

# 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**  
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*Illustrated by Peter Zielinski*

## *Greetings from the authors:*



**Jack Pintavalle**  
taken at age 8

*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.



Pete Zelinshj 03



These are the grains that caused  
the trouble that Jack had.



These are the fields that  
grow the grains.

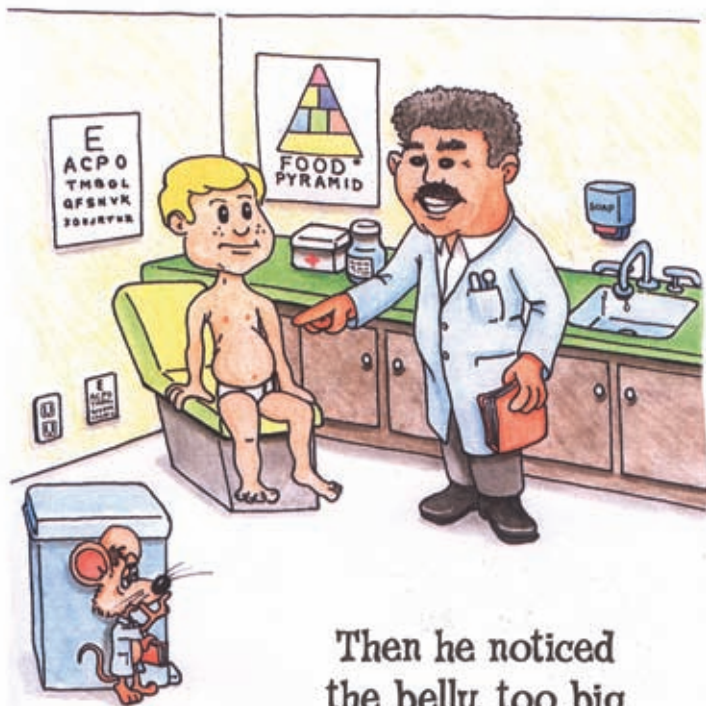


The grains that we learned  
caused the pain and the swollen  
belly that Jack had.



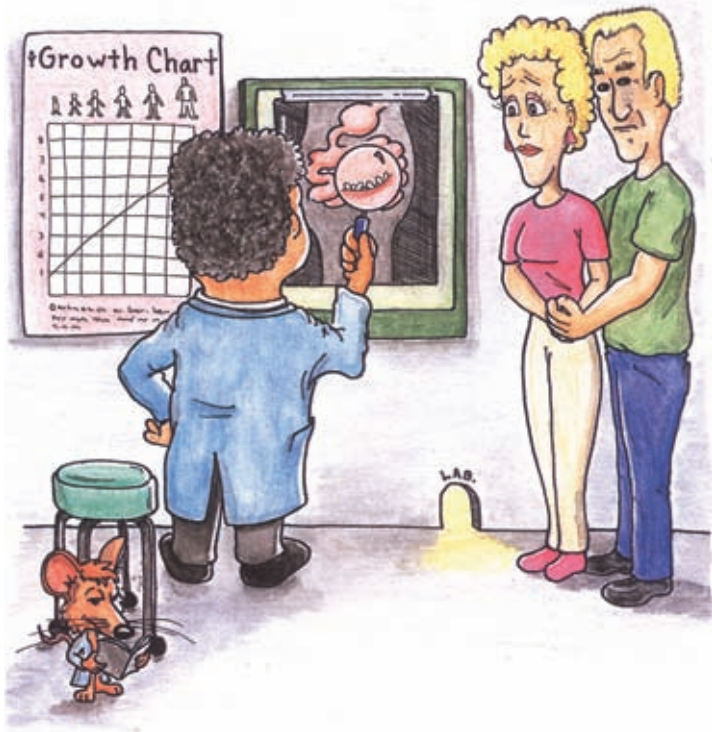


This is the doctor, kind  
and wise, who looked in both  
Jack's ears and eyes.



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

It's important to know what you can eat if you are gluten free. Here are some ideas for you to try.

Wheat-free bread  
Rice  
Corn  
Potatoes

Quinoa  
Sorghum  
Millet  
Amaranth

Buckwheat  
Teff  
Rye  
Oats (certified gluten free)

Flour  
Almond  
Chestnut  
Coconut

Arrowroot  
Tapioca  
Cassava  
Sorghum

Flaxseed  
Sesame  
Sunflower  
Pumpkin

Chickpea  
Lentils  
Beans  
Nuts

Seeds  
Fruits  
Vegetables  
Herbs

Spices  
Oils  
Vinegars  
Condiments

Alcohols  
Dairy  
Eggs  
Meat

Seafood  
Nuts  
Seeds  
Fruits

Vegetables  
Herbs  
Spices  
Oils



OFFICE



"These are some of the things  
you'll be able to eat . . .  
Strawberries, bananas, pork  
chops and peas. Potatoes, rice,  
popcorn and cheese."

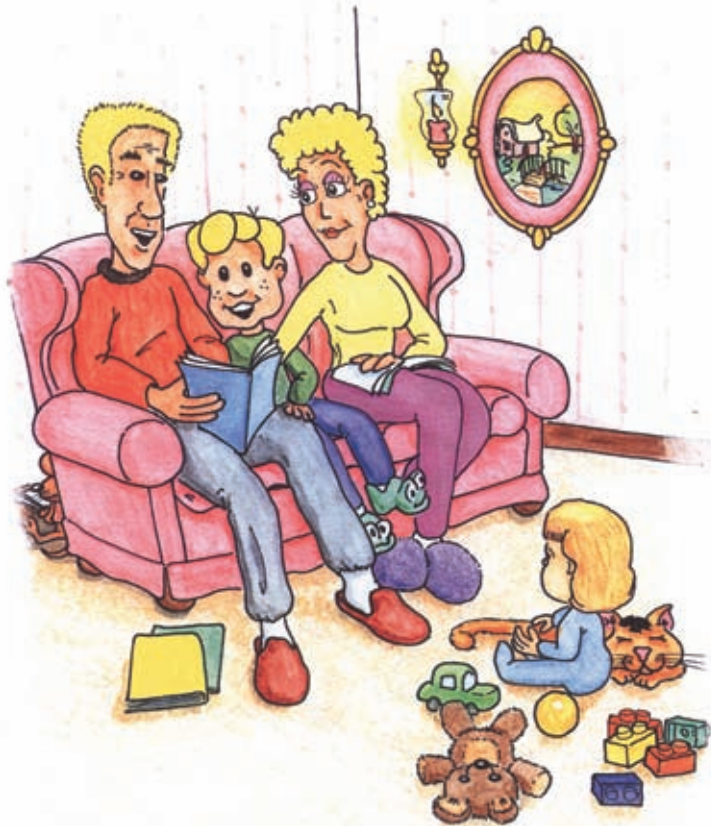


There are too many to mention  
and all are delicious. Some are  
crispy or crunchy and all are  
nutritious.





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.

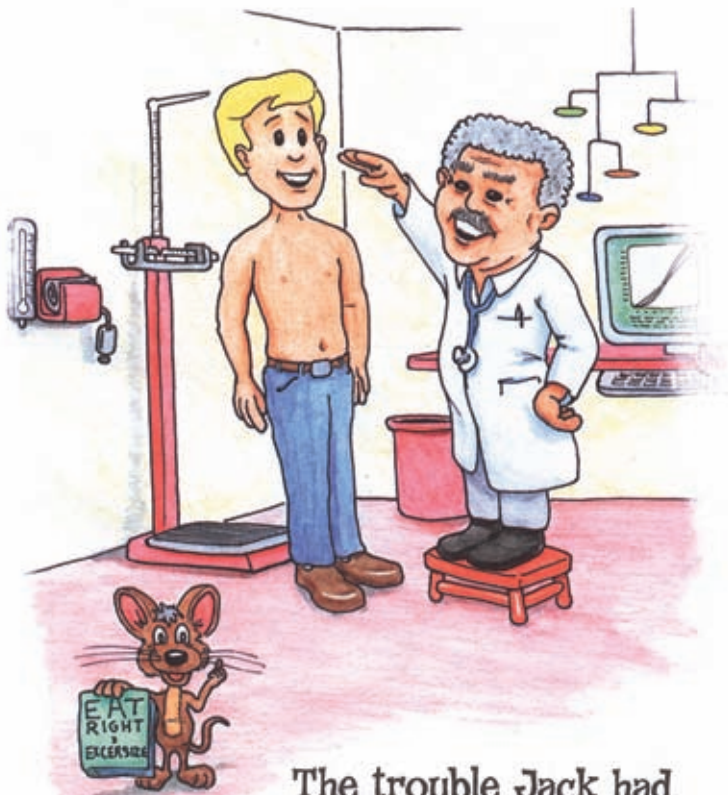




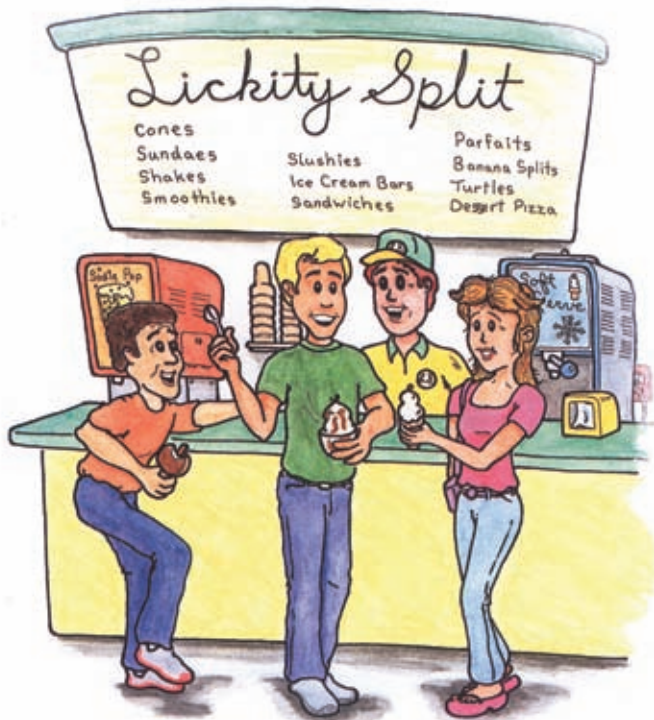
He is growing and learning  
and having fun.

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 weightloss)
- 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.

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- Mr. and Mrs. Paul Spinkman
- Dr. and Mrs. James Tweddell
- Mr. and Mrs. David Zingsheim

## *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](http://www.celiac.org)

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

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

Friends of Celiac Disease  
8832 N. Port Washington Road  
Milwaukee, WI 53027  
(414) 540-6679  
[www.friendsofceliac.org](http://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](http://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/](http://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](http://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](http://www.mcw.edu)

### *Web Resources*

St. John's Celiac Disease Listserve.  
[www.maelstrom.stjohns.edu](http://www.maelstrom.stjohns.edu)

National Institutes of Health  
[www.niddk.nih.gov/health/digest/pubs/ceciac/index.htm](http://www.niddk.nih.gov/health/digest/pubs/ceciac/index.htm)

Celiac Disease General Information  
[www.celiac.com](http://www.celiac.com)

North American Society for Pediatric Gastroenterology  
[www.naspghan.org](http://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. It's 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:

