



پاکستانی سیلیک سوسائٹی
Pakistani Celiac Society
www.celiac.com.pk

گلوٹن کے بغیر روزمرہ زندگی All About Gluten-Free Lifestyle

NEWSLETTER

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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?

Report on the Meeting of the Pakistani Celiac Society in Karachi

The first meeting of the Pakistani Celiac Society in Karachi was held on Thursday 23, December 2010 in the evening at the Karachi Boat Club. The agenda included a presentation on celiac disease and gluten-free diet. This was followed by a Question & Answer session, informal discussion and refreshments.

The meeting was attended by members of Pakistani Celiac Society which comprised mainly of adult patients, parents of children and other individuals interested in celiac disease. A representative of local gluten free food manufacturer and doctors were also present.

Mr. Sultan Yousaf, General Secretary of PCS opened the proceedings by welcoming the guests and describing the objectives of the meeting. The purpose of the meeting was to provide an opportunity for patients to connect with each other and share ideas and information about their experiences with gluten free diet and its management. Moreover, there is a

need to create regional (satellite) chapters to address the local issues as they relate to celiac disease and gluten-free diet. Karachi is the largest city of Pakistan and a significant number of patients had joined the on-line membership. The Karachi meeting was held in keeping with the requests and feedback by the members.

Dr. Mohsin Rashid delivered a talk on Celiac Disease and Gluten-Free Diet in Urdu to make it easier for all the participant to understand. The history behind the creation of the Pakistani Celiac Society and the importance of having a patient support group was described. The pathogenesis, clinical features and diagnostic issues in celiac disease were highlighted in the presentation. The future challenges and opportunities include continuing patient information and education and promoting advocacy by improving awareness of celiac disease amongst the health professionals, food industry and society in general. Collaboration with regional celiac support organizations would be helpful for sharing common information. The essence of all these efforts is to improve availability of affordable gluten-free product and make life easier for patients with celiac disease in our country.

The first and foremost need is to create awareness of celiac disease in our country. The creation of website in both English and Urdu language is one of the steps in this direction.

Sultan Yousaf gave a presentation on the challenges of gluten-free diet. He highlighted the importance of reading labels when buying food products to ensure that they are gluten-free. It was stressed that label reading is an important concept to understand and practice. The individuals should learn to read the labels carefully not only themselves but also train their children to do the same. Examples of good and poor labeling were provided. Labeling can be deceptive when enough information is not listed in ambiguous or distorted. No matter what the product label says, any product that is made from or contains any amount of wheat, barley or rye is not gluten-free and should not be consumed. The difference between wheat-free and gluten-free was highlighted.

The presentations were followed by a question and answer session. The participants showed a keen interest and appreciation of the efforts of the Society and the potential benefits it may have for the patients.

Special thanks were given to Mr. Usman Sadiq for arranging the venue for the meeting and Mr. Anis-ur-Rehman Dhanani for providing the gluten-free snacks. The participants had an opportunity to meet each other and discuss issues of mutual interest. A souvenir pen and new English brochures of the PCS were presented to all the guests at the meeting. It is hoped that the members from Karachi will continue to hold just meetings in the future.

Gluten-Free Diet and Constipation

Individuals on a gluten-free diet can sometimes develop constipation i.e. hard and painful bowel movements, as their diet may be low in fiber. Dietary fiber is important for normal bowel movements and also has several other health benefits

Dietary fiber is of two main types: soluble and insoluble. Most fibers are a mixture of the two. Some soluble fibers form a viscous gel while others dissolve completely in water. Insoluble fibers do not form gels and go through the intestinal tract largely intact. Fiber works by keeping water in the bowel thus making the stools soft. It is recommended that adults consume 25-30 grams of fiber daily.

There are several natural sources of dietary fiber. Fruits and vegetables provide an excellent source of fiber and also contain other important nutrients like vitamins and minerals. Nuts and seeds are also healthy sources of natural fiber. Meats and dairy products do not contain any fiber. Fiber should be gradually introduced in the diet as gas and flatulence may occur.

An adequate amount of water intake is important for the fiber to work properly. An adult should drink on average 6 to 8 glasses of water every day. During summer months the requirements will increase.

If constipation develops while consuming a gluten-free diet, the intake of fiber-containing foods should be increased along with an adequate amount of fluid. If that does not help, a laxative (stool softener) can be tried.

Is Ispaghul Gluten-Free?

Ispaghul (also pronounced ispaghula, isabgol) is a carbohydrate gum derived from the seed husk of a plant *Plantago ovata*. It is also known as psyllium and is used as a thickening agent in foods. It is a rich naturally occurring source of soluble fiber.

A popular brand of psyllium husk is Metamucil™, available in powder, capsules and wafers. All Metamucil powders and capsules are gluten-free. However, Metamucil wafers contain gluten because they have wheat flour as an ingredient.

Pure Ispaghul (psyllium) is gluten-free and is safe for use by patients with celiac disease. For the various brand preparations of ispaghol, the ingredient list must be checked.

Benefiber™, Gluten-Free or Not?

Benefiber™ is a natural soluble fiber preparation and contains wheat dextrin. Dextrin is a highly purified product and, although derived from wheat, its gluten content is less than 20 ppm (part per million). The current proposed international definition of gluten-free is that the product should have gluten less than 20 ppm. By this definition Benefiber™ is "gluten-free". However, the manufacturer recommends that "people who experience gluten intolerance should not consume any products, including Benefiber™ that contain any level of gluten unless otherwise directed by their doctor."

Visit our Web Site

www.celiac.com.pk

Joining Hands



Membership of Pakistani Celiac Society is open to all patients with celiac disease and those who are interested in this area

Join our free membership on-line at

www.celiac.com.pk

For further information contact

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