



## Celiac Awareness Month: Get Informed, Get Involved

Welcome to the Celiac Awareness Month edition of the Eat Better Live Better newsletter. May isn't the only time for awareness...consider that every month can be an opportunity to increase awareness, whether it's organizing or participating in an awareness event or simply educating family and friends.

As always, we love hearing from our customers, so let us know what you love, what you don't, and what you'd like to see directly to Bakery On Main founder Michael Smulders at [smuldersm@bakeryonmain.com](mailto:smuldersm@bakeryonmain.com).

### Celiac Stats

According to the National Institutes of Health (NIH), 1 in 133 people in the US have celiac disease - but according to the Celiac Disease Foundation (CDF), 97% have not yet been diagnosed. With over 300 million people in the US, this amounts to over 2 million people living with undiagnosed celiac disease. This is why awareness efforts are so important.

### US Government Supports Celiac Awareness

#### *Awareness Month Proclamations*

According to the American Celiac Disease Alliance (ACDA), the states of Maryland, North Carolina and New York, have all proclaimed May as Celiac Disease Awareness Month. For more information, or to find out how to get a proclamation in your state, visit [www.americanceliac.org](http://www.americanceliac.org).

#### *National Institutes of Health (NIH) Celiac Disease Awareness Campaign*

The campaign provides current, comprehensive, science-based information about the symptoms, diagnosis, and treatment of celiac disease, including:

- News about celiac disease education & research
- Educational materials & resources
- Feature stories relevant to people with celiac disease
- Practice guidelines on the diagnosis and management of celiac disease
- Examples of a gluten-free diet
- Professional and voluntary organizations devoted to celiac disease awareness
- Updates of campaign activities

To learn more visit [www.celiac.nih.gov](http://www.celiac.nih.gov).

### Family Members Should Be Tested

Do you have Celiac Disease? Or do any of your family members have it?

If you answered yes to either of these questions, the entire family should be tested (with a simple blood test). There is an increased risk of celiac disease in family members, even if they have no

symptoms at all, according to the Columbia University Celiac Disease Center. If the test is positive, biopsy to confirm is recommended. If negative, family members should be re-tested every 3-5 years or sooner if symptoms develop.

To learn more visit [www.celiacdiseasecenter.columbia.edu](http://www.celiacdiseasecenter.columbia.edu).

## Get Involved

The Celiac Sprue Association (CSA) has some great suggestions on how you can get involved nationally, locally or individually at <http://www.csaceliacs.org/month.php>.

## Bakery On Main Proudly Supports

- [National Foundation for Celiac Awareness \(NFCA\)](#)
- [Celiac Disease Foundation \(CDF\)](#)
- [Gluten Intolerance Group \(GIG\)](#)
- [Celiac Sprue Association \(CSA\)](#)
- [University of Chicago Celiac Disease Center](#)

## Past Events

We would like to express our thanks to the wonderful organizers of the following events, and thanks to all who stopped by our table to try our delicious gluten free granola.

- Gluten Free Cooking Expo on April 17 in Chicago, IL
- Asheville Gluten Free Vendor Fair on April 24 in Asheville, NC
- Gluten Free Food Fair on May 8 in Grand Rapids, MI
- Making Tracks for Celiacs on May 15 in Minneapolis, MN
- CDF 20 th Anniversary Conference on May 15 in Los Angeles, CA
- Greater Phoenix Gluten Free Expo on May 22 in Phoenix, AZ

## Upcoming Events

Stop by & visit us at

- [GIG Annual Conference](#) June 4-5 in Minneapolis, MN
- [Canadian Celiac Association Conference](#) June 4-6 in Winnipeg, Manitoba
- [Suffolk County Celiacs GF Vendor Fair](#) August 28-29 in Hauppauge, NY
- [CSA Denver Gluten Free Vendor Fair](#) on August 29 in Denver, CO