



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

All About Gluten-Free Lifestyle گلوٹن کے بغیر روزمرہ زندگی

## NEWSLETTER

Spring 2011  
(April to June)

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### 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: A Global Disorder

Celiac disease is being reported from around the world. It can present in a variety of ways, diarrhea being one manifestation. Diarrhoeal diseases are very common in our country and many are due to infections of the gastrointestinal tract. These can cause serious malnutrition as the patient is not able to adequately absorb nutrients from the diet. There can also be loss of appetite and vomiting, further limiting caloric intake. Malnutrition itself can lead to increase risk of gastrointestinal infections and diarrhoea due to a weakened immune system. Diarrhoea is one of the leading causes of death especially in children.

It is quite possible that some patients with chronic diarrhoeal illness may be suffering from unrecognized celiac disease. Therefore, celiac should be a strong consideration in patients with chronic diarrhea as these patients can benefit from a gluten-free diet once diagnosed.

A recent publication from Sweden and South Africa addresses the issue of celiac disease and diarrhoeal mortality. The abstract is being presented here for the interest of the readers. The full article is available online. The citation is as follows:

Byass P, Kahn K, Ivarsson A (2011) The Global Burden of Childhood Coeliac Disease: A Neglected Component of Diarrhoeal Mortality? *PLoS ONE* 6(7): e22774. doi:10.1371/journal.pone.0022774

**Objectives:** Coeliac disease has emerged as an increasingly recognised public health problem over the last half-century, and is now coming to be seen as a global phenomenon, despite a profound lack of globally representative epidemiological data. Since children with coeliac disease commonly present with chronic diarrhoea and malnutrition, diagnosis is often overlooked, particularly in poorer settings where children often fail to thrive and water-borne infectious diarrhoeas are common. This is the first attempt to make global estimates of the burden of coeliac disease in childhood.

**Methods:** We built a relatively crude model of childhood coeliac disease, incorporating estimates of population prevalence, probability of non-diagnosis, and likelihood of mortality among the undiagnosed across all countries from 1970 to 2010, based around the few available data. All our assumptions are stated in the paper and the model is available as a supplementary file.

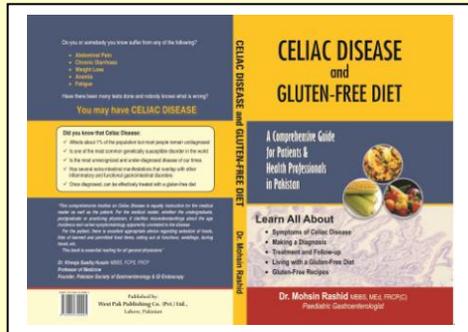
**Findings:** Our model suggests that in 2010 there were around 2.2 million children under 5 years of age living with coeliac disease. Among these children there could be 42,000 deaths related to coeliac disease annually. In 2008, deaths related to coeliac disease probably accounted for approximately 4% of all childhood diarrhoeal mortality.

**Conclusions:** Although coeliac disease may only account for a small proportion of diarrhoeal mortality, these deaths are not preventable by applying normal diarrhoea treatment guidelines, which may even involve gluten-based food supplements. As other causes of diarrhoeal mortality decline, coeliac disease will become a proportionately increasing problem unless consideration is given to trying gluten-free diets for children with chronic diarrhoea and malnutrition.

## Book on Celiac Disease

The book "Celiac Disease and Gluten-Free Diet" by Dr. Mohsin Rashid is available for purchase at a nominal price of Rs 200/= only. It was published in March 2011 and has 166 pages and 24 color images (ISBN: 978-969-434-000-5). The book contains detailed medical information on Celiac Disease and Gluten-Free Diet both for patients and physicians.

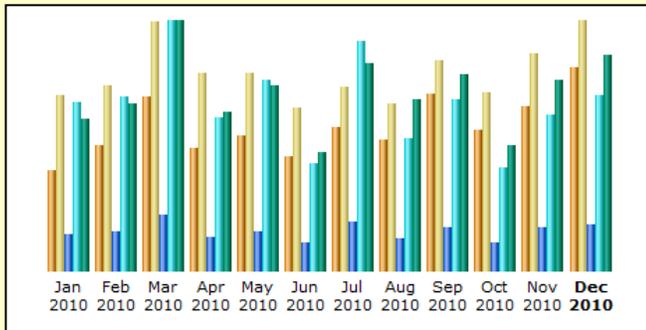
If you are interested in buying a copy, please contact the Pakistani Celiac Society by email.



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## Web site

Pakistani Celiac Society's web site continues to be a popular place with increasing interest by viewers. The following graph and figures show the number of hits and the various countries origins of viewers for the year 2010.



Month	Unique visitors	Number of visits	Pages	Hits
Jan 2010	149	260	1294	5855
Feb 2010	187	275	1379	6044
Mar 2010	259	369	1940	8680
Apr 2010	183	294	1171	5331
May 2010	200	294	1360	6630
Jun 2010	170	243	1010	3730
Jul 2010	213	273	1703	7965
Aug 2010	194	249	1118	4585
Sep 2010	262	312	1538	5956
Oct 2010	210	265	990	3591
Nov 2010	244	323	1511	5448
Dec 2010	301	371	1622	6081
Total	2572	3528	16636	69896

Countries		Pages	Hits
Pakistan	pk	1170	5245
United States	us	120	290
Great Britain	gb	105	604
Canada	ca	99	413
Russian Federation	ru	46	49
Spain	es	43	262
Germany	de	33	80
United Arab Emirates	ae	11	65
Ivory Coast (Cote D'Ivoire)	ci	8	49
European country	eu	7	63
Greece	gr	6	46
South Africa	za	6	31
Burkina Faso	bf	3	11
Japan	jp	3	5
Australia	au	3	18
Nigeria	ng	3	22
China	cn	2	2
Italy	it	2	2
Turkey	tr	1	1
Nepal	np	1	1
Cyprus	cy	1	4

## Recipe

Contributed by: Mrs. Jane Steele, Islamabad

### DOUBLE CHOCOLATE DELIGHT

#### Ingredients:

- 2 cups brown rice flour
- 1 tsp salt
- 1 3/4 cups sugar
- 1/2 cup unsalted butter
- 2 unbeatn eggs
- 1/2 cup cocoa
- 1 cup hot coffee
- 1 tsp baking soda
- 1/2 cup boiling water



#### Preparation:

1. In a large bowl, sift flour and salt together.
2. In a separate bowl, add sugar to butter, creaming well. Add eggs and blend.
3. In a small dish, combine cocoa and hot coffee. Add to the creamed mixture and stir well.
4. Dissolve baking soda in boiling water. Add to creamed mixture and stir well.
5. Add flour mixture to creamed mixture and stir well.
6. Turn into greased cake pan or lined muffin tins.
7. Bake at 375°F, 30 minutes for cake; 20 min cupcakes.

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Membership of Pakistani Celiac Society is Open to All



Join Hand

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)