

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

Meetings:

When: 1st Saturday of every Month, 10-11:30am
Where: First Baptist Church
Fireside Room
124 SE Cowlis
McMinnville, OR

*call for July/August meeting locations

For More Information:

Branch Managers:

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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!