



14 May 2015

Howick Pakuranga Times, Auckland

Author: Natalie Britton • Section: General News • Article type : News Item
Audience : 32,347 • Page: 6 • Printed Size: 228.00cm² • Market: NZ
Country: New Zealand • ASR: NZD 499 • Words: 385 • Item ID: 407601706

isentia.mediaportal

Provided for client's internal research purposes only. May not be further copied, distributed, sold or published in any form without the prior consent of the copyright owner.



Page 1 of 1

Coeliac Week unites

Many will be reminded of the impact of coeliac disease on the lives of thousands of New Zealanders

By NATALIE BRITTON

While her peers scoffed fairy bread, Janine Carey often took her own batch of gluten-free muffins to parties.

The Year 9 Pakuranga College student has suffered from coeliac disease all her life and was diagnosed when she was four years old.

The genetic disease affects 65,000 New Zealanders, with 80 per cent unaware of their condition.

It is caused when the body reacts adversely to gluten, a binding component found in wheat products.

With Coeliac Awareness Week set down for May 18-24, Janine and her mother, Helen Carey, are keen to educate people on the importance of being tested.

"We were constantly at the doctors because she was always ill with stomach problems, was lethargic and had diarrhoea," says Mrs Carey, the coordinator for the West Auckland Coeliac NZ arm.

Following a blood test and a biopsy which involves the insertion of a camera into the gut, Janine was diagnosed and began leading a gluten-free lifestyle.

Janine's grandmother, father and two aunts also have Coeliac Disease so the Carey family is very much coeliac-aware.

However, many of Janine's peers are still in the dark.

"A lot of people don't know what it is and I have to explain it to them," she says.



DIET-CONSCIOUS: Janine Carey has lived with Coeliac Disease all her life.

Times photo Natalie Britton

The lanky 13-year-old lives a seemingly normal life delivering the *Times* each week, going to school and enjoying cooking classes.

"The other week we made meatballs in hospitality class and the teacher supplied gluten-free breadcrumbs," says Janine.

There are downsides to the gluten-free lifestyle including price and the need to pay special attention to ingredients lists, but Mrs Carey admits life as a coeliac sufferer is a lot easier these days.

"It's easier now than when she

was four because there's heaps more on the market now."

Despite that the odd craving does arise from time to time. "Now she goes 'I'd love to have a Big Mac' but she knows that if she had a crumb of something she'd end up with a sore stomach."

■ **As part of Coeliac Awareness Week, all are invited to attend a gluten-free community event at AMF Bowling in Panmure at 2pm, this Saturday. Bring a gluten-free plate. For more information email Mrs Carey at ghj@xtra.co.nz.**