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## FOR IMMEDIATE RELEASE

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### Are You Allergic to Gluten?

(Longmont). . .Are you allergic to gluten? Perhaps you are, but don't know it. Longmont United Hospital will be presenting an informal panel discussion on Gluten: Friend or Foe? Wednesday, April 12 from 6:00 to 8:00 p.m. at the Longmont United Hospital Gallery. Please register in advance by calling 303.485.4184.

Gluten is a protein found in wheat, barley, rye and oats. Intolerance to gluten, ranging from simple sensitivity to full-blown celiac disease, is becoming one of the fastest growing health concerns today, yet it is one of the most underdiagnosed conditions in the U.S. Unchecked, celiac disease will prevent absorption of certain essential nutrients, thereby causing a variety of related conditions and complications, such as osteoporosis, anemia and certain cancers. Gastroenterologist Nuzhat Iqbal, MD; Lori Kehoe, RD; Kim Welch, MS, RD, CDE; Karen Murphy, MA; Shelly Ditter, RN, DC; and Bill Eyl will be ready to discuss gluten intolerance and any questions you might have. Non-gluten snacks donated by local restaurants will be available for tasting. Join us!

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