likely that the prevalence of celiac disease is high. This is an issue that requires further study.

\*\*\*\*\*

## Challenges of gluten-free diet

Individuals on a gluten-free diet face everyday challenges in terms of what they can and cannot eat. Contamination of food products with gluten-containing items is common and further restricts the diet. The availability of certified gluten-free food products in Pakistan is very poor. Packaged gluten-free food items are mostly imported and are costly. They are not affordable for most patients especially when the diet has to be life-long

The Pakistani Celiac Society wants to help people stay gluten-free. If you have any information on the availability of gluten free food products in any city in Pakistan, please inform us. The information will be put on the Society's web site and can be shared with others who need gluten-free products.

In the future, it is hoped that gluten-free foods can be manufactured within Pakistan. This requires effort and lobbying by the patients who need a gluten-free diet.

## Recipe of the Month

### CHICKEN WITH LEMON SAUCE

#### Ingredients:

- 1). Chicken breasts 2
- 2). Egg 1
- 3). Corn flour 1 cup
- 4). Lemon juice 2 ½ cup
- 5). Salt 1 teaspoon
- 6). Sugar 4 teaspoons

#### Preparation:

- Sprinkle salt on chicken
- Roll chicken pieces in egg then in corn flour. Repeat the procedure but remember the pieces should be dipped in the eggs at the end or after being fried they will be dry.
- Fry chicken in oil (keep the flame low so the chicken is cooked well)
- When the chicken is golden brown in color take it out in flat dish
- Take lemon juice, sugar and one cup of water in a pan, mix well on low heat
- Mix corn flour in one cup water and add to the sauce
- Put the sauce on top on the chicken.

**ENJOY!**



## Watch Out!

Anything that is made from wheat has gluten in it and should not be consumed by patients with celiac disease. Some manufacturers in the country are claiming that their wheat flour (*gundum ka aata*) is gluten-free. This is absolutely false and misleading. Please beware; **the flour (*aata*) from wheat is NOT gluten-free.**



## Interested in Celiac Disease?

Pakistani Celiac Society is seeking individuals who are willing to volunteer their time to advance the mission of the organization. If you are interested, please contact the Society.

## Visit our Web Site

[www.celiac.com.pk](http://www.celiac.com.pk)

Information on celiac disease and gluten-free diet in **Urdu and English** languages is available on the web site of the Pakistani Celiac Society. Some of the material available includes:

- Information on Celiac Disease including Prevalence, Clinical Features, Diagnosis and Treatment
- Information on Dermatitis Herpetiformis
- Details of Gluten-Free Diet
- Instructions on label reading
- Tips for parents of school going children
- Information for Travelers
- Printable Restaurant Cards
- Brochures that can be downloaded and printed

**Membership of Pakistani Celiac Society  
is open to everyone**

Join our free membership on-line at  
[www.celiac.com.pk](http://www.celiac.com.pk)

Contact us at [info@celiac.com.pk](mailto:info@celiac.com.pk)