

Please join us for our  
**2011 Distinguished Speaker Series**



Presented by Scripps Health Foundation and partner La Costa Glen retirement community

**WEDNESDAY**

**November 9, 2011**

**GLUTEN INTOLERANCE: WHAT IS IT?**



**Alexander Shikhman, MD**

*American Board of Internal Medicine and Rheumatology  
Scripps Memorial Hospital Encinitas*



LaCosta Glen  
CARLSBAD

[www.lacostaglen.com](http://www.lacostaglen.com)

## 2011 Distinguished Speaker Series

Presented by Scripps Health Foundation and partner, La Costa Glen Retirement Community

### Gluten Intolerance: What Is It?

November 9, 2011

Gluten intolerance – a specific type of food intolerance that affects millions – has received a lot of attention in recent years, but most people still don't really know what it means. Join **Alexander Shikhman, MD**, who will explain this increasingly common and potentially serious condition, its causes and symptoms, and what you can do to minimize its impact on your overall health.

#### THE CROSSINGS

5800 The Crossings Drive  
Carlsbad, California 92008

5:30 – 6:30 p.m.

Reception at 5 p.m. – Refreshments will be served.

THIS EVENT IS FREE AND OPEN TO THE PUBLIC.

Registration is required. RSVP by calling Scripps Health Foundation at 760-633-6700.



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