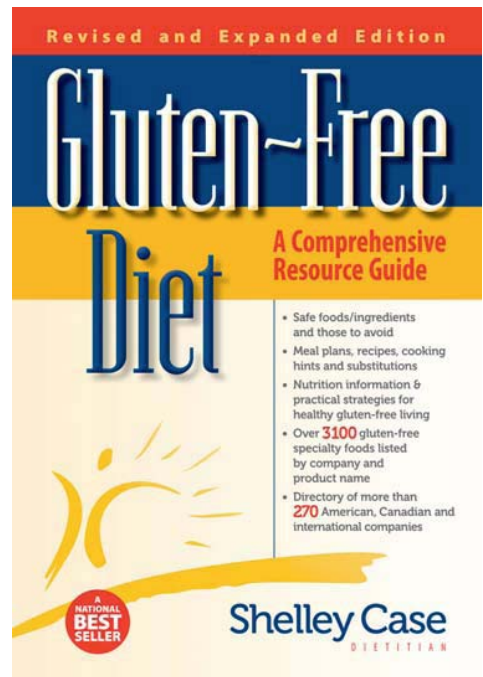


**CELIAC DISEASE & THE GLUTEN-FREE DIET:
WHAT EVERY DIETITIAN NEEDS TO KNOW
WITH SHELLEY CASE, RD**

**Friday May 29, 1:00 – 4:00 pm
Waterloo Inn
475 King Street North, Waterloo, Ontario
Cost: \$55.00**

According to the NIH, 1:100 people have celiac disease yet 97% are undiagnosed. If left untreated, it can result in infertility, osteoporosis, cancer and development of other autoimmune disorders. Medical nutrition therapy with a gluten-free diet is the only treatment for celiac disease. Dietitians need to be armed with the most current, evidence based and practical information about the disease and diet in order to effectively meet the needs of this rapidly growing population.



This session will feature an update on previously unrecognized symptoms, associated disorders (e.g. Type 1 diabetes, autoimmune thyroid disease, Down syndrome) and complications; serological and genetic testing; gluten-free diet guidelines; status of oats; use of alternative grains, flours and starches; nutritional concerns; new food allergen and gluten-free labeling regulations; and practical resources for dietitians and their clients.

Upon completion of this program, the participant will be able to:

1. Identify the signs and symptoms of celiac disease in children and adults
2. List disorders associated with celiac disease
3. List the complications and nutritional concerns
4. Explain the diagnostic tests for celiac disease
5. Describe the gluten-free diet including foods/ingredients allowed, to avoid and to question
6. Discuss the impact of current and proposed labeling regulations on gluten-free diet planning
7. Understand the quality of life issues for patients on a gluten-free diet
8. Identify appropriate gluten-free specialty products and resources for patients
9. List the alternative grains, flour and starches and ways to use them in the diet
10. List nutritional concerns for individuals with celiac disease before and after diagnosis
11. Discuss ways to improve the nutritional quality of the gluten-free diet

This seminar is being held in conjunction with the Canadian Celiac Association National Conference. You will have an opportunity to visit the Conference exhibitors area featuring more than 40 manufacturers of gluten-free food. For more information, visit www.kwceliac.org. Questions? Call Sue at 519.885.4689.

To REGISTER, FAX THIS FORM TO 866-281-2368

Name _____
Affiliation _____
Credit Card Number _____
Expiry Date ____/____
Name on Credit Card _____
Signature _____

To pay by cheque, reserve your place by emailing your name and work affiliation to sue.newell@sympatico.ca. Make your cheque payable to "Canadian Celiac Association, KW Chapter". Mail the cheque to: KW CCA c/o Sue Newell, 30 Blue Spring Drive PH 13, Waterloo, ON, N2J 4T2