Celiac Disease – A Comprehensive Guide: Pankaj Vohra (ed)

Published by National Book Trust; First Edition: 2016; ISBN: 978–81–237-7942-3; Price: Rs. 185

Praveen Kumar¹

Received: 6 March 2017 / Accepted: 6 March 2017 / Published online: 3 April 2017
© Dr. K C Chaudhuri Foundation 2017

Celiac disease is being diagnosed increasingly in India. It has a wide range of presentations and the severity is variable. Treatment is simple, in the sense that only dietary restrictions are required but is challenging because it requires complete avoidance of gluten containing diets. Most of the food items which are being used in high prevalence states contain gluten. Lack of awareness, misconceptions and social pressure makes things further complicated. Dietary transgression is not uncommon when information is incomplete.

This book, written by Dr. Pankaj Vohra provides information about all aspects of Celiac disease. Dr. Vohra has a vast experience of diagnosing and managing such cases. This will be very useful for parents, patients and health professionals taking care of Celiac disease patients. Separate chapters on ‘Understanding Celiac disease’ and ‘Symptoms and diagnosis’ will help the readers to have a better understanding of the

disease. There is also a chapter for teenagers which answers most of the queries the teenagers will have.

Dietary transgression is more common during travel, marriages, parties and in adolescents. This book has a separate chapter named “Gluten free outside the house” which provides tips for maintaining gluten free diet during special occasions, dining out, travelling, holidays *etc.* Doctors and nutritionists working in the field often face queries regarding different food items and recipes for celiac patients. This book gives a wide range of recipes for breakfast /snacks, lunch and dinner which will give more options to the families. A word of caution about a few recipes where chocolate chip and bread crunch have been mentioned – it is mandatory that these should be gluten free but their availability may be a problem. Overall, it is a complete book on Celiac disease.

✉ Praveen Kumar
pkpaed@gmail.com

¹ Division of Pediatric Gastroenterology, Department of Pediatrics, Kalawati Saran Children’s Hospital, Lady Hardinge Medical College, New Delhi, India