

WHAT TO KNOW.

Celiac Disease patients often experience the symptoms for 11 years, on average, before their actual diagnosis. However, this is changing due to awareness and better diagnostic tools.

There are 256 symptoms and other related conditions that indicate a patient may have Celiac Disease.

Studies have recently proved that Celiac Disease has a rate of 95% genetic predisposition.

Celiac Disease is about twice as common as Crohn's Disease, Ulcerative Colitis, and Cystic Fibrosis combined.

Celiac Disease is quite often misdiagnosed as irritable bowel syndrome or lactose intolerance.

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EAT. LIVE. BE HEALTHY.

The National Institute of Health estimates that as many as 1 out of 100 Americans has **Celiac Disease**, but about one in 1500 is actually diagnosed with the condition. **You're not alone.** Celiac Disease affects roughly 1.5 to 3 million Americans. They may have varied symptoms or **none at all.** The Lincoln Celiac Disease Support Group is **here to help.** Together we discover a world of gluten-free recipes, dining options, food products, and other tips on healthy living. **Enjoy food again and love life** with your Star City Chapter CSA.

www.lincolnceliacs.org

Helpline. 402.441.9621



THE GLUTEN-FREE DIET.

To treat Celiac Disease you must eliminate gluten from your diet for life. Only eating naturally gluten-free foods would be the simple approach. Unfortunately, that's not always easy. You will be surprised to learn that gluten is hidden in many food products such as soups, salad dressings, medicines, vitamins, vinegars, and ice cream.

Gluten can also be found hidden in or on many items including the glue on stamps and envelopes, the kitchen countertop, on a conveyor belt, toasters, deep fryers, and even in the family peanut butter jar.

Watch out for cross-contamination!

WHAT CAN WE EAT?

Gluten is a protein that is found in wheat, barley, rye, and sometimes oats. So, you can eat any food that doesn't contain any of those ingredients or products of those ingredients. Acceptable foods include rice, plain meats, potatoes, fish, vegetables, and fruits. In addition to malabsorption, many CD patients have other food sensitivities, such as milk, soy, and MSG. So, it's more than a matter of simply not eating bread, pasta, oatmeal, and breaded fried foods. However, it may be as easy as choosing a different brand.

Read all labels carefully!

HELP IS HERE.

You may think that you're the only person in the world with this unusual condition, but there are millions of people in the US with Celiac Disease. Our support group meets regularly to discuss issues related to Celiac Disease as well as Dermatitis Herpetiformis. We work to promote the education, health, and wellness for the **gluten-free lifestyle**.

Things that are available at meetings include gluten-free cookbooks, gluten-free product information, recipes, and restaurant choices. For newly diagnosed Celiacs, meetings are held as needed.