



20 May 2015

Whakatane Beacon, Whakatane Bay of Plenty

Author: Nerydamcnabb • Section: General News • Article type : News Item
Audience : 7,557 • Page: 3 • Printed Size: 884.00cm² • Market: NZ
Country: New Zealand • ASR: NZD 1,321 • Words: 612 • Item ID: 411832668

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 2

Not fussy, gluten intolerant

Neryda McNabb
Health reporter

FOR years Tessa Bushell was unaware her digestive problems had a name.

The Whakatane woman can remember knowing as a child that some foods did not agree with her but it was not until she was in her 60s that she finally had a medical diagnosis for what her husband called her "fussy" eating.

Mrs Bushell is one of an estimated 65,000 New Zealanders affected by coeliac disease, a permanent auto-immune disorder, characterised by an intolerance to gluten.

Approximately one in 100 people are affected and 80 percent of those don't know they have the condition.

This week, during coeliac awareness week, Coeliac New Zealand is encouraging people to test, treat and eat gluten free, with a simple test available from their GP being the first step to improved health.

"In my case it was silent for years," Mrs Bushell said of the disease. "Although I always had problems eating certain foods it did not get bad until five or six

Coeliac disease symptoms

COELIAC Disease is an auto-immune disease with a wide range of non-specific symptoms including:

- Constipation or diarrhoea
- Abdominal discomfort including nausea, flatulence and bloating
- Lack of energy and general tiredness
- Iron deficiency and other vitamin/mineral deficiencies
- Bone and joint pain
- Failure to thrive in children

They occur because of gluten, a protein found in wheat,

rye, barley and oats.

In people with coeliac disease, the body's immune system reacts to gluten, causing inflammation and damage to the small bowel lining which impairs the body's ability to absorb nutrients from food.

Symptoms can be mild or severe, but a number of serious health consequences can result if coeliac disease is left untreated, such as osteoporosis, infertility/miscarriage and some cancers, including lymphoma.

causes bloating, diarrhoea, joint pain and incredible tiredness.

The only treatment is to remove gluten from her diet completely, although this is not easy.

"In this day and age that's really hard because so much food has it, and it's not a case of a little bit won't hurt you – a little bit can set off a severe reaction."

She said every time she ate out at a café or restaurant she had to be very careful. "You can

It is also associated with an increased risk of other auto-immune diseases, like type-1 diabetes.

Adopting a strict gluten-free diet allows the small bowel to heal and reduces your risk of long-term complications.

Anyone who is concerned they may have coeliac disease should see their GP.

Screening tests are also available at Unichem and Life pharmacies. No appointment is necessary.

go to a restaurant and think that it's gluten free but when you look into it, it isn't.

"A meal I had a month ago [supposedly] gluten free took me 10 days to get over."

Mrs Bushell lives alone, for which she is thankful. She can only imagine how difficult it must be for families where one child has coeliac disease and their gluten-free bread could be contaminated as easily as putting it into the same toaster used by the rest of the family.



20 May 2015

Whakatane Beacon, Whakatane Bay of Plenty

Author: Nerydamcnabb • Section: General News • Article type : News Item

Audience : 7,557 • Page: 3 • Printed Size: 884.00cm² • Market: NZ

Country: New Zealand • ASR: NZD 1,321 • Words: 612 • Item ID: 411832668

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 2 of 2



GLUTEN FREE:
Whakatane's
Tessa Bushell is
one of 65,000
New Zealanders
with coeliac
disease, which
requires a gluten-
free diet.

Photo Troy Baker
D2055-01