

## Our Mission:

To increase awareness of gluten intolerance diseases including celiac disease and dermatitis herpetiformis by providing:

- support to individuals with gluten intolerance and their families;
- accurate, up-to-date, information and resources;
- educational programs that promote positive, non-threatening information; and
- outreach to health care professionals, restaurants and the general public.

Gluten Free Friends is a branch of the Gluten Intolerance Group® a national, nonprofit organization based in Seattle, WA.

**Visit our website:**  
[www.glutenfreefriends.org](http://www.glutenfreefriends.org)

## Meetings:

**When:** 1<sup>st</sup> Saturday of every Month, 10-11:30am  
**Where:** First Baptist Church  
Fireside Room  
124 SE Cowls  
McMinnville, OR

\*call for July/August meeting locations

## For More Information:

**Branch Managers:**

**Susan Chambers**  
(503) 435-9952  
[susan.chambers@linfield.edu](mailto:susan.chambers@linfield.edu)

**Sherill Roberts**  
(503) 472-7286  
[shrobert@linfield.edu](mailto:shrobert@linfield.edu)



**Gluten  
Free  
Friends**

**McMinnville, Oregon  
Branch**



GIG® branches provide information, education and support for those with gluten intolerance, (celiac disease/dermatitis herpetiformis) their families, health care professionals and the general public.

## Join Us:

- Monthly meetings
- Information and resources regarding the gluten-free diet
- Fellowship with persons who have a common disease
- Share ways of coping with the diet in social settings
- Become better equipped to help yourself and/or family members
- Share recipes and taste homemade gluten-free foods
- Access to local and national resources for information/support
- Advocate and educate health care providers and the general public regarding gluten intolerance diseases

FREE!

At this time we are able to provide this group without charge.

## Gluten Intolerance:

### What is it?

Gluten intolerance is the body's rejection of a protein called gluten in wheat, oats, rye and barley. As the body tries to get rid of gluten, it creates antibodies. Depending on the type of antibodies created, a reaction results. Celiac Disease (CD) is an autoimmune reaction that damages the small intestine. Dermatitis herpetiformis (DH) is a skin manifestation of gluten intolerance.

### Who's at risk?

Once believed to be rare, gluten intolerance is now known to affect potentially one in every 133 Americans. It is a chronic, inherited disease for which there is no cure, but can be treated with a gluten-free diet. Gluten intolerance can be activated at any age, although adults are diagnosed twice as often as children.

### The good news!

Although there is no cure for this disease, if you stay on a strict gluten-free diet, the prognosis is excellent. Healing occurs steadily, however complete recovery may take several months. The gluten-free (GF) diet is a ***life-long commitment*** and should not be started before being properly diagnosed. Starting the diet without proper testing makes later diagnosis difficult.

### Support Groups!

The first recommendation by most practitioners to the newly diagnosed is to attend a support group. Individuals already on the diet can help with information and resources and share what they have already learned.

**JOIN US!**