

# Center for Celiac Research

## Helping You To Live Well With Celiac Disease

### Quick Links

[CFCR Website](#)

[Making Tracks for Celiacs](#)

Find us on [Facebook](#)

Follow us on [twitter](#)

**[GIVE TODAY!](#)**

Support the CFCR with a tax deductible donation.

**[Order Your Celiac Awareness Bracelets & Magnets Today!](#)**



Join Our Mailing List

Dear Friends,

Fall is upon us! With three quarters of the year already over, we thought we'd give you an update on what's happening here at the CFCR. On the fundraising-side, we've teamed up with a new company, Op4G, that allows for a new way to donate to the CFCR. Check it out below. And stay tuned for our Annual Fund letter coming in November.

### Research News



#### Natural History of Celiac Disease

This study was published on September 27, 2010 in the *Annals of Medicine*. The results showed that since 1974, in the U.S., the incidence of celiac disease has doubled every 15 years. Using blood samples from more than 3,500 adults, CFCR researchers found that the number of people with blood markers for celiac disease increased steadily from one in 501 in 1974 to one in 219 in 1989. As the people in the study aged, the incidence of celiac disease rose. This study shows that even if an individual has the genetic markers for celiac disease, he or she may not develop CD. Environmental factors can cause an individual's immune system to lose tolerance to gluten and this is supported by the fact that genetics was not a factor in this study since the same individuals were followed over time. By understanding the natural history of celiac disease, the CFCR can better comprehend how celiac disease symptoms develop, why some patients experience complications, and possibly discover the mechanisms of co-morbidity with other autoimmune diseases.

[View more information about "Natural History of Celiac Disease Autoimmunity in a USA Cohort Followed Since 1974" on our website.](#)

### Gluten-Free North Sea Getaway Cruise~Tour

Bob & Ruth's Gluten-Free Dining & Travel Club presents their 2011 trip. Join special host, Dr. Alessio Fasano, and his wife, JoAnn, for a marvelous cruise to the North Sea, on the luxurious Eurodam that will call on the scintillating European capitals, Scottish highlands and countryside, and the picturesque fjords and ports of Scandinavia. No need to pack and unpack everyday, and all GF meals are included. This wonderful excursion will occur July 30, 2011 through August 12, 2011. For those with more time, there will be a unique 3-day extension in London and southwest England.

A portion of your trip cost is a tax deductible donation to the Center for Celiac Research. And if you reserve an Oceanview Cat D stateroom by October 15, 2010 you will receive a FREE UPGRADE. It's a win-win situation for everyone: to enjoy an exceptional vacation and support the important work at the CFCR at the same time.

We are pleased to be working with our dear friends at Bob & Ruth's Gluten-Free Dining & Travel Club to arrange and oversee all the culinary delights onboard and in Copenhagen and London. It will be a trip of lifetime and we hope you will join Dr. Fasano and JoAnn!!

For more information and/or register, [click here](#).

## New Way to Donate to the CFCR



(Opinions 4 Good) maintains a database and sells access to it for consumer and market research. Advertising agencies and consumer-oriented companies do such work on a daily basis. But Op4G is different from other research companies because its database is comprised of people just like you - supporters of Non-Profit enterprises like ours. Op4G makes it possible for people like you to earn money and donate it to their favorite Non-Profits by participating in internet-based market research anonymously at a safe and secure website. Your identity is never known, can never be sold, and you're never inundated with SPAM as a result of Op4G Membership. Plus, all market research activities are determined by you at the myOp4G website, which is filled with a variety of fun information and activities.

It's no secret that these are challenging economic times. The CFCR works each day within a regularly squeezed budget. Op4G's program allows you to help us while also sharing your feelings and experiences with organizations eager to pay for that insight. You'll be paid for it and can donate the money to the CFCR! Check it out at [www.op4g.com](http://www.op4g.com). If you want to sign up, enter the code **CELIAC1234**. That identifies the CFCR as the Non-Profit you are there to support.

## Show Your Support for the CFCR!

Every little contribution continues to be an important part of the CFCR as it provides unrestricted support for the operation of the Center. Your gift will allow us to accelerate our goal of finding an alternative treatment/cure for CD and continue to improve the quality of life for all patients and their families with CD. Please pass this newsletter on to friends and family!

## **GIVE NOW**

Funds for the CFCR are administered by the University of Maryland Baltimore Foundation, Inc.

## Featured Recipe: Quiche

from [Jules Gluten Free®](#)



### Ingredients:

- 1-2 Tbs. extra virgin olive oil
- 1 cup mixture of: sliced mushrooms; diced zucchini; broccoli pieces; peas; diced bell peppers; diced asparagus; diced onion; corn; chopped red potatoes; or other vegetable additions of your choosing
- 4 eggs, lightly beaten
- 1 cup sour cream, dairy or non-dairy (Tofutti Better than Sour Cream®)
- 1 cup cheddar cheese, dairy or non-dairy (Galaxy Nutritional Foods® Vegan Cheddar Flavor)
- 2 cups mozzarella, Monterey Jack, or other mild shredded white cheese, dairy or non-dairy (Daiya™ Mozzarella Style Shreds)
- 8-12 oz cooked shrimp, chopped, or crabmeat (optional)
- 1/4 cup Jules Gluten Free™ All Purpose Flour

1 tsp. chopped Italian Parsley  
1 tsp. oregano  
1 tsp. basil  
pinch of salt  
1 tsp. cracked black pepper

**Directions:**

Preheat oven to 350° F.

In large pan heat olive oil to medium-high, then sauté vegetables, legumes, mushrooms, or any combination thereof that you choose, cooking potatoes longer than any other addition. Set aside to cool. Combine eggs, sour cream, cheese, Jules Gluten Free™ All Purpose Flour, salt, pepper and herbs in a large mixing bowl and beat well. Stir in your sautéed ingredients, shredded cheese, and seafood, if using. Pour mixture into a large oiled quiche dish or deep pie plate (the flour helps to form a crust when baked, so no pie crust is necessary), or into an uncooked pie crust if you prefer. Depending on how many additions you used, you may need a small casserole prepared to handle the additional batter.

Bake for approximately 45 minutes, or until the center is no longer jiggly, and a knife inserted into the center comes out clean. Cool for 5 minutes before slicing and serving.

*Copyright © 2010 Jules E. Dowler Shepard*

Sincerely,

**Center for Celiac Research**

**[Forward email](#)**

✉ **SafeUnsubscribe®**

This email was sent to efouch@peds.umaryland.edu by [celiaccenter@peds.umaryland.edu](mailto:celiaccenter@peds.umaryland.edu).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Center for Celiac Research | 20 Penn Street | Room S303B | Baltimore | MD | 21201