

Coeliac Disease

What's new and in the news?

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23 April 2016



An update:

- ➔ Role of genes
 - ➔ Diagnosis
 - ➔ GF foods and prescriptions
 - ➔ Risks
 - ➔ Treatments
 - ➔ Gluten sensitivity
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Genetic Testing

- ❖ Coeliac gene: HLA-DQ2 known for a long time
- ❖ 90% express HLA-DQ2, 10% DQ8

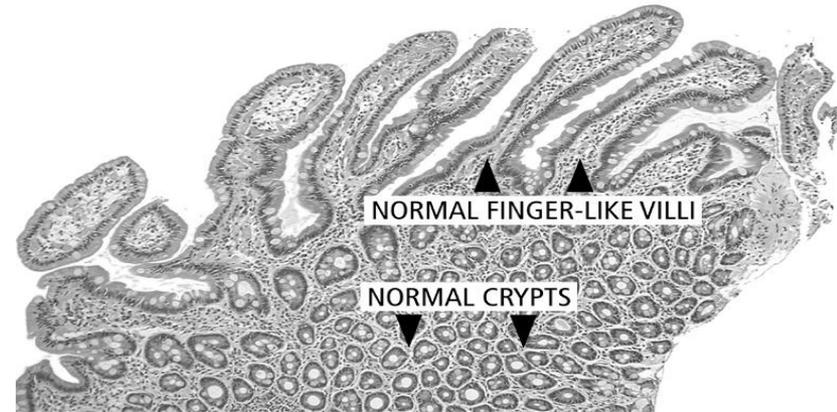
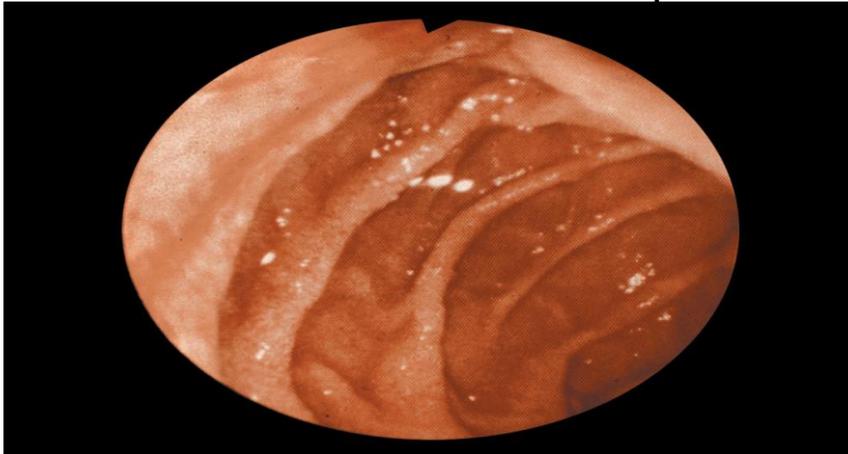
- ❖ Now 40 genes predisposing to or protecting against Coeliac Disease
 - ❖ overlap with type 1 diabetes/thyroid gene
 - ❖ probably more to be found
 - ❖ Hope is that we can:
 - - Predict risk of getting disease
 - - Predict how disease behaves
 - - Predict response to treatments
 - - Design new therapies / treatment strategies



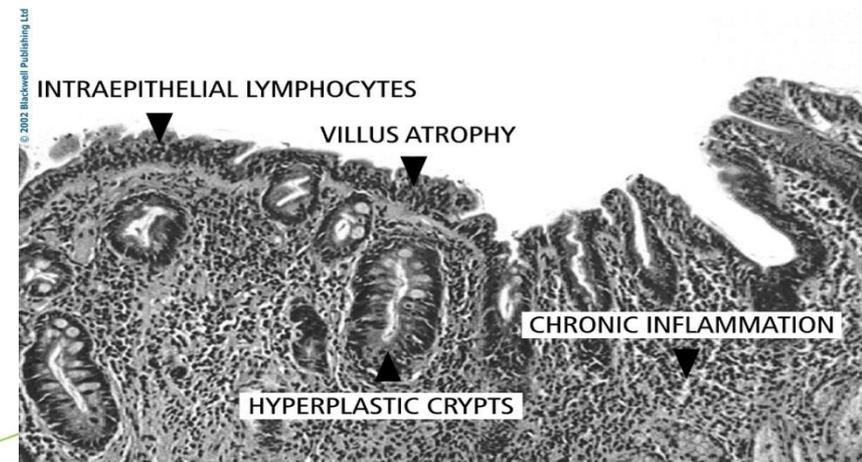
Diagnosis: Adults

1) Small Intestine Biopsy

Normal second part of duodenum (intact villous architecture)



Villous atrophy in Coeliac Disease (flat mucosa with scalloped edge)



Diagnosis Adults

2) Tissue Transglutaminase (tTGlgA) blood test

3) Point of care testing

- Simtomax
- Biohit



Diagnosis Children

➤ Symptomatic children in whom the TTGIgA level exceeds 10 times the upper limit of normal, EMA antibodies are positive on a separately taken blood sample, and HLA-DQ2 or HLA-DQ8 are positive, then biopsies do not need to be performed to confirm the diagnosis.

➤ Type 1 Diabetes

➤ Family history



GF Foods

Daily Mail, Saturday, January 30, 2016

The gluten-free food price shock

Alternative items cost up to 200% more ... even if standard varieties don't have any gluten in them!

By Colin Fernandez and Sean Poulter

SUPERMARKETS are 'exploiting' shoppers by selling gluten-free products with huge mark-ups even though the regular, cheaper versions do not have any gluten in them either. In some cases the price difference between the so-called 'free from' product without gluten and a similar, normal product can be 200 per cent. Around one in 100 people have coeliac disease, an auto-immune condition which can make sufferers seriously ill if they eat gluten, a protein found in grains such as wheat, barley and rye.

But 'going gluten-free' has also become a trendy dietary preference for many more Britons - with around 15 per cent of the population avoiding the protein even though they do not have health problems and the benefits are said to be limited. Research last year by Mintel found the market for gluten-free foods in the UK is

'They would be safe to eat'

worth £210million - the biggest in Europe, and the market for foods labelled free from is expected to grow by 50 per cent in the next four years. As a result, supermarkets have devoted aisles to free from ranges. But buying them does not come cheap.

Research for Channel 4 programme Superchoppers, to be screened on Monday, found huge price discrepancies between gluten-free products and similar items in their regular ranges.

For example Tesco sells own-brand tomato ketchup for 65p. Its label says it contains no gluten but the free from version is £1.20 - a mark-up of 85

HOW THE PRODUCTS COMPARE			
	Tomato & Basil Soup by Sainsbury's (400g) left above 50p	Sainsbury's Free From Juicy Tomato & Basil Soup (300g) left below £1.50	MARK-UP 200%
	Tesco White Lasagne Sauce (430g) 85p	Tesco Free From White Lasagne Sauce (480g) £2	135%
	Tesco Tomato Ketchup (460g) 65p	Tesco Free From Tomato Ketchup (460g) £1.20	84.6%
	Sainsbury's Tikka Masala sauce (300g) 95p	Sainsbury's Free From Tikka sauce (300g) £1.50	58%
	Tesco Lightly Salted Rice Cakes (130g) 90p	Tesco Free From Plain Wholegrain Rice Cakes (130g) £1.40	55%
	Mayonnaise by Sainsbury's (430ml) £1.00	Chippa Gluten Free Mayo (280g) £1.50	50%

(Source: Superchoppers, Channel 4)

per cent. Tesco sells packs of £1.50 - 200 per cent more expensive than the regular version. You look at the free from aisles on food labels after you'll definitely see they are more

THE INDEPENDENT

“Gluten-free products can be three to four times more expensive than their standard counterparts in supermarkets, according to Coeliac UK, a national charity which supports people suffering from the autoimmune disease.

Sarah Sleet, Chief Executive of Coeliac UK, said factors such as higher costs of gluten-free ingredients and additional costs involved in using dedicated factories and production area can contribute to the difference” (Feb, 2016)



Search with a list of items

Tesco.com | My Orders | My Account | Sign In | Register | Website feedback | Help

You need to sign-in/register to add items to your basket

View full basket

Substitute options

Save basket to Shopping list

Empty basket



Bisto Best Beef Gravy Granules 200G

£2.00 (€1.00/100g)

Quantity

- 1 +

Best Beef Gravy Granules

Pack Size: 200g

- With real meat juices
- With a rich flavour
- Foiled in freshness

Information

Ingredients:

Maltodextrin, Potato Starch, Salt, Colour (E150c), Vegetable Oils (Palm, Rapeseed), Flavour Enhancers (E621, E635), Flavourings, Beef Extract Powder (1% (Maltodextrin, Beef Extract), Onion Powder, Emulsifier (E322) (contains **Soya**), Sugar, Black Pepper Extract

Allergy Information:

May Contain: Cereals Containing Gluten, Wheat

Storage:

sponge cakes topped with a passion fruit and peach flavoured filling (53%) and half coated in dark chocolate (19%)



INGREDIENTS Sugar - Glucose-Fructose Syrup - **Wheatflour** (contains **Gluten**) - Cocoa Mass - Pasteurised Free Range **Egg** - Palm Oil - Concentrated Fruit Juice (Peach, Passion Fruit) - Cocoa Butter - Dried Whey (**Milk**) - Emulsifier: E471, **Soya** Lecithin, Sunflower Lecithin - Humectant: Sorbitol - Passion Fruit Flavouring - Gelling Agent: Pectin (from Fruit) - Dried Whole **Milk** - Acidity Regulator: Citric Acid - Vanilla Flavouring - Raising Agent: E450, Sodium Bicarbonate - **Wheat Starch** (contains **Gluten**).

Dark Chocolate contains Cocoa Solids 56% minimum.

For allergens see ingredients in **bold**.

Not suitable for **Nut** allergy sufferers due to manufacturing methods used.

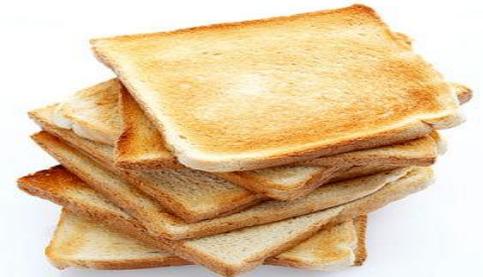
Suitable for vegetarians

STORAGE For Best Before, see end of pack. Store in a cool, dry place, away from sunlight. Once opened, store in an airtight container.



www.nhs.uk

Gluten-Free foods on Prescription



The Telegraph

“GPs 'wasting millions of pounds' prescribing gluten free foods. GPs should stop prescribing gluten-free foods because doing so is “archaic” and costs the NHS millions of pounds in doctors’ time, say experts” (Feb, 2013)”

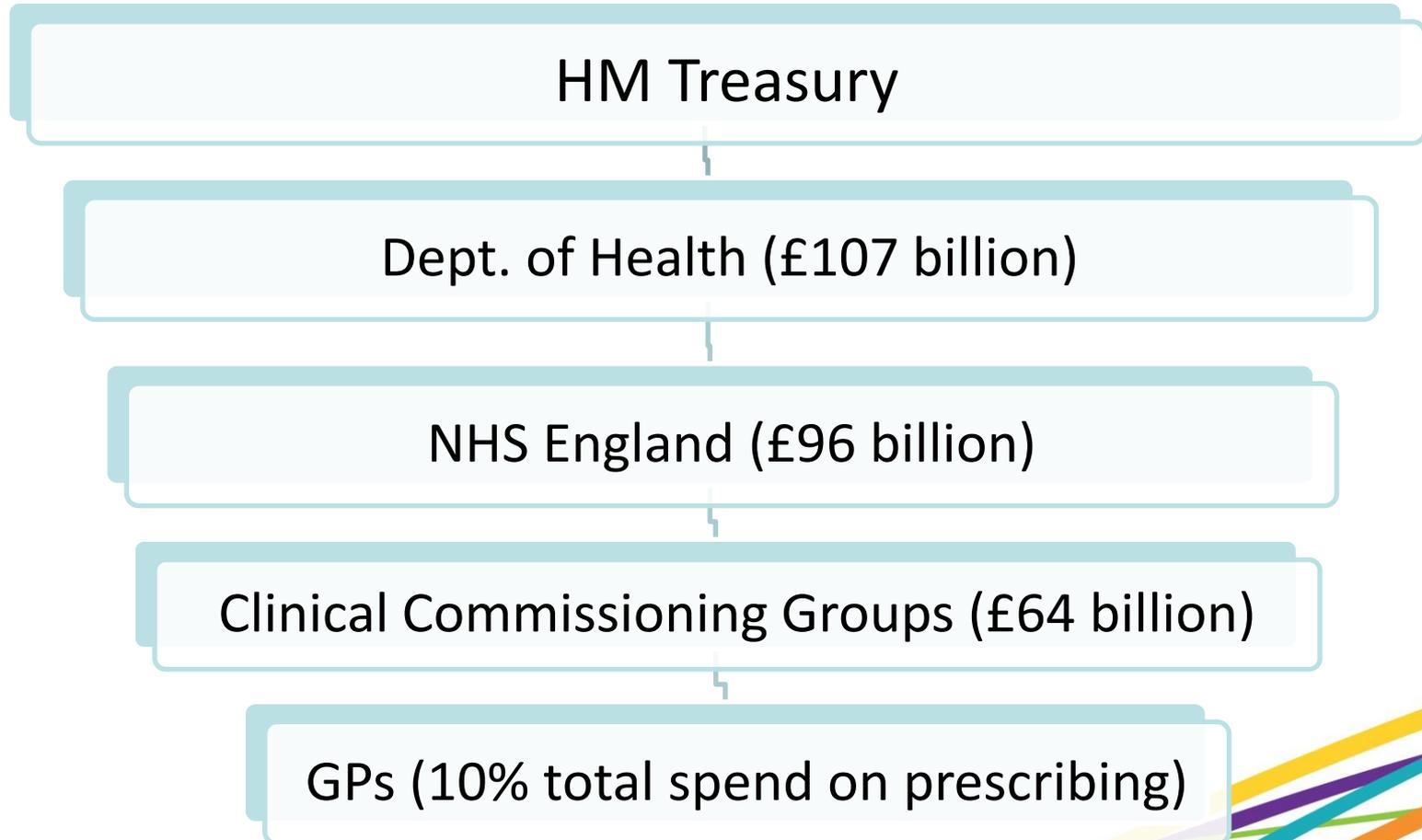
“Earlier this week, there was uproar at reports that gluten-free food on prescription costs the NHS £116 million per year. The implication was that coeliacs are gorging themselves on fast food, at the cost of the taxpayer, and contributing to the obesity epidemic. But we shouldn't be too quick to judge?” (Aug, 2015)

Prescription charge exemptions

-  Stoma
-  Diabetes
-  Epilepsy
-  Underactive adrenal gland
-  Underactive thyroid
-  Underactive parathyroid
-  Myasthenia Gravis
-  Continuing physical disability
-  Cancer treatment



Money flow for prescriptions



Wessex

1. NHS Dorset CCG
2. NHS Southampton City CCG
3. NHS West Hampshire CCG
4. NHS North Hampshire CCG
5. NHS North East Hampshire and Farnham CCG
6. NHS South Eastern Hampshire CCG
7. NHS Fareham and Gosport CCG
8. NHS Portsmouth CCG
9. NHS Isle of Wight CCG



Which GF food is your GP Surgery Prescribing?

West Hampshire CCG (51) Feb 2016	Southampton City CCG (32) March 2016
Bread	Bread Loaves
Crispbreads	Oats
Flour	Flour
Rolls	Pasta (specified brands)
Pasta	
Crackers	
Bread Mix	
Pizza Bases	



Risks

- Bone thinning; bone scan
 - Nutrient deficiency: Iron, B12, folate
Vit D and calcium levels
 - Sub fertility: 2.7-3% risk in untreated CD
 - Small spleen; vaccinations
 - Small bowel cancer 1:2000 pa; **STRICT GF DIET**
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Treatments?

 Immusan T's Nexvax2 – restore immune tolerance & prevent disease relapse

 Alvine ALV003

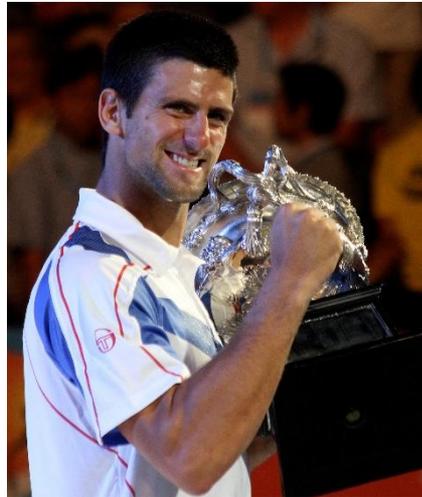
Alba AT1001

Bioline BL-7010

Enzymes; compliment
GF diet not
replacement



Non-coeliac gluten sensitivity



- ⇒ Symptoms akin to coeliac disease
- ⇒ Absence of coeliac disease on biopsy and blood test
- ⇒ No long-term complications
- ⇒ Exempt from GF foods on prescription

Questions?



" Would you like your child be in the gluten-free class, the lactose-free class, or the peanut-allergic class ? "

