

# directions



## From the President's pen

Dear ADSA members

I would like to thank the previous Executive Committee for their commitment and dedication and for leading us onto the path of change and challenge in the dietetic profession.

I would also like to welcome and congratulate the newly elected Executive Committee and thank them for a fruitful first meeting that was held on 17 August 2002 in Cape Town. With so much positive energy, ambition and passion for the profession we are set for a term of exciting happenings!

At a Special General Meeting held on 19 April 2002 in Johannesburg, the final draft of the proposed changes to the Constitution of ADSA was accepted, including the proposed new structure for the ADSA Executive and Branch Committees. The newly elected Executive Committee has already taken up some of the challenges brought about by these changes to the Constitution.

A recent radio advertisement on Cup-a-Soup created quite a stir in the profession when the word 'dietitian' was used in a context that potentially portrayed dietitians in a negative light. Christine Broadhurst from Unilever telephoned me after she received the first complaints to inform me that Unilever had immediately changed the word 'dietitian' to 'from the Internet'. She apologised and explained that a mistake had arisen in their PR division. She stated that Unilever would not want to discredit the dietetic profession in any way. I accepted the apology on behalf of ADSA in the light of the fact that ADSA has a good relationship with Unilever and that they reacted promptly to rectify the mistake.

Please remember that the ADSA Biennial General Meeting will take place during the Nutrition Congress (5 - 9 November 2002) in Potchefstroom, where you will have the opportunity to voice your opinions and debate issues of interest and concern. Please utilise the available avenues (e.g. meetings, your Branch and Executive Committees) to be a part of the business of your association.

Good luck with the last quarter of 2002.

Kind regards

**Lisanne du Plessis** ADSA President

If you have any interesting snippets of information to share with Dietitians, please send them to:

Penny Love: ADSA Communications

Fax: 031-7658005; E-mail: [penny@austware.com](mailto:penny@austware.com)



The ADSA Executive Committee (2002 - 2004). Front, from left to right: Aila Meyer, Lisanne du Plessis (President), Sue Scharf. Back, from left to right: Debbi Marais, Kombi Mbhenyane, Liesbet Koornhof, Megan Kluyts, Sue Vincent. Absent: Penny Love.

## Vitamin supplements – do we need them?

Recently a number of headlines in both the print and broadcast media have cast doubt on the value of vitamin supplements, implying that taking them is a waste of time.

The Oxford Heart Protection (OHP) Study, recently published in the Lancet, showed that over a five-year period, supplements of vitamin E, vitamin C and beta-carotene neither increased nor decreased the risk of heart disease in patients at high risk for coronary heart disease. But the study did provide positive data on the safety of vitamin E when taken over a long period of time.

Putting the OHP Study results in context, Dr Ann Walker had the following comments to make on behalf of the UK Supplement Information Service. *'Antioxidants have widely proven benefits when taken by the general population as a supplement to a balanced diet or when a person's diet does not contain enough nutrients. They are used by the body as protection against free radicals... that can cause cancer, heart disease and strokes, cataracts, immune deficiency, arthritis and premature ageing... In summary, vitamins, including antioxidants play a general protective role with health. However, they are not intended to be used for the treatment or preventing of serious illnesses such as heart disease or cancer in this circumstance.'*

Dr Ann Walker's views are in line with the many nutrition experts who are convinced that the huge increases in knowledge about vitamins and nutrition over recent years provide evidence of the benefits of such supplementation. The *Journal of the American Medical Association (JAMA)*, 19 June 2002 recently released a recommendation that all adults should take vitamin supplements in addition to eating a healthy diet. For more information visit [www.jama.ama-assn.org](http://www.jama.ama-assn.org)

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The Council for Responsible Nutrition (CRN) in Washington DC also released a 100-page report in June 2002 entitled 'The Benefits of Nutritional Supplements'. This report is based on a review of studies measuring the effect of multivitamins and other supplements carried out over the last decade. Highlights from the report can be accessed at [www.crnusa.org](http://www.crnusa.org)

## Congresses and conferences

### NUTRITION WEEK 2003

18 - 22 January 2003

San Antonio, Texas, USA

Attend symposia and workshops planned in collaboration with the American Society for Clinical Nutrition (ACSN), the American Society for Gastrointestinal Endoscopy (ASGE), the Centre for Obesity Research and Education (CORE), the North American Association for the Study of Obesity (NAASO), the European Society for Parenteral and Enteral Nutrition (ESPEN), and the Latin American Federation for Parenteral and Enteral Nutrition (FELANPE). For an Attendee Brochure visit [www.nutritionweek.org](http://www.nutritionweek.org)

### SOUTH AFRICAN NATIONAL WELLNESS CONFERENCE

3 - 7 March 2003

University of Port Elizabeth, Port Elizabeth

'Wellness: New Strategies for Investing in Health' will be hosted by the University of Port Elizabeth in association with the Interim Wellness Council of Southern Africa (WELLCOSA). The conference is primarily geared to creating an awareness of the value and benefits of investing in health through means of Wellness programmes. Participants will be exposed to successful work place Wellness initiatives originating in the USA and SA, choose from a variety of presentations with different emphases including academic research in Wellness, and be exposed to high quality exhibitors who have a variety of Wellness products to display. For more details and registration forms visit [www.upe.ac.za/wellness](http://www.upe.ac.za/wellness)

Enquiries: Dr André de Jager, Tel: (041) 504-2511

E-mail: [wellness@upe.ac.za](mailto:wellness@upe.ac.za)

### INTERNATIONAL CONGRESS OF DIETETICS

28 - 31 May 2004

Chicago, Illinois, USA

Hosted by the American Dietetic Association and Dietitians of Canada, more than 3000 delegates are expected to convene and explore the conference theme Sharing Global Perspectives: Building Our Common Ground. For more information visit [www.internationaldietetics.org](http://www.internationaldietetics.org)

Enquiries: ICD 2004 c/o ADA International Alliance Program, 216 West Jackson Boulevard, Chicago, IL 60606, USA.

## Employment opportunities

### Sports Science Institute of South Africa

An opportunity to get involved with an ongoing sports nutrition project in Gauteng with Shelley Meltzer and associates of the Sports Science Institute of South Africa. Interested applicants should preferably have some experience in sports nutrition. Send CVs to [meltzer@iafrica.com](mailto:meltzer@iafrica.com), tel: 082-895-6098.

### Milpark Hospital, Gauteng

350 bed (100 of which are ICU) hospital in Auckland Park, Gauteng, is offering a full time position (42 hours/week) for a Clinical Dietitian holding a BSc Dietetics qualification and currently registered with the HPCSA. Interested candidates to send CVs to Sharon Spearman, Human Resources Manager, Milpark Hospital.

E-mail: [sharons@netcare.co.za](mailto:sharons@netcare.co.za), tel: (011) 480-5882.

### Chronic Disease Centre, Atlanta, Georgia, USA

The Maternal and Child Nutrition Branch within the Division of Nutrition and Physical Activity, National Centre for Chronic Disease Prevention and Health Promotion has a fellowship position available at the CDC offices in Atlanta, GA. The participant will assist in the development and implementation of a programme on breastfeeding promotion and support, and will gain experience in public health practice in the area of maternal and child health and nutrition. Contact P Murphy at [Pem1@cdc.gov](mailto:Pem1@cdc.gov)

### Saudi Arabia Acute Care Hospitals – Vacancies

Contact Samantha du Toit at Latimer Recruitment (Pty) Ltd, P O Box 309, Constantia, 7848. Tel (021) 702-1322.

E-mail: [samantha@latimer.co.za](mailto:samantha@latimer.co.za) or website: [www.latimer.co.za](http://www.latimer.co.za)

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## Nestlé Nutrition Institute Africa

Visit the Nestlé Nutrition Institute Africa website on [www.nnia.co.za](http://www.nnia.co.za) and get access to their monthly newsletter produced by Nestlé Nutrition (SA) (Pty) Ltd. The newsletter contains important health information distributed by the NNIA as well as latest CPD activities. In the month of September read more about South African researcher Prof. Jacques Rossouw, deputy director of the National Institutes of Health's Women's Health Initiative. Online CPD activities include two articles on 'Bone mass development and the critical factors that will influence it' and 'Enteral nutrition in paediatrics'.