



Celiac Disease

Sylvia Llewelyn Bower RN, Mary Kay Sharrett SM RD LD CNSD, Steve Plogsted PharmD

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What do osteoporosis, anemia, diabetes and depression have in common? They can all be caused by celiac disease. Celiac disease, also known as gluten intolerance, is a major problem for millions of Americans. The Celiac Disease Foundation estimates that 2 million adults, children, and infants, or 1 in 133 people in the United States, have celiac disease. Celiac disease is hereditary and can affect entire families. This digestive disorder is caused by a sensitivity to the protein gluten in wheat flour, which in turn can damage the small intestine and interfere with the absorption of nutrients from food. Symptoms range from diarrhea, weight loss, and abdominal pain to fatigue, depression, and malnutrition.

Celiac Disease: A Guide to Living with Gluten Intolerance is the first book on this important topic co-written by a nurse, a dietician, and a clinical pharmacist. The authors' diverse backgrounds ensure complete and clear information on all aspects of this disease, including symptoms, diagnosis, management, complications, and current research. While many cookbooks and dietary manuals on gluten intolerance exist, *Celiac Disease* is the only book to educate individuals on how to live fully and richly while maintaining a gluten-free lifestyle. Not only will readers learn how to set up and maintain a gluten-free kitchen, but they will also find strategies for tackling emotional issues, nutrition and dietary guidelines, handling dining outside the home, and parental advice on raising a celiac child. In addition, a chapter on medications and a list of educational resources will aid readers in their transition to a gluten-free lifestyle.

Celiac Disease: A Guide to Living with Gluten Intolerance is an indispensable guide for patients, dietitians, nutritionists and medical professionals working with celiac patients.

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