



Digestive Disease Consultants

ORLANDO



PALM
ENDOSCOPY
CENTER

DIGEST THIS!

A Newsletter from Digestive Disease Consultants
Fall 2017

Welcome to our Quarterly Newsletter! We hope to keep you informed of the latest developments within the field of Gastroenterology, and provide you with helpful information that can be used on a day to day basis. Please contact us if you wish to make an appointment at any one of our offices. Fall brings us football, back to school, and hopefully cooler weather on the horizon! This quarter, we highlight a disease many have heard of, but is still poorly understood, **celiac disease**.

What is Celiac Disease?

Celiac (SEE-lee-ak) Disease is a serious autoimmune disease that can occur in genetically predisposed people where the ingestion of gluten, a protein found in wheat, barley, rye, and some oats, leads to damage in the small intestine. When people with celiac disease eat gluten, their body mounts an immune response that attacks the small intestine. These attacks damage the villi, small fingerlike projections that line the small intestine that are involved with nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body. Celiac Disease affects people's ability to absorb essential nutrients, like vitamins, minerals, protein, fats, carbohydrates, and even water. This leads to a multitude of symptoms (see below). Celiac often runs in families and can affect individuals from any race and can be diagnosed in people of any age group.

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WHAT ARE THE SYMPTOMS OF CELIAC DISEASE?

HAVE THESE SYMPTOMS? DON'T WAIT. GET TESTED.



ORAL

- BAD BREATH
- GUM DISEASE
- MOUTH SORES
- MOUTH ULCERS
- SWOLLEN GUMS
- TONGUE SORES
- TOOTH ENAMEL EROSION

FEMALE-SPECIFIC

- BREAST TENDERNESS
- EARLY MENOPAUSE
- FREQUENT MISCARRIAGES
- HORMONAL LEVEL SWINGS
- HEAVY, PAINFUL PERIODS
- INFERTILITY
- SWOLLEN BLADDER/CERVIX

INTESTINAL

- ACID REFLUX
- BLOATING
- CONSTIPATION
- DIARRHEA
- GAS THAT WOULD CLEAR A ROOM
- LOSS OF APPETITE
- NAUSEA
- STOMACH PAIN

JOINT/MUSCLE

- ATAXIA
- BACK PAIN
- BURNING SENSATION IN THE JOINTS
- JOINT PAIN/STIFFNESS/SWELLING
- LEG CRAMPS
- MUSCLE SPASMS
- SWELLING IN HANDS AND FEET

VITAMIN DEFICIENCIES

- ANEMIA (LOW IRON)
- LOW CALCIUM
- LOW VITAMIN B12
- LOW VITAMIN D

BEHAVIORAL

- ADD
- ANXIETY
- BRAIN FOG
- DEPRESSION
- IRRITABILITY
- IRRATIONAL ANGER
- LONELINESS/ISOLATION
- LOSS OF INTEREST IN ACTIVITIES
- MEMORY LOSS
- MOOD SWINGS
- NIGHT TERRORS
- PANIC ATTACKS
- SHORT TEMPER
- SUICIDAL

SKIN

- ACNE
- BRITTLE NAILS
- BRUISES
- BURNING SCALP
- DANDRUFF
- DARK CIRCLES UNDER THE EYES
- ECZEMA
- FLAKEY SKIN AROUND THE EYES
- HIVES
- PALE SKIN
- SKIN CANCER
- SKIN RASHES

MISCELLANEOUS

- ASTHMA
- BLADDER INFECTIONS
- BLURRED VISION
- CHILLS & FEVERS
- CHRONIC FATIGUE
- DANDRUFF
- COUGHING
- DIZZINESS/VERTIGO
- FAINING
- FLUCTUATING WEIGHT
- GERD
- HAIR LOSS
- HEADACHES
- HEARTBURN
- HEMORRHOIDS
- HIGH BLOOD PRESSURE
- HYPOTHYROIDISM
- IRREGULAR HEARTBEAT
- LOW BLOOD SUGAR
- MIGRAINES
- NIGHT SWEATS
- RACING HEART
- SEIZURES
- SINUS PRESSURE
- SLEEPING ISSUES

* SYMPTOMS IN RED WERE MENTIONED THE MOST OFTEN

Source:
These symptoms were provided by over 130 people currently living with celiac disease. Only symptoms that were mentioned more than once were listed. To see all of the responses, go to: <http://glutendude.com/ceeliac/what-are-your-specific-ceeliac-symptoms/>

 **GlutenDude**
THE HARSHEST TRUTH ABOUT LIVING GLUTEN FREE
Glutendude.com

Did You Know?

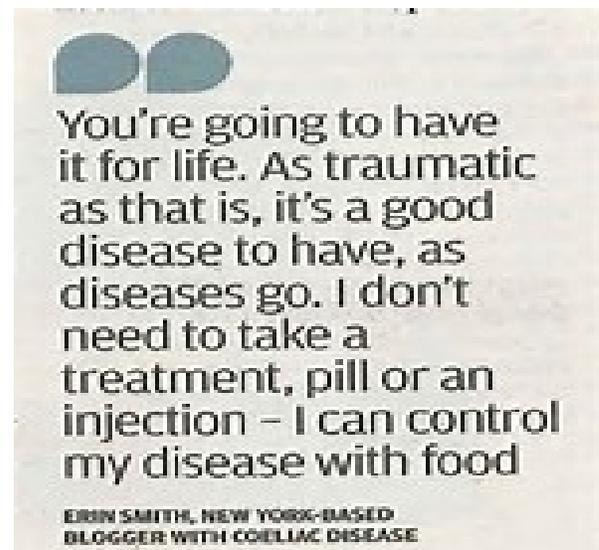
- One in 133 people are affected worldwide, with 3 million Americans affected. Up to 80% of these may be undiagnosed.
- Six to ten years is the average time a person waits to be diagnosed correctly.
- 5-22% of people with celiac disease have an immediate family member who also has celiac disease
- A 100% gluten -free diet is the only existing treatment for celiac disease today
- Gluten-free sales reached more than \$5 billion by the end of 2015
- Famous celebrities with celiac disease include Zooey Deschanel (actress), Elizabeth Hasselback (“The View”), Keith Olbermann (political commentator), Susie Essman (“Curb Your Enthusiasm”) and Cedrick Benson (NFL running back).

The fall season brings back many things each year. A new school year begins and Football is back. With both of these events we may need to prepare different meals or foods. Since we have picked *Celiac Disease* for this quarter we bring you a few different Gluten-Free meals that you can prepare at home.

Whether you're preparing a school lunch or for a Tailgate party these recipes are sure to be a crowd pleaser!

***We would love for you to share your Gluten-Free recipes with us! Go to our Facebook page; let us know your favorite recipes and favorite football team!*

78%
OF PEOPLE
WITH CELIAC
DISEASE DON'T
KNOW THEY HAVE IT.



IN THE NEWS....

- Dr. Popli and his wife welcomed the arrival of their beautiful daughter, *Raveena*, in July.
- In August Dr. Popli also lectured at a Community Fair hosted by the Gujarati Society of Central FL.
- Dr. Straker's son graduated over the summer as Summa Cum Laude and has started his surgery residency at U Penn. His daughter is still very busy working in the Trauma ED dept at Carolina Medical Center in Charlotte, NC. He and his wife are looking forward to spending some time off in the fall together. "GO BUCKEYE"SI!"
- Dr. Shephard and his family are anxiously awaiting a Miami Hurricanes win and can't wait to see the Miami Dolphins play in the Super Bow! ;)
- Dr. Reddy and his wife spent the summer traveling with their amazing daughters and spending some quality family time together!
- Dr. Katz recently participated in the Spin4 Crohn's & Colitis Cures fundraiser at our local CycleBar.
- In the Fall, all five of our physicians will be attending continuing education sessions at the World Congress of Gastroenterology conference.

SPOTLIGHT ON....

THIS AWESOME PHONE TEAM!



These are the faces behind the amazing voices that answer our phones. Your Digestive Disease experience begins with them and we as a team could not be happier to have them start the appointment process for our patients! We tend to celebrate all of our amazing staff. But Donna stands out among us as she has been here for 23 years! Debbie has 15 years with Lisa following close behind at 10 years. Maria has been with us for a little over 6 months now and is a great addition to our Digestive Disease Team! So give us a call and have one of our amazing phone team members schedule your appointment today!

Don't forget to follow us on FACEBOOK! Let us know who your favorite football team is!!

Why Digestive Disease Consultants?

With over 100 years of combined clinical experience, Digestive Disease Consultants has served the Central Florida region for over 25 years. We are an *independent physician practice*, which means that all of our clinical decisions are made in the best interest of you, the patient, and not an administrator or hospital executive. We pride ourselves on giving you the latest advancements and technology in the field of Gastroenterology, but also in communicating with you as an individual to tailor the best care for your health. All of our patients are seen by Board-Certified physicians only, who will personally oversee all of your care. For more information, please visit our website at ddcorlando.com, like us on Facebook, or call us to schedule an appointment at any of our convenient locations!



PALEO RANCH CHICKEN NUGGETS

INGREDIENTS:

- 1 teaspoon Parsley, Dried
- ⅓ teaspoons Dill Weed
- ⅓ teaspoons Garlic Powder
- ⅓ teaspoons Onion Powder
- ⅓ teaspoons Basil, Dried
- ⅓ teaspoons Black Pepper
- ½ cups Coconut Milk, Canned
- 2 individual Egg
- 2 ½ cups chunk Chicken, Boneless Breasts
- 2 cups Almond Flour

DIRECTIONS:

1. Combine parsley, dill, garlic powder, onion powder, basil, pepper, coconut milk and egg in a bowl and whisk until combined.
2. In a storage bag, pour in "ranch" mixture and chicken bites. Shake until evenly coated.
3. Add the almond flour to the bag and shake again until evenly coated.
4. Place bites onto a baking sheet covered in parchment paper.
5. Bake at 375 for 15-20 minutes until golden brown and crispy.



Gluten Free Game Day Chili Dip

Ingredients

- 1 tablespoons coconut oil
- 1 pound ground beef
- 1 onion, diced
- 1 green pepper
- 1 tablespoon oregano
- 1 tablespoon paprika
- 1 tablespoon ground coriander
- ½ teaspoon cumin
- 2 teaspoons chili powder
- 3 cloves garlic
- 1 14.5 ounce can of organic crushed tomatoes
- 2 plum (roma) tomatoes, diced
- 1 Jalapeño pepper, diced
- 1 tablespoon organic apple cider vinegar
- salt to taste
- pepper to taste
- 1 cup cheddar cheese, grated, divided
- ½ lb. nitrate free bacon, cooked and diced, divided
- 6 nitrate free hot dogs, cooked and diced
- 4 oz. gluten free mascarpone cheese
- scallions for garnish

Instructions

1. Heat coconut oil in a large pot, . Season ground beef with salt and pepper and add to the pot. Cook stirring frequently, until it has browned, about 10 minutes. Add the onion, peppers, and garlic and cook until soft, about 10 more minutes. Add oregano, paprika, coriander, cumin, chili powder, garlic, and tomatoes, bring the pot to a boil, then reduce to a simmer, cover, and cook for 1 hour.
2. Add the red wine vinegar, salt and pepper to taste and stir.
3. Preheat oven to 400°F
4. Mix in mascarpone cheese and hot dogs and transfer to a casserole dish. Strain if there is too much liquid and you like your dip dryer.
5. Top with ¾ cup of the cheddar cheese and half of the bacon. Bake for 5 minutes. Garnish with the rest of the bacon, cheddar cheese and scallions. Serve with your favorite gluten free chips.

