

The Dietitian Alliance (Ottawa and area leaders in food & nutrition) is excited to announce that Shelley Case, RD, North America's Gluten-Free Nutrition Expert will be in Ottawa to present an informative educational session entitled:

**Gluten-Related Disorders & the Gluten-Free Diet:  
What Every Health Professional Needs to Know**

**Date:** June 8, 2018    **Time:** 2:30 – 4:30 pm

**Location:** U of Ottawa, Roger Guindon Hall, Room: RGN2021, 451 Smyth Road

**Parking:** Parking available at Roger Guindon Hall or the nearby Rehabilitation Centre

**Who Should Attend:**

- Dietitians in clinical, foodservice, community and private practice
- Physicians
- Nurses
- Pharmacists
- Students/interns (dietetic, medical, nursing, pharmacy)

**Session Overview:**

Celiac disease is an inherited autoimmune disorder affecting 1-2% of the population that can present at any age. An increased prevalence of celiac disease is seen in other associated disorders such as Type 1 diabetes, autoimmune thyroid and liver diseases, Sjogren's syndrome and Down syndrome. It is estimated that 80-90% of individuals with celiac disease remain undiagnosed.

Non-celiac gluten sensitivity (NCGS) is another condition thought to be triggered by the ingestion of gluten, although other components in wheat and FODMAP carbohydrates also have been implicated. Due to conflicting research, the lack of diagnostic biomarkers, and overlapping symptoms with celiac disease and IBS, the true prevalence of NCGS is unknown. In addition, it has been found that some individuals with NCGS may have undiagnosed celiac disease.

Dietitians and other health professionals need to stay abreast with the latest research about these gluten related disorders to effectively manage this growing population. This session will provide evidence-based and practical information about celiac disease and NCGS, including clinical presentations, diagnosis; dietary management; gluten-free labelling regulations; nutritional quality and safety of gluten-free products; preventing cross-contamination at home and in foodservice settings; gluten threshold levels; potential new therapies for celiac disease, as well as client education resources.

## Learning Objectives

1. Identify symptoms and discuss diagnostic challenges to differentiate between celiac disease and non-celiac gluten sensitivity.
2. List associated conditions with a high risk for celiac disease.
3. Describe the gluten-free diet including grains/foods allowed and to avoid.
4. Explain the dietary management strategies for gluten-related disorders.
5. Identify nutritional concerns for those following a gluten-free diet.
6. Discuss the key components of gluten-free labeling regulations and their impact on client education.
7. List key resources and products for clients.

## Shelley Case, RD

A leading international expert on the gluten-free diet, Shelley is a registered dietitian, author, speaker and consultant with more than 35 years' experience. She is a member of the Medical Advisory Boards of the Celiac Disease Foundation and Gluten Intolerance Group in the United States; and the Professional Advisory Council of the Canadian Celiac Association.

Shelley has been featured on radio and television including NBC's *Today* show, CBC, CTV and Global TV, as well as frequently quoted in major print media such as the Wall Street Journal, WebMD, National Post and the Globe and Mail.

A popular speaker, she delivers presentations at medical, nutrition, celiac and food industry conferences throughout North America. Shelley's best-selling book *Gluten Free: The Definitive Resource Guide* is highly recommended by health professionals, celiac organizations, consumers and the food industry. Author of many journal articles on celiac disease and the gluten-free diet, she also contributes to a variety of other publications for health professionals and consumers.

Professionally, Shelley is a member of the Dietitians of Canada and Saskatchewan Dietitians Association. She is also a member of the Academy of Nutrition and Dietetics, including the Nutrition Entrepreneurs, Food and Culinary Professionals and the Medical Nutrition Dietetic Practice Groups.

## Registration:

Seminar Cost: \$25 for dietitians and other health professionals  
\$10 students/interns

Shelley's best-selling book *Gluten Free: The Definitive Resource Guide* will be available at the event for a discounted price of \$25 (retail price is \$30)

Payment: Cash, check or credit card

This session is limited to 60 people so pre-register early! Registration can be confirmed by contacting:

**Melanie Roet, RD**

**Registered Dietitian, Ottawa Gastrointestinal Institute**

Email: [dietitian@ottawagi.com](mailto:dietitian@ottawagi.com)