



Cache Valley Gluten Intolerance Group®
244 North 500 West
Logan, Utah 84321
Web site: <http://www.gfutah.org>

Contact: Barb Shelley, Gluten Intolerance Group of Utah
shelleycomm@comcast.net, (801) 673-7837, cell

Today's date: December 31, 2007
Event date: Tuesday, January 15, 2008

New, free support group for Cache County residents: Cache Valley Gluten Intolerance Group to help people with celiac disease

"97 percent of Americans with celiac disease are still not diagnosed"

LOGAN, Utah December 31, 2007 – The National Institutes of Health reports that 1 of every 133 Americans has a serious illness called celiac disease, also known as gluten intolerance, but only a small fraction have been diagnosed and that includes residents of Cache County. With the formation of the new Cache Valley Gluten Intolerance Group branch, area residents will be able to learn more about this serious disease.

The first Cache Valley Gluten Intolerance Group meeting will be held Tuesday, January 15 from 7-8:30 p.m. at the Logan Regional Hospital, Classroom One, 1400 North 500 East, Logan, Utah 84321. The topic will be an introduction to eating gluten free and will include gluten-free breads for sampling. Parking is free in the northwest hospital parking lot. The meeting is free and open to the public.

"Many people have no symptoms or unrecognized symptoms and are not aware of the potentially devastating effects of celiac disease," said Annette Bryner, co-branch manager and founder who herself was recently diagnosed. "Others suffer painful and baffling symptoms going from doctor to doctor for an average of 11 years before being diagnosed. It is no wonder that there is a high incidence of depression among people with celiac disease."

Celiac disease is a chronic, inherited disease which is the result of an immune-mediated response to eating gluten (a protein found in wheat, rye and barley) that

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Cache Valley Gluten Intolerance Group, page 2

damages the small intestine. The propensity for celiac disease can trigger at anytime in a person's life. Typical triggers can include stress, surgery, pregnancy, giving birth, viral infections, or any life altering or traumatic event.

There is no medication for celiac disease at this time. The only treatment is following a strict, life-long gluten-free diet. Foods, beverages and medications that contain wheat, rye, barley and cross contaminated oats must be eliminated completely. Children do not outgrow gluten intolerance as once thought. Celiac disease is associated with and can lead to as many as 200 other diseases and conditions including osteoporosis, lymphoma, stomach cancer, anemia, lactose intolerance, dermatitis herpetiformis (a burning, itching and blistering rash), Type 1 diabetes, thyroid disease, down syndrome, unexplained infertility, miscarriage, neurological conditions, rheumatoid arthritis and many others.

Officers of the Cache Valley Gluten Intolerance Group are co-branch managers Annette Bryner and Georgia Rawlings. Bryner can be reached at (435) 752-6231 or via email at babryner@hotmail.com and Rawlings at (435) 752-3366 or GGRAWL2@msn.com. Lee Darley, Logan Regional Hospital lead dietitian, serves as the group's advisor. Darley is accredited as a Registered Dietitian and Certified Nutrition Support Dietitian.

Celiac disease is thought to be the most under diagnosed illness in the United States. The NIH believes that 97 percent of Americans with celiac disease are not yet diagnosed. For more information about gluten intolerance, also known as celiac disease, visit www.gfutah.org and the National Institutes of Health at <http://www.celiac.nih.gov>.

About Gluten Intolerance Group of Utah

The Cache Valley Gluten Intolerance Group, Utah County Gluten Intolerance Group, Salt Lake City Gluten Intolerance Group, and the Northern Utah Gluten Intolerance Group are branches of the Gluten Intolerance Group, also known as GIG, and are 501c3 not-for-profit organizations. The Gluten Intolerance Group's mission is to increase awareness of and knowledge about this common, but highly under-diagnosed illness. To learn more, visit www.gfutah.org

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