



*Endoscopy Center of Long Island \*711 Stewart Avenue \*Garden City\*NY\*516-227-3254*

## CELIAC CENTER OF LONG ISLAND NEWSLETTER

### **An Important Message From our Director, Alan S. Lipp, MD**

As we enjoy the holidays and celebrate the new year, we tend to reflect on the past and look forward to the future. Many of you have been with us from the beginning and share our desire to provide Long Island with an academic resource for "all things celiac". 2018 was a year of tremendous growth for our Celiac Program. We have had fascinating lectures and continue to add new members to our group. I ventured over to our friends at the Gluten Intolerance Group of Long Island to give them an informative talk and also went out to various areas of the community through the Northwell Community Outreach program to educate the general population about celiac disease. But our most exciting things lie ahead as we will begin involvement in clinical research of celiac disease. It looks like we will be participating in the largest study to date of a potential treatment for celiac disease. I have also been approached by my friends at the Celiac Center at Columbia University about collaborating together.

I genuinely hope that many of you will jump at the possibility of participating in our research. By doing so, you will be making a major contribution to our understanding of celiac disease and may be a pioneer in discovering a treatment for the disease. I expect to be sending out details of our studies in the weeks and months ahead. If you have interest in participating or questions, please email me at [alipp@ecliny.com](mailto:alipp@ecliny.com).

Wishing everyone a wonderful holiday season and a happy and healthy new year!

### **OVERVIEW OF SEPTEMBER CELIAC LECTURE**

**Dr. Alan S. Lipp, Director of the Celiac Center of Long Island, gave an in-depth lecture on the emerging therapies for Celiac Disease (CD) on the 26<sup>th</sup> of September. Affecting between 2.5 and 3 million Americans, pharmaceutical companies have begun to gain interest in developing medications to supplement the traditional 100% gluten free diet.**

Those with Celiac Disease were asked what they looked for most in potential treatments, and the results showed that while 87% of patients wanted a drug to protect them from cross contamination, only 65% were interested in drugs that would enable gluten consumption. This data is essential in developing an understanding within the pharmaceutical industry to provide the type of relief that those with Celiac Disease are longing for.

After walking through the immune response to gluten in those with CD, Dr. Lipp elaborated on the lengthy process of obtaining FDA approval for new treatments. There are currently a number of different trials that are looking to treat those with Celiac Disease that range from oral medications to vaccines similar to those administered for allergies.

There is currently one drug in phase 3 testing called Larazotide Acetate which aims to reduce symptoms of Celiac Disease upon gluten consumption. While Larazotide Acetate is not being looked at as a replacement for a gluten free diet, it will hopefully aid in preventing symptoms due to accidental cross contamination.

For now, the only accepted treatment for Celiac Disease is 100% gluten free diet with no cross contamination. However, as interest from pharmaceutical companies continues to grow, we expect the number of therapies to treat CD to increase in the years to come.

## **A Host With the Most? : The Celiac Patients' Eucharistic Dilemma**

**By C.J. Pohanka**

Receiving the body and blood of Christ in the form of transubstantiated bread and wine is one of the most important ways for Catholics to reaffirm and deepen their faith. Aside from the spiritual contemplation that accompanies receiving Communion, most of us go about the routine without a second thought. We are directed towards the nearest Eucharistic Minister, wain in line, receive the host, take a sip of wine from the chalice, and return to our pew. However, for those with celiac disease, this process is not so simple. Due to an autoimmune response to gluten, people with celiac disease cannot eat wheat, which means they cannot eat the host. According to longstanding Catholic doctrine, the host must contain wheat, so this poses a significant problem for those with celiac who wish to fully participate in the Blessed Sacrament. Not only can they not eat the host, but they must be careful of the cross contamination that can occur from the chalice. A separate chalice for those who have not received a gluten containing host would be advised.

Luckily, in recent years the Church has deemed the use of low-gluten hosts to be valid, and the Benedictine Sisters of Perpetual Adoration have been at the forefront of their production. According to the FDA, a product may only be marketed as gluten-free if it contains 20 parts per million (ppm) of gluten or less, so technically, the Benedictine Sisters' hosts are in fact, gluten-free as they contain only 10 ppm of gluten. Considering the small size of the host, the amount of gluten it contains can be considered negligible compared something like a piece of gluten free bread.

Although these low-gluten hosts provide some solace for those who are able to tolerate small amounts of gluten, for those who cannot, the problem remains. Furthermore, even with the option of a very expensive low-gluten alternative, celiac afflicted churchgoers have to make sure that their parish has them available and keeps them separate from the full-gluten hosts. This necessity for separation is where another problem arises. Receiving the Eucharist is meant to symbolize unity not only with Christ, but with your fellow Catholics. Since those with celiac disease need their bread and wine to be separate from any gluten, this unity is broke.

So, how will this problem be fixed? How can we help destigmatize Catholics with celiac disease? The most obvious yet unlikely solution would be for the Church to declare that the host can be made from a grain other than wheat. Due to millennia of tradition and the fact that Jesus broke wheat bread at the Last Supper, this is very improbable. Another possibility would be for all parishes to completely switch to a low-gluten host. Although this would be much more expensive than continuing with gluten containing hosts, this solution would end the fear of cross-contamination and allow those with celiac to truly feel unified with their peers. One last solution is not theological but pharmaceutical. Several drugs to treat celiac disease are in the clinical trial process. Although most do not aim to explicitly cure the disease, they attempt to make small amounts of gluten tolerable to the body. This would be perfect for a person with celiac who wants to receive the host without feeling sick afterwards. Although these drugs are likely years away, there is hope. For years, Catholics with celiac disease have been placed in an awkward position, and it is time that the Church determines how to best help this community feel that they area one with their fellow churchgoers.

## **HOLIDAY RECIPES FROM BARBARA CALLANAN, CIA TRAINED CHEF**

### **Mousse Base**

¾ cup heavy cream  
½ tsp vanilla  
2 tsp powdered sugar  
8 oz. Cream Cheese whipped  
½ cup (50g) powdered sugar  
½ tsp (2.5ml) vanilla

### **Pumpkin Mousse**

¾ cup pumpkin puree not pumpkin pie mix  
½ tsp cinnamon

### **Raspberry Mousse**

¾ cup Raspberry Jam

### **Chocolate Mousse**

½ cup cocoa  
Increase sugar to 1 cup

1. Whip ¾ cup heavy cream, ½ tsp vanilla, 2 tsp powdered sugar until stiff peaks form. Transfer to bowl and set aside.
2. Whip cream cheese, add ½ cup powdered sugar, ½ tsp vanilla, mix desired flavor and hand mix until combined and smooth.
3. Transfer this cream cheese mixture into large bowl. Fold in whipped cream mixture to the cream cheese mixture. Transfer to a large pastry bag fitted with a star tip. Pipe into serving cups. Refrigerate until ready to serve.

### **Sugar Cookie Recipe for Cookie Cutters**

Servings-5 dozen

Ingredients:

1 ½ cups butter, softened  
2 cups white sugar  
4 eggs  
1 tsp vanilla extract  
5 cups all purpose flour 2 tsp baking powder  
1 tsp salt

1. In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt. Cover, and chill dough for at least one hour (or overnight).
2. Preheat oven to 400 degrees, Roll out dough on floured surface ¼ to ½ inch thick. Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
3. Bake for 6 to 8 minutes in preheated oven. Cool completely.

## Stained Glass Cookies Recipe

Servings: 20

Ingredients:

40 Life Savers Candies, different colors, sorted out by color and crushed

For the cookies:

1 cup butter unsalted, cold, cut into pieces

1 cup sugar

2 eggs at room temperature

3 ½ cups gluten free flour ready to use for baking

2 tsp vanilla extract

1 tsp cornstarch

¼ tsp salt

Instructions:

1. Preheat oven to 350 degrees
2. In the bowl of a stand mixer, fitted with the paddle attachment cream together butter and sugar. Scrape the sides and bottom of the bowl and add eggs and vanilla. Beat to combine.
3. Add flour, cornstarch, and salt. Beat until incorporated, for 3-4 minutes. Shape into a ball.
4. Roll out the dough between 2 pieces of parchment or wax paper, it needs to be around ¼ inch thick.
5. Cut out cookies-a snowflake cutter works great. Cut out a smaller star, snowflake or a circle in the inside and remove the inside dough.
6. Chill the cookies for 20-30 minutes.
7. Using a small spoon, fill the inside of the cookies with the crushed candy. Do not overfill, but fill almost to the top edge. You can make a hole on the top of each cookie with a skewer, if you are planning to hang them.
8. Bake for 12 minutes, until the crushed candy is melted and the cookies are golden.
9. Let the cookies cool on the baking sheet, then carefully remove and place on a platter.



## Creamy Butternut Squash Soup with Ginger, Coconut Milk and Red Lentils

Prep Time; 15 minutes, Cook time: 30 minutes, Serves: 6

1 lge onion, rough diced  
3 cloves garlic, minced  
1 inch piece ginger, peeled and diced  
2 tablespoons extra virgin olive oil  
6 ounces red lentils, dried  
1 ½ quarts cold water  
2 pounds butternut squash, peeled and diced  
8 ounces coconut milk  
TT salt and ground pepper  
Fresh parsley (chopped) for garnish

Peel and roughly dice the onion, garlic and ginger. Pour olive oil in 4 quart stock pot, add onion, garlic and ginger. Gently sweat over medium heat, with the lid on, stirring frequently to prevent from sticking, for around 10 minutes or until golden and transparent.

Wash the lentils in a colander by placing them under cool running water. (remove any grit or dirt, if present.) Set aside. Peel the butternut squash, scoop out the seeds and cut it into rough dice.

When the onion mixture is ready, pour in the water and bring to a boil. Add the lentils and the squash; reduce heat to a light boil.

Cook until tender-approximately 20 minutes. Remove pot from stove and blend until smooth either with a stick blender, or in a standard upright blender.

Pour the coconut milk into the pot of blended soup and season with salt and pepper to taste.

Garnish with chopped parsley.



***NEXT CELIAC LECTURE:***

**4/10/2019**

**Quick and Easy Ways to Make Your Favorite Recipes Gluten Free**

**Marlisa Brown, MS, RDN, CDE, CDN**

**Celiac Dietician and Author**