

## CELIAC DISEASE RESEARCH

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*The Binding Site*

Celiac disease is new to me. As I have been learning about the diagnosis and treatment for this disease I often hear about people who “think” that they have celiac disease based on some information they read or hear. They go on a gluten-free diet. Some of them experience favorable results from doing this and therefore self diagnose that they have celiac disease without the benefit of professional intervention. It is hard to argue with this approach when time and money are in the equation. But it is not in their best interest over the long run.

If a person takes this approach with their condition without medical evidence, they could not be certain that it is celiac disease that is at the root of their symptoms. They do not have enough information nor do they have the evidence to support that their symptoms may be caused by a different disease or that it is a symptom of another condition. In medicine it is said that the best approach to cure a disease is the correct diagnosis.

We know that there is no cure for celiac disease. But we have good information on managing it. Part of managing this disease is a lifelong commitment to gluten-free living. The other part of managing this disease is information if the disease is progressing or under control. Blood tests provide baseline information in measurable terms so that progression or regression of the disease can be determined and measured against it in the future if required.

Let's look at the self diagnosed celiac person. Suppose they have episodes of feeling well and relapse into symptoms. The downside is that there is no baseline information to determine if there is a surge in antibody level. If they have been on a gluten-free diet, the antibodies to gluten will not show up. Could it be that they never had celiac disease to start out with or did another food or medicine send them into a gluten spin? Taking a blood test at this time could provide helpful information if baseline information is known.

In the past I used to work on the practice side of the “practice of medicine.” Our job was to send the blood out to the lab, get the lab report to the doctor and file the lab work in the medical record. I never gave a minute of thought to what the lab does with the blood sample. Now that I work on the analytical side of medicine, I understand that it is not so easy to evaluate body fluids and make consistent and accurate accounts for what is going on in the body in order to support the medical professional's clinical conclusions.

Celiac disease has lab tests that help determine a positive diagnosis. Two of these blood tests, anti Tissue Transglutaminase and anti Gliadin are produced by my company, The Binding Site. Test results “help” determine and cannot be absolutely positive in 100% of people all the time due to the many human variations. A biopsy of the intestinal tract is considered a critical part of the evaluation for celiac disease in addition to medical history and lab test results. A clinician familiar with the disease is the partner that puts the evidence together and comes up with the correct diagnosis.

The good news is that every day more and more is learned about celiac disease and its biochemistry. Research is ongoing to develop more accurate and simpler methods of detecting celiac disease. Who knows what the future will hold for diagnosing celiac disease?

My part in this discovery process is to find people newly diagnosed with celiac disease that have high antibody test results and may be willing to contribute plasma for the ongoing development of tests and the research for new methods to detect celiac disease. People with celiac disease are a vital component in celiac research. Are you the one? You can get more information on this research project at the following website:  
<http://research.thebindingsite.com>.



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