



CELIAC
DISEASE CLINIC

WHAT IS CELIAC DISEASE?

Celiac Disease is a chronic gastrointestinal disorder affecting 0.5-2% of overall population. In Canada, an estimated number of 440,000 patients suffer with celiac disease, around 5000 of them living in the city of Hamilton. Despite the recent

increase in the awareness of gluten-related disorders among the medical and lay community, most of those with celiac disease are still undiagnosed or diagnosed with a long delay after displaying first signs of disease, and their management and follow-up by specialists and family physicians is often suboptimal. Consequently, one of the priori-

ty areas identified by the Gastroenterology Division at McMaster University, is to further develop the recently established Celiac Disease Clinic (CDC) at McMaster to provide dedicated and comprehensive medical care, including nutrition, to adult patients with celiac disease.

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Multidisciplinary Assessment

The team at CDC involves staff gastroenterologists, gastroenterology fellows, dietitian, with access to a psychologist and a psychiatrist. Our multidisciplinary team offers medical consultations, serological testing, endoscopy, nutritional assessment, and counseling, breath testing for bacterial growth and lactose and fructose intolerance, as well as genetic testing.

Patient's Referral

Patients from the greater Hamilton area, southwestern Ontario, and beyond, who were recently diagnosed with celiac disease (by serology or endoscopy) or established celiacs with ongoing symptoms despite being on a gluten-free diet (non-responsive celiac or complex patients) will be referred to CDC by their family physician or specialists.

Management of Patients

After the initial consult and confirmation of the diagnosis, the patients will be seen 3-4 months later to assess the improvement

of symptoms and good understanding of a gluten-free diet. A follow-up visit at 1 year will ensure the adherence to a gluten-free diet and monitor the resolution of symptoms.

Continuity of Care

The physicians at the CDC work in concert with primary care physicians. When the symptoms of celiac disease in an individual patient are under good control, the CDC will provide specific instructions (according to the most updated guidelines) to the family physician to continue the follow up of the patient. The patient will have the option to return to the clinic if his/her symptoms return.

Patient Database

A database of patients attending the clinic will be built to allow an appropriate follow-up and to improve the future clinical care based on acquired data. The database will also provide an opportunity for patients to be offered participation in new clinical trials in celiac disease.

Outreach and Close Collaboration with Canadian Celiac Association (CCA)

The CDC clinic will work closely with the CCA on the education of patients and their families, patient advocacy, and to raise awareness about celiac disease. The clinic will become a hub for educational activities within the medical and lay communities.

High Quality Research in Celiac Disease

The Farncombe Institute has already established itself as one of the leading Canadian centers for celiac-based research. The Celiac Disease Clinic will build on this and provide an opportunity to further strengthen our clinical research not only within the framework of large multicentre trials assessing new treatments for celiacs, but also for studies on its pathophysiology, including the role of gut microbiota and health outcome.



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