

# what is celiac disease?

Celiac disease is a genetic-based digestive disorder triggered by the protein gluten, found in wheat, barley, and rye. When someone predisposed to the disease ingests gluten, an autoimmune reaction occurs leading to damage of the intestines.

There is a wide-range of symptoms, including diarrhea, weight-loss, malnutrition, anemia, osteoporosis, infertility, depression, and constipation.

There is currently no cure for celiac disease and there are no medications to treat it. People with celiac disease can lead normal, healthy lives by following a gluten-free diet. This means avoiding all products derived from wheat, rye, barley and possibly oats.

As many as one out of every 133 people in the United States may have celiac disease, according to a University of Maryland Center for Celiac Research study.

Celiac disease is an autoimmune disease, just like diabetes and rheumatoid arthritis. That means someone who develops celiac disease has a genetic predisposition to the disease. Family members of celiac patients should be tested for the disease.

## From the North

Follow I-95 to Exit 53 (395 North). Bear to your right as you exit, following the signs for M.L. King Jr. Boulevard and Russell Street. Follow the signs for Russell St. and turn right onto Russell Street as you pass Oriole Park at Camden Yards. Continue on Russell as it merges into Paca Street. Go two blocks on Paca. Turn left onto Redwood Street, and enter the underground University Plaza Garage on your right.

## From the South

Follow I-95 to the Russell Street Exit. Follow Russell Street as it merges into Paca Street. Go two blocks on Paca; turn left onto Redwood Street. Enter the underground University Plaza Garage on your right.

## From I-83

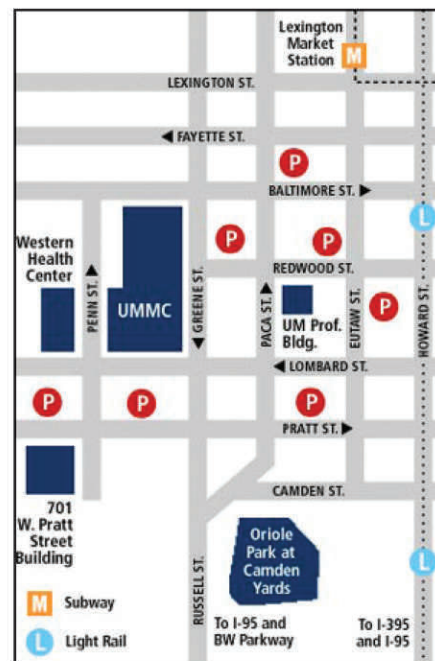
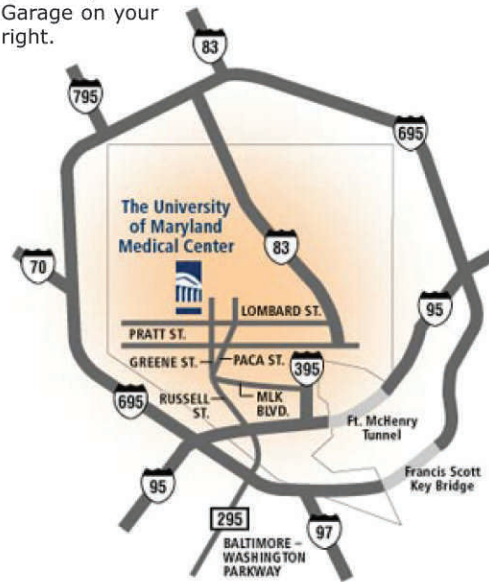
Follow I-83 (Jones Falls Expressway) to the end. Go two traffic lights and turn right onto Lombard Street. Follow Lombard Street for 12 traffic lights and turn right onto Paca Street. Turn left at the next light onto Redwood Street. Enter the underground University Plaza Garage on your right.

## From the West

Take I-70 east to I-695 South (towards Glen Burnie). Follow I-695 to I-95 North. Take the Russell Street Exit. Follow Russell Street as it merges into Paca Street. Go two blocks on Paca; turn left onto Redwood Street. Enter the underground University Plaza Garage on your right.

## From Washington D.C. or BWI Airport

Follow I-295 North to Baltimore. Inside the city limits, I-295 becomes Russell Street. Follow Russell Street as it merges into Paca Street. Go two blocks on Paca; turn left onto Redwood Street. Enter the underground University Plaza Garage on your right.



[celiaccenter.org](http://celiaccenter.org)

Celiac Clinic  
22 South Greene Street  
Baltimore, MD 21201  
Phone 1-800-492-5538 or 410-328-6749  
Fax 410-328-1072

Center for Celiac Research Offices  
20 Penn Street, S303B  
Baltimore, MD 21201  
Phone 410-706-8021  
Fax 410-706-5508



university of maryland  
center for **celiac** research



# recognized as a leader

in the field of celiac disease, the University of Maryland Center for Celiac Research in downtown Baltimore houses a comprehensive, multidisciplinary program covering clinical care, support services, education, and scientific research relating to celiac disease.



*The Center's primary mission is threefold*

*To increase the quality of life for celiac patients by increasing awareness about celiac disease among health care professionals and the public*

*To perform cutting edge research in a state-of-the-art research laboratory*

*To offer the best comprehensive clinical care to both pediatric and adult patients with celiac disease*

At the Center, both pediatric and adult patients with celiac disease receive the most sophisticated care available. A multidisciplinary team, made up of gastroenterologists, nurses, and dietitians diagnose patients and offer the most appropriate treatment plan for the disease.

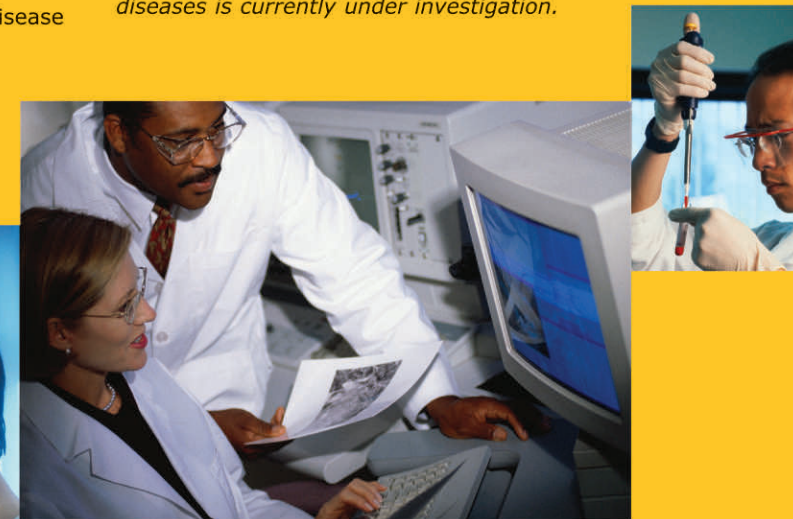
Once patients are diagnosed with celiac disease, they must learn how to handle it. The dietitians at the Center offer the nutritional expertise patients need to develop and implement a gluten-free diet, and provide emotional support for patients and their families. Because people with celiac disease need to change their eating habits and adhere to a strict diet, this disease can impact the entire family. The Center provides families with information on different support groups and other resources that help them to manage the disease.



In keeping with its mission, the Center is committed to providing state-of-the-art education opportunities for medical students, graduate students, post-doctoral fellows, and visiting scientists about celiac disease. By increasing the medical community's knowledge about celiac disease, physicians may recognize and diagnose celiac disease more frequently.

Basic, clinical, and epidemiological research is constantly taking place at the University of Maryland Center for Celiac Research. Finding the cause of celiac disease is a top priority.

- *The Center led a large, multi-center study that was the first and only study of its kind to access the prevalence of celiac disease in the United States. The results suggested that one out of every 133 Americans have celiac disease. These prevalence numbers are accepted worldwide.*
- *Research is focused on finding a cure.*
- *As an alternative to a biopsy, non-invasive diagnostic tests for celiac disease are being actively pursued.*
- *The link between celiac disease and other autoimmune diseases is currently under investigation.*



# clinical care support services education scientific research

TO MAKE AN APPOINTMENT AT THE CENTER FOR CELIAC RESEARCH Please call the patient referral line at 1-800-492-5538 or 410-328-6749 For more information on the Center, please visit our website [www.celiaccenter.org](http://www.celiaccenter.org)