

**WALK  
FOR  
RESEARCH !!**



**HELP  
RAISE  
AWARENESS !!**

**G.F. GOODIE  
BAGS - 1st 250  
REGISTERED !!**

*We need to make celiac disease more recognized in our country. Many people are being newly diagnosed as awareness is spreading. With this walk we can bring a giant step toward awareness which is greatly needed in the general public. Please join us and bring your family, friends, neighbors, colleagues and you can ask local business for a pledge to raise more funds for ongoing research. If walking is not an option, a pledge will be greatly appreciated. It is a 5 K, 3.2 miles (or less at your own preference). Attached is the registration/pledge form. Deadline for pre-registration is Sept. 14th. You may bring it to our support group meeting Sept. 14th at 6:30pm at the Licking County Library 101 W. Main St. Newark, Oh. (or) mail to Val Kesman (chairperson) 1831 Morgan Center Rd. Utica, Oh. 43080, or call (740)892-3738 for more information.*

*Proceeds will go to the University of Maryland Center for Research and a portion will remain local for educational purposes.*

**MAKE CHECKS PAYABLE TO: UMB Fdn-Center for Celiac Research.**

*\*Please see Disclaimer on registration/pledge sheet.\**

*"Please make a copy to retain for your records"*

*\* Walk agenda will also include: gluten-free sample snacks, water and raffles.*

**DIRECTIONS:** *(From Newark) West on St. Rt. 16, turn South (left) on Cherry Valley Rd. About 1/4 mi. past Reddington Rd. intersection, lot is on the right, on Cherry Valley Rd. \* Please sign in at registration table.*

**WE NEED  
YOUR  
SUPPORT !!**

**Park & Ride Lot  
Cherry Valley Rd.  
NEWARK, OHIO**

**Saturday, Oct. 9th 2010**

**Registration: 8:00 am**

**Walk: 9:00 am**

**Walk disassembled: 12:00pm**

### **CELIAC DISEASE**

*1 in every 133 Americans are affected with celiac disease, it is now very common, although it is still sometimes misdiagnosed. Celiac disease is an autoimmune disorder that causes damage to the small intestine, that can lead to serious malabsorption of vital nutrients to the body. A genetic intolerance to gluten (a protein found in wheat, rye & barley) triggers a destructive reaction of the immune system. Common health problems in children & adults are: failure to thrive, developmental delays, neurological complications, dental enamel defects, bone loss (osteopenia or osteoporosis), anemia, infertility, hyposplenism. There is an increased mortality compared with the general population, mainly because of an increase in the incidence of malignant disease. Commonly patients with celiac disease have other autoimmune disorders such as Sjogren's disease, type 1 diabetes & autoimmune thyroid disease. Celiac disease is being linked with many diseases & disorders and research is extremely vital to concur this disease.*