

APRIL NEWSLETTER

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questhpvstudy@cfri.ca

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Currently enrolled:

3949 GIRLS

Our target:

8666 GIRLS

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If your address or contact details have changed, please let us know!

questhpvstudy@cfri.ca

Refer a friend!

Do you have a friend that would be interested in joining the QUEST study?

Refer them to our [website](#) and you could have a chance to win a gift card!

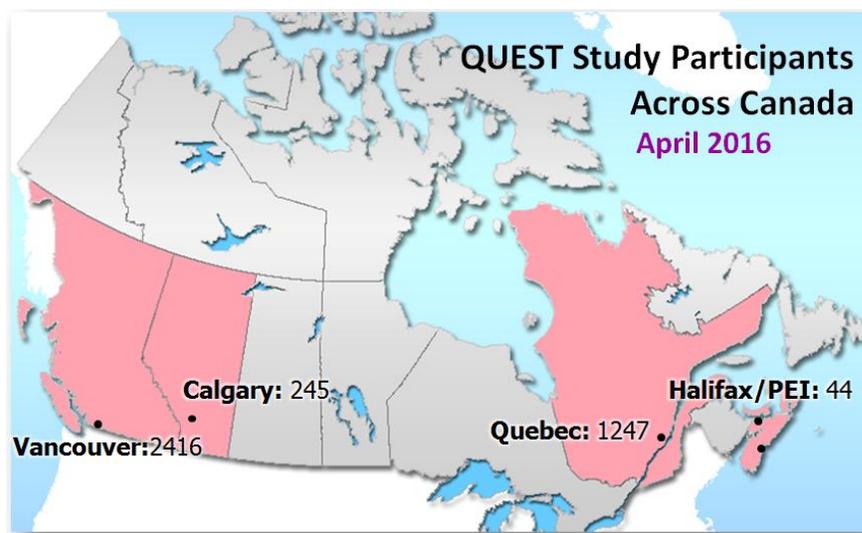
[Click here to learn more.](#)

Breaking News!

World Health Organization (WHO)
– HPV's impact on women's health

"A large majority (around 85%) of the

All locations are currently recruiting.



Gluten

By Claire Pitcher, Registered Nurse

Have you noticed foods being labeled 'gluten free'? While this may help people with gluten allergies make choices that are safer for them, many other people have been left asking; "What is gluten? And, should I be avoiding it?" This month, we'll answer a few of your questions about gluten to help you understand more about this topic!

What is gluten?

Foods we eat are typically made of 4 different building blocks – carbohydrates, proteins, fats and alcohols. Gluten is a type of protein found in starchy foods such as wheat. It often acts like a 'glue' in foods and gives dough its elastic texture.

What is a food allergy?

We say someone is allergic to a particular food if their body mounts an immune response (part of the body meant to fight germs) following

global burden occurs in the less developed regions, where it accounts for almost 12% of all female cancers.”

Read More: [Article](#)

Frequently Asked Questions about the HPV Vaccine

Have questions about the HPV vaccine? Check out these FAQ and answers on the ImmunizeBC website!

Read More: [Article](#)

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exposure to a specific food. This response can range from mild to severe. For example, one allergy might simply cause a runny nose while another can cause a life-threatening anaphylactic reaction. In addition to formally diagnosed allergies, people can also have food ‘intolerances’. This occurs when someone isn’t able to adequately break down foods for digestion. (eg. Lactose intolerance means a person doesn’t have the enzymes needed to break lactose into its digestible building blocks: galactose and glucose)

What is celiac disease?

Celiac disease is the name for an allergy to gluten (ie. The body mounts an immune response to gluten). Over time, this response can damage the small intestine and make it harder to absorb the nutrients your body needs.

I don’t have celiac disease but gluten still bothers my stomach. Is that possible?

Sometimes, people may find gluten ‘doesn’t agree’ with them. However, they won’t have a formally diagnosed allergy to gluten (eg. their body doesn’t mount enough of an immune response to gluten to cause the long-term damage to the small intestine associated with celiac disease.). If you think you may have a gluten allergy or sensitivity, it’s important to speak to a doctor/dietitian to ensure you maintain a well-balanced diet.

How can I tell if I have celiac disease?

People who have celiac disease often notice a variety of symptoms (eg. stomach upset, diarrhea, ‘brain fog’) that worsens when they eat foods with gluten in them. A health care provider can order a blood test to confirm whether a person likely has celiac disease.

I don’t have celiac disease/gluten sensitivity; is gluten bad for me?

No! For people who do not a gluten allergy/sensitivity, there is no harm in eating gluten. Lately, a lot of marketing money has been invested in labeling foods as ‘gluten free’. In some cases, these labels even try to make gluten free foods seems like the healthier option - This is not true! For people without a gluten allergy (and that’s most of us!), whether we eat a gluten-free cookie or a gluten-filled cookie, we are still eating a cookie ☺ Nutrition labels are your best bet for deciding how healthy a food is overall.

If you think you may have a gluten allergy/sensitivity, it can be really helpful to talk to an adult you trust about it (and specifically one with medical knowledge like a doctor, nurse or dietitian.) For more information on celiac disease, you can also visit this website:

<http://www.hc-sc.gc.ca/fn-an/securit/allerg/cel-coe/index-eng.php>

Contest of the Month

QUIZ!

[Email us](#) (questhpvstudy@cfri.ca) with your answers to the questions below by May 13th. All entries will be entered into a draw to **win a \$10 gift**

card!

- 1) **True or False** – A gluten allergy is also known as Celiac Disease
- 2) **True or False** – Gluten is a carbohydrate
- 3) **True or False** – Quebec has 1143 QUEST participants!

March Newsletter Contest Winner:

Jessica won \$10 Starbucks gift cards for being the winner of last month's contest! Congratulations!

* A random number generator will be used to randomly select the winner. Winners contacted by email.



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