



NSSA newsbits

Prof Philip Calder, a professor in nutritional immunology, is the international invited speaker of the Nutrition Society of South Africa. His research focuses on the influence of dietary fatty acids on aspects of cell function and human health, in particular in relation to cardiovascular disease, inflammation and immunity. A range of anti-inflammatory and immunomodulatory effects of the n-3 family of polyunsaturated fatty acids, particularly those found in fish oils, have been identified. The findings of this research aid our knowledge and understanding of the health benefits of naturally occurring fatty acids, and provide information to underpin the design of nutritionally based therapies for use in situations where components of the immune and inflammatory systems are under- or overactive. Some of his current projects investigate the effect of increased intake of salmon by pregnant women on nutrient status and markers of immunity in newborn infants

and their subsequent risk of allergic disease, and the effect of marine n-3 fatty acids on inflammatory markers in lean and obese humans.

Prof Calder is well known as a lively presenter, and has the ability to explain highly scientific principles and point out how to translate the information into practice. He has received numerous awards, including the Sir David Cuthbertson Medal awarded by the UK Nutrition Society, the Belgian Danone Institute Chair, the Nutricia International Award, and the New Zealand Nutrition Society's Muriel Bell Award. Prof Calder is a visiting professor at King Saud University in Riyadh, Saudi Arabia. His publications are also cited by a large number of international scientists in high-impact journals. Editor-in-Chief of British Journal of Nutrition and serves on the editorial boards of various other international nutrition journals.