



Boston Children's Hospital  
Celiac Disease Program



# CELIAC SMARTS 2026

## From Hypervigilance to Harmony: Navigating Balance

An annual education program for celiac disease patients, patient families, and medical professionals. There are a total of 4 sessions, one held every week during May 2026. All sessions are recorded and available to watch later.

### 1 Session 1 • Sunday, May 3, 2026 • 12 Noon ET • IN-PERSON

Complimentary Gluten-Free Lunch Included

#### GF and Fearless: Teens talk about never letting celiac disease hold them back.

An engaging panel discussion moderated by Dr. Weir exploring how teens with celiac disease navigate the balance between staying safe and living fully. Dr. Weir will open with a brief overview of hypervigilance—the tendency to become overly cautious about gluten exposure—and its impact on quality of life. Our teen panelists will then share their personal experiences and strategies for managing celiac disease without letting it define or limit them.

This session emphasizes that with the right mindset and tools, young people with celiac disease can participate fully in activities, without feeling limited by dietary restrictions.

#### FORMAT

In-person teen panel — also livestreamed and recorded to watch later

#### LOCATION

Boston Children's Hospital, 9 Hope Ave, Waltham, MA

#### SPEAKERS

Dr. Dascha Weir – moderator

Teen panelist - Katie Attwood, Alexis Fontes, Eli Berk, Lucas Kumin

# CELIAC SMARTS 2026 • continued

## ② Session 2 • Wednesday, May 13, 2026 • 12 Noon ET • Virtual

### Culinary Medicine: Eating Safely Without Stress

Registered dietitians will present evidence-based strategies for managing celiac disease safely while maintaining quality of life and avoiding hypervigilance. The presentation will cover essential skills such as how to read food labels effectively, appropriate questions to ask when dining out, and reliable methods for determining if products are gluten-free.

The session concludes with a hands-on cooking demonstration that reinforces practical techniques for confident, stress-free meal preparation within a gluten-free lifestyle

#### FORMAT

Virtual — recorded and available to watch later

#### SPEAKERS

Jaclyn Quinlan, MPH, RD, LDN  
Nolan Reese, RD, LDN

## ③ Session 3 • Tuesday, May 19, 2026 • 12 Noon ET • Virtual

### Research Roundup: The Latest Celiac Breakthroughs

This session provides an overview of the latest developments and emerging research in celiac disease as presented at recent major medical conferences. Attendees will gain insight into cutting-edge topics. This session offers both providers and patients access to current scientific knowledge and future directions in the field, ensuring participants leave with an understanding of the most recent evidence shaping celiac disease care.

#### FORMAT

Virtual — recorded and available to watch later

#### SPEAKERS

Nan Du, MD, MPH  
Amanda Koski, RD, LDN  
Jocelyn Silvester, MD, PhD  
Sharon Weston, MS, RD, CSP, LDN

# CELIAC SMARTS 2026 • continued

④ Session 4 • Thursday, May 28, 2026 • 12 Noon ET • Virtual

## Empowering Celiac Patients: Safety Without Social Isolation

This session equips healthcare providers with the knowledge and communication strategies needed to support patients with celiac disease without inadvertently promoting hypervigilance. It also offers valuable insights for patients and families seeking evidence-based guidance.

The presentation emphasizes practical approaches for patient-provider conversations that validate concerns while preventing unnecessary dietary restrictions and anxiety. By improving celiac disease literacy across both providers and patients, this session aims to create a collaborative healthcare environment that supports balanced, informed decision-making rather than fear-based approaches.

### FORMAT

Virtual — recorded and available to watch later

### SPEAKERS

Dascha Weir, MD  
Amy Hale PhD

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