



### We Need You!



Although this year's Gluten-Free Chef of the Year competition has already kicked off we are still searching for more talent to get it really cooking.

By encouraging local chefs and catering students to get involved you can help us raise the profile of coeliac disease in the catering industry, for now and the future.

#### How can you help?

Contact us and we'll send you some posters and flyers that you can hand to the chefs or students you think could really shine - or simply drop them into your local restaurants or catering colleges.

#### Why should people enter?

Raymond Blanc OBE will be judging this year's competition and we have some incredible prizes on offer for the lucky winners. The winners will be promoted to the press and media, providing great exposure for their restaurant or catering college.



#### Who can enter?

Gluten-free Chef of the Year - if you know of any professional chefs or restaurants that give special consideration to the gluten-free diet, why not get them involved?



Up and Coming Gluten-free Chef of the Year - any talented chefs in the making are encouraged to enter and experiment with gluten-free cooking to get themselves noticed.

We need your support to get the gluten-free message across.

Please visit [www.coeliac.org.uk/glutenfreechefoftheyear](http://www.coeliac.org.uk/glutenfreechefoftheyear) for more information.

The closing date for entries is 6 November 2009.

Or, download the materials:

[Recipe competition poster](#)

[Recipe competition leaflet](#)

### Meet the experts at Gastro 2009



Members of Coeliac UK are warmly welcomed to a gathering of the worlds leading gastroenterological bodies at Gastro 2009 for the public information event - "The burden and confusion of chronic gut conditions".

This landmark event, to be held in London, will provide a discussion platform for the world's most prominent leaders in the field. Key issues will include the latest medical opinion, research, and information on diagnosis and management. The experts will also discuss techniques to help take control of chronic gut conditions and ease their impact on the lives of those with related conditions.



Your speaker for the session on coeliac disease is

Dr David S. Sanders, an NHS Consultant

Gastroenterologist (at the Royal Hallamshire Hospital) but also an active clinical researcher. He has successfully obtained research funding of over £1.5million and published over 160 peer-reviewed manuscripts. Dr Sanders has been conducting research into coeliac disease for over 11 years. He has one of the largest patient groups in the UK. This has resulted in many clinical studies being published from the Department in Sheffield. As a result he has been awarded an Honorary Readership with the University of Sheffield.

He is committed to trying to improve both the recognition of people who have not been diagnosed with coeliac disease yet, but also their management thereafter.

He said: "None of the work we do could ever have been possible without the continued support of the regional Coeliac UK group. For this reason I feel a strong sense of responsibility and commitment towards any projects that involve Coeliac UK."

Location: London's ExCel Centre, Royal Victoria Dock, E16 1XL

Date: Sunday 22 November 2009

Time: 2-5pm (registration at 1.30pm)

To reserve your free place, please telephone 01444 484888.

For venue information visit [www.excel-london.co.uk](http://www.excel-london.co.uk)



### NICE guideline awareness



We've been talking to you about the recently published NICE guidelines on coeliac disease, and you've been talking to us about it too!

Our recent Helpline report shows a marked increase in calls during Awareness Week, earlier this year in May. Calls about diagnosis doubled on results from 2008, a great result for us getting the message of the guidelines out to you.

### Coeliac disease makes the front cover



We were really pleased to see coeliac disease featured in this month's issue of The Pharmaceutical Journal.

The three page article, entitled *Coeliac disease: opportunities and challenges for pharmacists* highlights the number of people with coeliac disease who are undiagnosed in the UK. The article also discusses the difficulties involved with obtaining gluten-free food on prescription and possible solutions.

It is fantastic to see that the objectives of the pharmaceutical industry are in line with those of Coeliac UK and that The Pharmaceutical Journal will give the issue of coeliac disease such a good platform for discussion.

### Media update



We were delighted with a mention on the health pages of the September issue of Cosmopolitan magazine (left) which has a very large readership and is notoriously difficult to gain coverage in. Gluten-free recipes were also featured in Weight Watchers Magazine, coeliac home testing kits discussed in Easy Living magazine and a reader's question about coeliac disease published in Asda magazine.

Look out for a feature in the October issue of Red Magazine. A Member was about living on a gluten-free diet. We are also hoping to be featured in That's Life and Women & Home during the Autumn - we don't yet know the dates when these will publish.

Sarah Sleet, Chief Executive of Coeliac UK, was interviewed by BBC Radio Essex in August, talking about coeliac disease while people called in to give details of safe places to eat gluten-free across Essex.

Sarah is also being interviewed for a podcast on Food Navigator website. As soon as the link goes live we will let you know

The Coeliac UK Awards are still being covered by the media and it is great to see the winners gain publicity for their achievements.

We are awaiting confirmation of the exact date the programme will be aired but during October, the UK TV Food channel will be doing a whole programme on the gluten-free diet. The programme will include interviews with a family with a child who has coeliac disease. Filming took place over the summer and the programme is presented by chef, Simon Rimmer, and the programme is called 'Simon Rimmer's Dinners'. The programme goes out on the satellite channel in October and will be repeated 10-15 times, clocking up around 1 million viewers in total. We are very grateful to the family for the time they gave to many days of filming and being invaded by TV cameras. As soon as we know more details we will of course let you know.

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## AGM 2009, Derby



Following our 2009 AGM and Annual Conference in Derby, we are pleased to publish all of the talks from the day as well as details of highlights from the event.

[Access the presentations here.](#)

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## Coeliac UK Awards presentation



Ruma Kinkead-Weekes, winner of the Healthcare Professional Award 2009, was presented with her award on August 17.

Ruma was unable to attend the presentation at the Coeliac UK AGM, so Miranda Brooks joined members of the South Kent Group with Kate Commell from Juvela to present the award at William Harvey Hospital, Ashford. In the nomination Ruma, a dietitian, was called "one in a million" due to the high level of support she gives both within the hospital and during her attendance at local Group events. We are delighted to have been able to present the award and are grateful to the East Kent Hospital Trust for providing a room for the presentation.

Picture is of Ruma and Ursula Jones, South Kent Group Organiser.

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## AGM and Annual Conference 2010, Edinburgh



2010 will see a change to the format of the AGM and Annual Conference. We are bound by the rules of Companies House to hold our AGM in England or Wales so in order that we can host a conference in Scotland we have decided to separate the Annual Conference from the AGM next year.

The Annual Conference will take place on 26 June 2010 at Edinburgh Napier University - [www.napier.ac.uk](http://www.napier.ac.uk) - and will play host to a number of activities, including:

- a food fair with around 30 gluten-free manufacturers
- private dietetic consultations
- special information workshops for newly diagnosed Members
- cookery demonstrations

an ask the experts panel.

The Annual General Meeting will be a smaller affair than usual, held at a small church venue near to the High Wycombe office. The date will be 18 September 2010

## Coeliac disease in the arts



Janet Woodward will be flying the flag for Coeliac UK in September as she spends 1 hour atop Trafalgar Square's forth plinth.

Janet applied to be part of Anthony Gormley's One & Another exhibition. The plinth will occupy 2400 people individually, each having an hour to display "an image of themselves and a representation of the whole of humanity" 24 hours a day for 100 days.

Janet will be on the plinth between 7 and 8am on 6 September so visit <http://www.oneandother.co.uk/> to watch her live via webcast.

Janet will be raising money for the Coeliac UK Sheffield Group - <http://www.justgiving.com/Janetontheplinth2/> amongst other charities, so please do donate if you can.

We would all like to wish Janet all the best of luck, and many thanks for the great work that she is doing.

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## New cookbook in our online shop



Something every parent with a child on a gluten-free diet has been waiting for!

We are now stocking a new cookbook 'The gluten-free cookbook for kids'. The book includes many simple recipes, packed lunch ideas and practical tips for looking after a child with coeliac disease.

All for just £12 (including P&P)

Visit [www.coeliac.org.uk/shop](http://www.coeliac.org.uk/shop) to place your order.

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## Group events during September 2009

This is just a taster of the events being held by our Groups around the country. For a more detailed list, please go to the What's On section of the website.

### 7 September 2009 Beds and Mid Herts Group

Coffee morning at Sainsbury's Supermarket, Corey's Mill, Stevenage, Herts, 10am-11.30am.

### 12 September 2009 Belfast Group

Cookery demonstration by Group Members and recipe sharing/swapping of successful recipes for cakes, bread etc plus demonstration on how to make edible bread from a bread maker at the Wellington Park Hotel, 2pm.

### 12 September 2009 Cleveland Group

Cookery demonstration by Juvela at the Community Centre, Durham Lane, Eaglescliffe, 2pm-4.30pm.

### 12 September 2009 Wessex Group

All New Members are welcome to join the committee for a chat at John Lewis's restaurant, West Quay Shopping Centre, Southampton. Contact Group for further details.

### 16 September 2009 Ayrshire and Arran Group

Talk by Dr Rose, consultant gastroenterologist, at the MacDonald Education Centre, Ayr Hospital, KA6 6DX, 7pm. Refreshments available.

### 17 September 2009 North East Fife Group

Talk by Angela Kilday, Campaigns and Volunteers' Manager, Scotland at St John's Church Hall, Bonnygate, Cupar, 7.30pm.

### 18 September 2009 Leicestershire Group

Members meeting and demonstration by a leading manufacturer at Markfield Community Centre, Mayflower Close (off Oakfield Avenue), Markfield, LE67 9ST, 7.30pm.

### 19 September 2009 Clwyd Group

Food Fair at Springfield Hotel, off A55 Expressway, Holywell, CH8 8BD, 10am-2pm.

**19 September 2009 Newcastle and Gateshead Group**

Information afternoon including talk by gastroenterologist, Dr Bunn, Q & A session plus displays from local companies at Gateshead Civic Centre (Council Chamber, 1st floor), Regent Street, Gateshead, 1.30pm-3.30pm.

**23 September 2009 Exmouth Group**

Talks from a consultant gastroenterologist and local pharmacist at Withycombe Rugby Club, Hulham Road, Exmouth, 7.30pm.

**26 September 2009 Beds and Mid Herts Group**

Home Counties Food Fair at The Weatherley Centre, Eagle Farm Road, Biggleswade, Beds, SG18 8JH, 10am-2pm.

**26 September 2009 Middlesex South Group**

Cookery demonstration by Juvela at Whitton Community Centre, Percy Road, Twickenham, TW2 6JL, 2pm-4pm.

**3 October 2009 Cardiff and East Wales Group**

Bring your own gluten-free food to share at an informal tea party at The Old School, Sully, 2.30pm-4.30pm where you can meet the new committee and offer suggestions on the type of events you would like the Group to organise.

**3 October 2009 Cleveland Group**

Coffee morning at Stockton Parish Church Hall, High Street, Stockton, 9.30-11.30.

**3 October 2009 North Staffordshire Group**

60's dance night with live music and pie and pea supper at the Meir Community Centre, 7pm.

**3 October 2009 Sheffield Group**

Group meeting with presentation by Emma Killilea of Delicious Alchemy at St Mary's Church and Conference Centre, 11am. Refreshments and time to chat from 10am.

**The Volunteers' Conferences 2009 have been booked. Committee members are to liaise directly with their Group Organiser for a space at the Conferences.**

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To keep up to date with Juvela's whereabouts [click here](#).



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**Coeliac UK staff jumping for Coeliac UK!**

This Saturday, 5 September, two members of Coeliac UK staff and a staff member's mam are braving their fears to raise money for Coeliac UK!

If you haven't already, why not sponsor their efforts and help them reach their targets?

[Jo Archer](#), Campaigns and Communications Manager (centre), her mam, Marilyn (left), and [Lisa Trivett](#), Head of Services and Income Generation (right) will throw themselves out of a plane from



10,000 feet to raise money for Coeliac UK.

All three are excited and a bit scared about the jump, but they are most scared of not reaching their fundraising targets!

They have a way to go to raise the money they would like to, so if you can sponsor them, please do dig deep.

[Jo and Marilyn Archer](#)

[Lisa Trivett](#)

We wish them well and hope the jump goes well!

Look out for photographs in your next edition of eXG!

### The winning ticket is....



The 2009 Summer Draw was a huge success, raising much-needed funds for the Charity to continue its work. We are very grateful to all Members who bought or sold raffle tickets on our behalf.

The lucky winners are:

| Prize           |        | Counterfoil | Winner's name                 |
|-----------------|--------|-------------|-------------------------------|
| First prize     | £7,945 | 01156494    | Mrs G Armstrong, Birmingham   |
| Second Prize    | £1,000 | 00389296    | Mr A Cathie, Strathaven       |
| Third Prize     | £500   | 00634583    | Mr G Walker, Cheshire         |
| Runner up Prize | £50    | 01348882    | Miss R Hering, Cambridgeshire |
| Runner up Prize | £50    | 01661366    | Mrs P Howell, Sussex          |
| Runner up Prize | £50    | 00595864    | Mrs M Cooke, Manchester       |
| Runner up Prize | £50    | 00091339    | Miss M V Miles, Manchester    |
| Runner up Prize | £50    | 01461821    | Mrs J R Smith, Chelmsford     |
| Runner up Prize | £50    | 00159654    | Mrs H Lowndes, Derbyshire     |
| Runner up Prize | £50    | 00858849    | Mr D Leeson, Lincolnshire     |
| Runner up Prize | £50    | 00200488    | Ms Pauline Brighton, Oxford   |
| Runner up Prize | £50    | 00000038    | Mr A M Large, Gosforth        |
| Runner up Prize | £50    | 02065845    | Miss Leanne Lewis, Glynccorwd |

### Last chance to sign up for the Great South Run



The Great South Run is back once again, on 25 October 2009. The fast and flat course takes in 10 miles of naval heritage through Southsea in Portsmouth including HMS Victory and the Mary Rose. The run is open to runners of all abilities who are 15 or older.

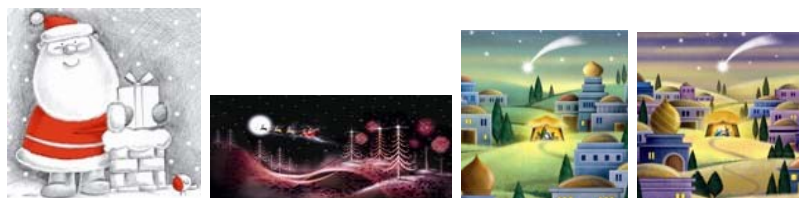
We have limited places available in the run and want you to join the team. To register your interest in either of these events, contact our Fundraising Dept on 01494 796132 or through the [contact us form](#).

For more information on the Great South run, [visit their website](#).

### Christmas Cards 2009

Christmas cards new for 2009 are now on sale in [our online shop](#).

Here is a great chance to prepare for Christmas while supporting your favourite charity. Each pack contains ten cards and envelopes with prices ranging from £3.00 - £3.50.



### Food and Drink Directory updates

Food and Drink Directory updates

Here are your Food and Drink Directory updates for September. Please choose from one of the following links:

[Word](#)

[PDF](#)

[Web](#)

Deletions and additions to the Directory are also updated monthly on the online Food and Drink Directory on the Coeliac UK website. Simply click 'Online Food and Drink Directory' on the left-hand side navigational panel. If you haven't done so already, you will need to log in to see this.

### Glutafin Mix recipe changes

We have been contacted recently by some members regarding the Glutafin Select Bread Mix and Glutafin Multi-purpose White mix. Glutafin have informed us that they have reformulated the Mixes to improve their performance, which has necessitated a change in a number of the recipes they recommend for bread-makers. This is particularly true for the Panasonic bread-maker machines. To ensure that you have the most up to date recipe for your machine please go to [www.glutafin.co.uk/go/bread-mix](http://www.glutafin.co.uk/go/bread-mix) or alternatively contact Glutafin directly on their freephone helpline number 0800 988 2470 or at [glutenfree@glutafin.co.uk](mailto:glutenfree@glutafin.co.uk).

#### Bread Recipes for Other Glutafin Mixes

If you are using another Glutafin Mix, bread machine and oven loaf bread recipes can be found at [www.glutafin.co.uk/go/white-mix](http://www.glutafin.co.uk/go/white-mix).

### Glutafin Recipe



### No Bake Raspberry Crumble

A delicious, quick and easy crumble made with Glutafin Biscuits - no need to switch on the oven!

Preparation time: 30 minutes

Cooking time: 0 minutes

Makes: 4

#### Ingredients

50g/2oz **Glutafin Biscuits**

Praline (sufficient for two recipes)

6 x 15ml tbsp Cold water

40g/ 1 ½ oz Flaked almonds

225g/ 8oz Fresh or frozen raspberries, defrosted and well drained.

150ml/ 5 fl oz Half fat/ reduced fat crème fraiche

150ml/ 5 fl oz Fresh chilled custard\*

\*Check Coeliac UK handbook for suitable brands

#### Method

1. Place **Glutafin Biscuits** in a freezer bag. Seal and bash with a rolling pin to make crumbs. Set aside.
2. Make praline. Spread the flaked almonds out onto a small tray or large dinner plate lined with baking parchment.
3. Place the sugar in a small solid based saucepan. Add the water and bring to a slow simmer ensuring all the sugar has dissolved and none is stuck around the sides of the pan. (This will prevent the caramel from working)
4. Bring to a rapid boil for approximately 5 minutes until the caramel first of all bubbles with large bubbles and then smaller ones to look like frothing washing up liquid and is a pale straw colour. Keep a close eye on it constantly as it rapidly colours in the final minute.
5. Drizzle liquid caramel over the flaked almonds to cover as evenly as possible but do not be too worried if some of the almonds remain bare. Leave to set for 20 minutes.
6. If you have a processor whiz the cooled praline until you have fine crystals. Alternatively place in a sealed bag and bash vigorously. Combine with the digestive crumbs to make the praline crumble topping.
7. Stir the crème fraiche and chilled custard together and fold in the raspberries saving a few for decoration.
8. Divide mix between 4 ramekin dishes and sprinkle over about half the praline crumble. Push down with the back of a small metal spoon to get an even layer. Chill until required.
9. Store remaining praline crumble in a sealed bag for up to a week and use as required.
10. Garnish individual crumbles with the remaining raspberries just before serving with a mint leaf or lemon balm leaf.



## Asda



At Asda this September, we've got some fantastic promotions on Free From foods.

Kallo's Organic Rice Cakes are 2 for £1.50, usually 92p each, saving you 34p. Offer ends 14th September.

No Wheat Wafers and Pink Panther wafers are also 2 for £1.50, usually £0.90 and £0.99 respectively. Offer runs from the 15th Sept - 5th October.



And from 1st October, you'll be able to get delicious Dietary Specials Fresh bread in all our stores from the Free From shelves.

Pop down to Asda now! Subject to availability. Not all products available in all stores.

Asda. Saving you money every day

## Juvela

# Introducing the fabulous **NEW** bread packaging from **JUVELA**



We are delighted to introduce the fabulous new look packaging for Juvela Gluten-Free Bread Range.

Unlike the old design, the new style allows you to quickly and easily distinguish between white and fibre within the range. The white varieties feature a lilac colour theme and the fibre varieties a light brown.

The on pack picture shows at a glance exactly what's inside too.

The products and keeping qualities of the packaging have not changed. It's the same great Juvela Bread, just in bright new packaging.

The new design will gradually roll out over the entire Juvela Product Range in the coming months.

For more information about the new packaging and the Juvela Gluten-Free Range

Call: Freephone 0800 783 1992

Visit: [www.juvela.co.uk](http://www.juvela.co.uk)

Email: [info@juvela.co.uk](mailto:info@juvela.co.uk)

## Glutafin



### When is a Glutafin Biscuit not *just* a biscuit?

Have you tried our **Glutafin Biscuits** lately? If so, you'll know they're better than ever - crisper, crunchier and even more dunkable! Our new and improved recipe makes them the perfect choice for a sweet, tasty accompaniment to your daily cuppa. The clever thing about **Glutafin Biscuits** is they're not just for dunking, you can use them to create a delicious base for **Strawberry Cheesecake**, as well as to add crunch to your **Rocky Road**. So make sure you put some Glutafin Biscuits onto your next prescription - our **new click & print prescription order form** now makes ordering even easier!



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## Brazilian Flavours



Isabel's Brazilian Flavours

Naturally gluten & wheat free home-baking mixes.  
Cheesebread mini-rolls and thin-crust pizza bases with a delicious chewy, almost gluten-like, texture.

Available from Waitrose. Please visit [www.waitrose.com](http://www.waitrose.com) to find the nearest store in your area and request that mixes are made available at your local store.

[www.brazilianflavours.net](http://www.brazilianflavours.net)

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## PGR Healthfoods



**STOP PRESS**

Rizopia - The best gluten free pasta, is now available on prescription. Made from just brown rice and water, it is the healthiest available. Ask your Doctor for;

Rizopia Spaghetti PIP-Code 340-0090 Rizopia Fusilli PIP-Code 340-0074 Rizopia Penne PIP-Code 340-0082 Rizopia Lasagne PIP Code 340-0108

Our Lasagne does not need pre cooking and gives wonderful results.

[www.pgrhealthfoods.co.uk](http://www.pgrhealthfoods.co.uk)

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## Tea for Two Competition Result

eXG extends congratulations to the winners of the Glebe Farm and Wellbake **Free for Tea** ? competition in Crossed Grain magazine!

The winners are: Katie Selwood from Oxfordshire, Jeanette Taylor from East Sussex and Susan Lindley from Hampshire who have all won a selection of delicious Glebe Farm gluten-free cake mixes and a selection of Wellbake flexible silicone bakeware.

For stockists and further information please visit: [www.glebe-flour.co.uk](http://www.glebe-flour.co.uk) and [www.wellbake.co.uk](http://www.wellbake.co.uk)

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## New products and services

**Natures Maid**

**New Gluten Free Lager from Spain**

AMBAR gluten-free lager is new to the UK and exclusively imported by [www.mynaturesmaid.com](http://www.mynaturesmaid.com). The gluten-free lager is a great tasting lager that is 5.2% ABV. It is from the Zaragoza brewery and was initially made for the World Expo in 2008.

A case of 24 x 33cl bottles costs just £29.95 including free next working day delivery. To order a case of 24 bottles, please visit [www.mynaturesmaid.com](http://www.mynaturesmaid.com) or telephone 0208 133 4881.

**Taste this food company**

Taste this! food company produce & deliver handcrafted, home-baked wheat & gluten-free mouth-watering muffins in coffee shops & deli's all over Cardiff. Each individual muffin is decorated & frosted with love. Only the finest ingredients are used and sourced wherever

possible. Flavours include Banana Cinnamon Cream Cheese, Coffee & Walnut Toffee, Parsnip & Cranberry & Apple Cake Muffins with Maple icing to name but a few!

For more information please contact Susie Shipman on 07703 012151 e-mail [Susie@tastethisfood.co.uk](mailto:Susie@tastethisfood.co.uk) or visit [www.tastethisfood.co.uk](http://www.tastethisfood.co.uk) Direct sales and online orders coming in the very near future.

#### Kelkin

Kelkin's high quality gluten-free products are now available in the UK. Their traditional values, strict dedication to quality and passion for innovation ensures that Kelkin is the healthy choice for you and your family. For further information on where to find their products, visit their website [www.kelkin.co.uk](http://www.kelkin.co.uk) or telephone 01628 488360

#### Dennis's Cakes

Dennis's Cakes [www.glutenfreecake.co.uk](http://www.glutenfreecake.co.uk) makes gluten, wheat and dairy-free cakes. Their range includes fruit cakes, Sponge Cakes, Chocolate & Spiced Cakes and cakes for celebrations and special occasions. To avoid disappointment order your Christmas Cakes early - featuring delicious, Brandy (or Juice) soaked Fruit with Ginger and Spices. Place your order online or telephone Dennis on 07956 953897

#### PureBakeCakes

Small family firm based in Ferndown in the Arena Centre specialise in producing a range of products from sponge cakes, brownies, quiches, breads, to canapés and wedding cakes. They also provide catering for functions. All products are made fresh and are free of additives. For more information and to find out about where you can purchase their products visit their website [www.purebakecakes.co.uk](http://www.purebakecakes.co.uk) or telephone 07792 059231. Alternatively you can email [s.raymond634@btinternet.com](mailto:s.raymond634@btinternet.com)

#### OK Foods

Ok foods make all their gluten-free goodies in their own gluten, wheat and dairy free bakery. They have recently made some additions to their range; including delicious treacle tarts, made from their new shortcrust pastry with sticky syrup and treacle filling. If you prefer to make your own try their sweet pastry cases, ready to fill with your favourite treats. Also new to their range is Country Cake Slices, Apple & Raspberry Bars and Chocolate & Apricot Bars. The Ok range is currently available from Morrisons supermarkets.



### Is adult height of patients with coeliac disease influenced by delayed diagnosis?

As some of you may be aware, failure to thrive or faltering growth in children is associated with coeliac disease. In children who are diagnosed with coeliac disease catch up growth is often seen once they are following the gluten-free diet. The height which children with coeliac disease reach in adulthood is influenced by their adherence to the gluten-free diet.

Research looking at the final height of adults with coeliac disease is inconclusive and contradictory. One study showed that diagnosis of coeliac disease does not influence final adult height, while another study found that people with coeliac disease are shorter than the general population. Little is known about the impact of a delayed diagnosis of coeliac disease on the final height reached in adulthood.

Here we summarise a recent research paper which looks at the height of people with coeliac disease in adulthood in relation to the age at which they were diagnosed.

#### What were the aims of this study?

The aim of this study was to evaluate the height of adults with coeliac disease in relation to their age at diagnosis.

#### How was this study carried out?

Questionnaires were used to collect information on height, weight, gender, age at diagnosis and adherence to the gluten-free diet. A total of 426 questionnaires were sent, of which 320 were returned and a further 30 excluded because of missing data. In total 290 questionnaires were included in the statistical analysis which compared the heights of people with coeliac disease diagnosed prior to 18 years and after 18 years with those of the general population and looked at men and women separately.

#### Results

Of the 290 people whose questionnaires were included in the study, 83 were male and 207 female. Of these 113 were diagnosed before their 18th birthday and 177 after their 18th birthday. The study found that the final height of people with coeliac disease in adulthood is similar to that of the general population. Having a delayed diagnosis may lead to a shorter adult height in men but not women. However, the difference between the final heights of the men who were diagnosed prior to 18 years and after 18 years was mild and of little significance with an average height difference of 2cm.

#### Conclusion

This is the largest study looking at adult height in people with coeliac disease. Prior to this, research in this area has been limited and the results inconclusive. This paper provides new information on the relationship between height in adulthood and a delayed diagnosis of coeliac disease. The conclusion that a delayed diagnosis of coeliac disease appears to affect the final height of men but does not affect the final height of women adds to current knowledge and understanding of the relationship between coeliac disease and height.

Weiss B, Skourikhin Y, Modan-Moses D, Broide E, Fradkin A and Bujanover Y. (2008) Is adult height of patients with celiac disease influenced by delayed diagnosis? American Journal of Gastroenterology 103: 1770 - 1774

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14 December 2009

[www2.coeliac.org.uk/members\\_exg/september\\_09\\_exg/1437.asp](http://www2.coeliac.org.uk/members_exg/september_09_exg/1437.asp)

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