

# Celiac Disease: No more bread or pasta

BY REHAM ABDELAZIZ

Although previously known as a childhood disease, celiac disease is actually a lifelong condition. Symptoms of celiac disease include those of many other diseases, making it difficult to diagnose.

Celiac disease is a medical condition that affects the surface of the small intestines where nutrients from the food we eat are absorbed by the body. In celiac disease, ingestion of the protein gluten damages or completely destroys the surface of the small intestine. Gluten can be found in bread, pasta, pizza and in many processed foods. It is a hidden ingredient in many commercial foods and oral medications. Patients with celiac disease suffer from symptoms such as anemia, chronic diarrhea, weight loss, fa-

tigue, cramps, bloating, and irritability. In children, additional symptoms can include stunted growth and delayed puberty.

Celiac disease can only be controlled by adhering to a gluten-free diet. There is no cure, but there is help. The Canadian Celiac Association/L'Association Canadienne de la Maladie Coeliaque is a volunteer-based, charitable organization that serves to help people with celiac disease and dermatitis herpetiformis, a related skin disorder. The association aims to enhance the recognition of the disorder and acts as a source of information for people with celiac disease. Other goals include encouraging medical research and advising about the manufacture of gluten-free foods.

With its national office in Mississauga, there are

twenty-four chapters of the association across Canada. The Maritime chapters include one in Nova Scotia, three in New Brunswick, and one in Prince Edward Island. The association was formed in 1972 by two women with celiac disease.

Approximately 13,000 people in Canada are believed to suffer from celiac disease. For six months, Claire Betts, a former nurse, struggled for a diagnosis of her symptoms. In March 1995, she had surgery to remove her gallbladder. This triggered the disease, which often happens as a result of abdominal surgeries. She was rushed to emergency in July 1995 with symptoms of anemia and weighed only 87 pounds. However, she was not diagnosed until September 1995 following a small bowel biopsy while revisiting the emergency department.

After discovering her disease, Claire Betts had to adjust her diet according to the new restrictions. She could no longer have regular bread and pastas but had to buy bread and pastas that were gluten-free. A dietitian at the Victoria General Hospital offered

Betts information about the Canadian Celiac Association, and she became a member.

For more information on celiac disease contact the Halifax chapter of The Canadian Celiac Association located in Dartmouth's Woodlawn mall at 464-9222.

## Feeling Good

BY NATALIE MACLELLAN

The Maritime School of Health and Well Being "exists to foster whole health and well-being in the Maritimes."

The school opened this past September. It offers students training in Aromatherapy, Massage Therapy, various martial arts, Therapeutic Touch, and much more.

It is the only school of its kind in the Maritimes, and hopes to be registered as a certified trade school within the next six months.

Programs leading to certification in Aromatherapy and Massage Therapy are offered, as well as upgrading and/or continuing education classes in many disciplines. Workshops and Wellness classes are also offered to the general public. Acupuncture and hypnotic therapy classes are also being considered for the future.

With such a wide variety of courses available, the school is able to take a more holistic approach to training its students. A certified Massage Therapist is now required to have 2200 hours of training, up from 500-600 required a decade ago. On top of this, the school has decided that students will be required to take an additional 200 hours of electives to broaden their knowledge. These electives may include aromatherapy, infant massage, listening skills, or reflexology.

As part of their training stu-

dents will offer massage services to the public at discounted prices, probably in the \$25-\$30 range. The school is also looking into a job-shadowing program, where students could spend time working with a certified massage therapist and practice treatment rather than massage alone.

The minimum required prerequisite for these programs is a high school diploma. Those interested in Massage Therapy should have experienced the services of a massage therapist at some time.

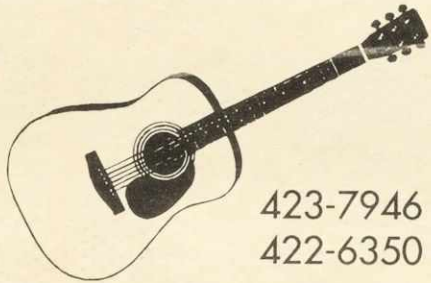
Students may study full time, part time, or on a course-by-course basis. Practicing massage therapists or health professionals are also welcome to expand their training in any of the courses offered.

One day workshops or weekend courses are offered in Reiki and Therapeutic Touch — 2 separate forms of healing arts which use energy transmission and redirection to assist in the healing process.

Wellness classes are offered on evenings and weekends and are open to the general public. These include vegetarian and macrobiotic cooking classes, infant massage for parents (free!), massage for couples, listening skills, and more. Tuition varies with each course.

For information regarding application please call the school for details at 435-0432 or visit the school, located at 2045 Harvard Street.

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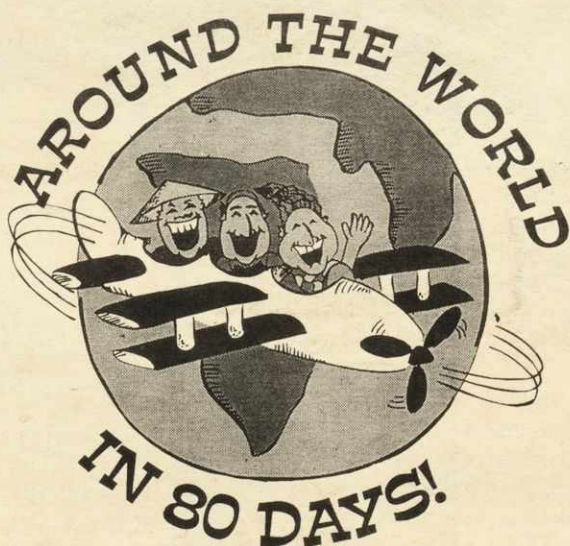
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