The Trouble That Jack Had

Written by: Jane Pintavalle & Diane Pintavalle

Illustrated by: Peter Zielinski

Published by: Friends of Celiac Disease
Mission Statement

Friends of Celiac Disease is a non-profit charitable organization devoted to assisting people with celiac disease and dermatitis herpetiformis (CD/DH) primarily by supporting efforts in celiac disease research and educating patients, physicians, dieticians and the public about celiac disease, its symptoms and treatment.

The Trouble That Jack Had
First published 2004
© in this edition Friends of Celiac Disease 2004
Friends of Celiac Disease
8832 N Port Washington Road, #204
Milwaukee, WI 53217
Tel: (414) 540-6679
Fax: (414) 540-0587

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the express permission of the publisher.

The publisher and the authors have made every effort to ensure the accuracy of this book, but cannot accept responsibility for any errors or omissions.
Illustrated by Peter Zielinski
Greetings from the authors:

The subject of our poem is eight years old now, a happy, healthy boy who loves to play soccer and football. He does well in school, and is an avid Harry Potter fan.

It was at the time of his routine three-year-old check-up that his family physician became suspicious of his big round belly. The doctor asked if his belly was always like that. Diane, Jack's Mom said “yes, aren't all toddler's belly's big and round?” The doctor arranged for several tests and later referred Jack to a pediatric gastrointestinal specialist. At age three and a half, after blood work and biopsy, Jack was diagnosed with celiac disease.

My son and daughter-in-law tried to reassure me by sharing as much information as they could find. I know that they were every bit as concerned as I was, but they handled it well. They got the facts, kept a positive attitude, found out where they could buy gluten-free foods and recipes, read all labels carefully and put Jack on a gluten-free diet. He adjusted to the changes quickly and thrived.

Several months later Diane had a chance to reflect on this whole experience. Reading books with Jack on her lap had been a priority from the day of his birth. She wished that there had been a story that she could read to him about children with celiac disease. None had been written. So, she decided to tackle the job. Diane scribbled some thoughts about Jack and what they had been through in hopes that somehow it might help reassure other parents and children newly diagnosed with celiac disease.

One day she asked if I would like to add to the story and I did; together we were able to tell Jack's story.

We hope it helps.

Jane & Diane Pintavalle
The Trouble That Jack Had
written by:
Jane & Diane Pintavalle

illustrated by:
Peter Zielinski
This is the trouble that Jack had.
These are the grains that caused the trouble that Jack had.
These are the fields that grow the grains.
The grains that we learned caused the pain and the swollen belly that Jack had.
This is the doctor, kind and wise, who looked in both Jack's ears and eyes.

Then he noticed the belly, too big and too round.
He tested Jack further and here’s what he found...
In Jack’s intestines some villi weren’t working. They lay down flat, their job they were shirking.
“This is not good”, the doctor said.

“But there is a solution” and he scratched his head.
“Gluten-free is the way to go! It helps children like Jack, I know this is so.”
Gluten Free

- Sourdough Bread
- Bagels
- Donuts
- Crisps
- Crackers
- Pizza
- Pasta
- Quinoa Pasta
- Rice Pasta
- Couscous
- Rice
- Quinoa
- Cornmeal
- Cornbread
- Pancakes
- Biscuits
- Rolls
- Muffins
- Cookies
- Brownies
- Cupcakes
- Cakes
- Cookies (dairy-free)
- Crackers (dairy-free)
- Chocolate
- Candy
- Snacks
- Chips
- Popcorn
- Pretzels
- Cheese
- Yogurt
- Butter
- Margarine
- Ice Cream
- Frozen Yogurt
- Cheese (dairy-free)
- Sausage
- Bacon
- Pancakes
- Waffles
- Eggs (free-range)
- Fish (wild-caught)
- Seafood
- Meat (grass-fed)
- Chicken (free-range)
- Turkey (free-range)
- Pork (pasture-raised)
- Game (venison, wild)
- Dairy (lactose-free, organic)
- Eggs (free-range)
- Cheese (dairy-free)
- Milk (lactose-free, organic)
- Yogurt (lactose-free, organic)
- Butter (organic)
- Margarine (dairy-free)
- Ice Cream (lactose-free, organic)
- Frozen Yogurt (lactose-free, organic)
- Cheese (dairy-free)
- Sausage (dairy-free)
- Bacon (dairy-free)
- Pancakes (dairy-free)
- Waffles (dairy-free)
- Eggs (dairy-free)
- Fish (dairy-free)
- Seafood (dairy-free)
- Meat (dairy-free)
- Chicken (dairy-free)
- Turkey (dairy-free)
- Pork (dairy-free)
- Game (dairy-free)
- Dairy (lactose-free)
- Eggs (lactose-free)
- Cheese (lactose-free)
- Milk (lactose-free)
- Yogurt (lactose-free)
- Butter (lactose-free)
- Margarine (lactose-free)
- Ice Cream (lactose-free)
- Frozen Yogurt (lactose-free)
- Cheese (lactose-free)
“These are some of the things you’ll be able to eat . . . Strawberries, bananas, pork chops and peas. Potatoes, rice, popcorn and cheese.”
There are too many to mention and all are delicious. Some are crispy or crunchy and all are nutritious.
This is the challenge that Jack has.
Gluten intolerance or celiac sprue, whatever you call it, here's what you do:
Mom and dad must read every label,

And check all the food they put on the table.
Jack packs his own treats for parties and school and thinks gluten-free brownies are better than cool.
This is the boy that lives gluten-free.

He is active and happy and strong as can be.
He is growing and learning and having fun.
He plays some soccer and boy can he run!
The trouble Jack had has gone away.
His belly is better.
No more pain today.
To change what he is eating, we decided to try it and now Jack lives by his gluten-free diet.
ABOUT THE ARTIST, 

PETER ZIELINSKI

Born in Milwaukee, Wisconsin, Peter Zielinski fortunately inherited his father's artistic abilities. He attended Milwaukee Trade and Technical High School and during his final year was hired as an illustrator trainee at a technical publishing firm. For 23 years, Peter worked in many areas of the company, furthering his art skills and personal style.

During that time he married and had two children. The second child was an adorable little girl that they later discovered had celiac disease. His family was fortunate to have a local support group and they quickly adjusted to this new lifestyle. Although he loved his job, he wanted to create something that others would enjoy for years to come. Peter's dream was to write or illustrate a book. Fate brought together Peter's talent with Friends of Celiac Disease's awareness efforts.

Peter was thrilled to contribute to a book that allows children, like his daughter Tina, know they are not alone and that there are far more foods that they CAN eat; a book that simply says, if you follow your diet and stay active, you can have a long and healthy life. Peter thought this story was great for the newly diagnosed child who needs support. He jumped at the chance to illustrate Diane and Jane's story. This is Peter's first privately published children's book. He hopes to continue working with the celiac disease community and other groups working to bring support and enjoyment to children.
Common Celiac Disease Symptoms

According to the University of Chicago Celiac Disease Program, there are over 200 related symptoms to celiac disease (Guandalini & Melin-Rogovin, 2004). Here is a list of some of the most common symptoms:

- Recurring abdominal bloating and pain
- Chronic diarrhea
- Weight loss
- Pale, foul-smelling stool
- Unexplained anemia (low count of red blood cells)
- Gas
- Bone pain
- Behavior changes
- Muscle cramps
- Fatigue
- Delayed growth and eventual short stature
- Failure to thrive in infants
- Pain in the joints
- Seizures
- Tingling numbness in the legs (from nerve damage)
- Pale sores inside the mouth, called aphthous ulcers
- Painful skin rash, called dermatitis herpetiformis
- Tooth discoloration or loss of enamel
- Missed menstrual periods (often because of excessive weight loss)
- Irritability
- Depression
- Infertility

Friends of Celiac Disease
Friends of Celiac Disease is a non-profit charitable organization devoted to assisting people with celiac disease and dermatitis herpetiformis (CD/DH), primarily by supporting the efforts in research and education.

A special thank you to Dr. Perry and Mrs. Sharon Garber: Their faithful remembrance of their daughter, Jolie Savdie, and enduring support for celiac disease awareness will now touch the lives of many.

This book became possible because of support from the Jolie Savdie Memorial Fund:

- Eunice & Debra Abeshaus
- Ann & Anthony Basilico
- Norman & Marjorie Bean
- Susan & Howard Bromberg
- Esta Cohen
- Brenda Coleman
- Jerome Deluty
- Barry & Nancy DeSaint
- Dr. Allan & Claudia Deutsch
- Ronald & Elizabeth Dockray
- Briggs & Paula Doherty, Jr.
- Ruth & Lee Exter
- Hilary Farrow
- Linda & Harvey Feldman
- Susan & Larry Field
- Charles & Billie Fischer

And the generosity of the following donors:

- Mr. & Mrs. Leo Folgo
- Merilyn Gaines
- Margo & Carlos Garber
- Dr. Perry & Sharon Garber
- Roslyn Glick
- Sandy & Shelly Goldberg
- Annette Halpern
- Carolyn & Robert Hanley
- Edward Herrmann
- Irene & Jerome Horowitz
- Ruth Hurwitz
- Sheila & Arnold Kaufman
- Francis & Daisy Kay
- Mr. & Mrs. Harry Krekorian
- Edward & Lois Kudish
- Alvin & Rosalind Kurzer
- Phyllis & Adam Kurzer
- Sheldon & Sheila Land
- Jerrold & Barbara Lavine
- Katie and David Licker
- Howard and Alva London
- Stephen & Linda Marcello
- Shelley Oelbaum
- Joan Rosi
- Joyce Shatkin
- Robert & Mindy Stafford
- Lorraine & Irving Waldman
- Guy & Palma Zampini
Organizations, Support Groups, and Sources of Information

Celiac Disease Foundation
13251 Ventura Boulevard, Suite 1
Studio City, CA 91604-1838
(818) 990-2354
www.celiac.org

Gluten Intolerance Group
15110 10th Avenue, SW, Suite A
Seattle, WA 98166-1820
(402) 558-0600
www.gluten.net

R.O.C.K. (Raising Our Celiac Kids)
3527 Fortuna Ranch Road
Encinitas, CA 92024
(858) 395-5421
www.celiackids.com

Friends of Celiac Disease
8832 N. Port Washington Road
Milwaukee, WI 53027
(414) 540-6679
www.friendsofceliac.org

Peter Green, M.D.
Celiac Disease Center at Columbia
Columbia University College of Physicians & Surgeons
161 Fort Washington Avenue, Room #645
New York, NY 10032
(212) 305-5590
www.celiacdiseasecenter.columbia.edu/CF-HOME.html

Stefano Guandalini, M.D.
University of Chicago Celiac Disease Program
5841 South Maryland Avenue, MC 4065
Chicago, IL 60637
(773) 702-7593
www.uchospitals.edu/specialties/celiac/
Alessio Fasano, M.D.
University of Maryland Center for Celiac Disease Research
700 West Lombard Street
Baltimore, MD 21201
(410) 706-2715
www.celiaccenter.org

Joseph Levy, M.D.
Children's Digestive Health Center
3959 Broadway BHN-726
New York, NY 10032
(212) 305-5693
http://cpmcnet.columbia.edu/dept/pediatrics/division/gastro/fac.html

Colin Rudolph, M.D.
Children's Hospital of Wisconsin/Medical College of Wisconsin
Department of Pediatric Gastroenterology and Nutrition
78701 Watertown Plank Road
Milwaukee, WI 53226
(414) 266-3690
www.mcw.edu

Web Resources

St. John's Celiac Disease Listserve.
www.maelstrom.stjohns.edu

National Institutes of Health

Celiac Disease General Information
www.celiac.com

North American Society for Pediatric Gastroenterology
www.naspghan.org
A wonderful story of a little boy and his family as they cope with the diagnosis of celiac disease. As Jack and his family learn more about a gluten-free lifestyle, they are pleased to discover all of the foods he CAN eat.

The story is written and illustrated by parents of children with celiac disease. Its pages display their support and optimism and are a comfort to all. The book also provides celiac disease resources. It's a perfect addition to your child's library.

"The Trouble That Jack Had" is heartwarming and inspirational, while being educational at the same time. Its lively tempo and enjoyable story helps kids understand that they're not alone, and encourages them to understand what's going on with their bodies, and to learn what foods they can enjoy. "The Trouble That Jack Had" enthralls and delights kids of all ages!"

Danna Korn
Author and ROCK Founder

"This story is a perfect way to tell children about celiac disease. It sends a positive message about having celiac disease. It reads well and the illustrations are great. A must have for health professionals, teachers, parents and anyone dealing with children with celiac disease."

Cynthia Kupper, RD, CD
Executive Director - Gluten Intolerance Group

Published by: