

## UPFRONT

Insights and transparent talk from leadership

To refer a patient, call (800) 266-0366.

## Family focused

*Our celiac disease program combines the latest medical advances with a comprehensive approach*

**BY THOMAS T. SATO, MD**

Historically, pediatric gastroenterologists have been able to diagnose and treat celiac disease and gluten sensitivity, but focused expertise in the field has allowed Children's Hospital of Wisconsin to develop a comprehensive program at the Bonnie Lynn Mechanic Celiac Disease Clinic.

The process begins with a definitive diagnosis through endoscopy and biopsy. Through one-on-one educational sessions with a dietitian, we then teach patients and their families how to prevent exposure to gluten-containing foods.

Because dietary and lifestyle changes involve the entire family, we take a multi-disciplinary approach, engaging clinical therapists as needed. In addition, we examine cultural, ethnic and socioeconomic aspects of dealing with the disease.

Children's is actively pursuing improved science in this area. We are building a database registry and tissue/blood bank to advance understanding of celiac disease. We also are researching inflammatory signatures in patients

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with celiac disease and type 1 diabetes.

Celiac disease is a debilitating condition that can be wholly abated by a gluten-free diet. We are excited to be able to help more young people make the lifestyle changes required to restore their best quality of life.

Best,

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## U.S. News & World Report ranking

U.S. News & World Report's latest rankings place Children's Hospital of Wisconsin among the best children's hospitals in the nation in 8 specialties: cancer, cardiology & heart surgery, diabetes & endocrinology, gastroenterology & GI surgery, nephrology, neurology & neurosurgery, orthopedics and pulmonology.

