

Auckland Branch Newsletter

Dietitians New Zealand

December 2017



Dietitians NZ

Ngā Pukenga Kai Ora o Aotearoa



Presidents Report

This month's report is short and sweet. I hope you all have a lovely Christmas and New Year. I hope you manage to get some time off to enjoy the sunshine and spend time with friends and family after what has been another busy but successful year.

The Auckland Branch would like to thank you for your ongoing support and we look forward to seeing you again next year.

- Tracy Coote

This Month's Issue

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November PD Report: Gut Health

On the 23rd of November the PD committee hosted an evening on “Gut health and understanding how gut microbiota influences nutrition”. We had three excellent speakers presenting to a crowd at Auckland City Hospital with other centres linking in via videoconference.

International guest speaker, Dr. Emma Allen Vercoe, Professor of Molecular and Cellular Biology from the University of Guelph started off with her fascinating presentation, titled “A brief guide to proper maintenance of your gut microbiota (or how to feed 100 trillion)”. Dr Vercoe started with an introduction to the microbiota; including its composition, how it is acquired and the reasons why biodiversity of the microbiome is important to overall health. Did you know that we have more bacterial cells than actual human cells in our bodies?! In fact the microbiome is starting to be referred to as “virtual organ”. It has a range of important functions; including regulating the immune system, extracting energy from food, crowding out potential pathogens, improving intestinal function, producing essential vitamins/cofactors, removing toxins/carcinogens and even linking in with the brain and endocrine system with effects on behaviour, mood and food cravings. The Western diet, along with other factors such as C-section delivery, antibiotic use and increased sanitation damage the diversity of the microbiome and this has compounded over generations. Artificial sweeteners, food emulsifiers and artificial colours also negatively affect the microbiome.

A plethora of medical conditions including obesity, cancer, IBS, allergy and asthma have been found to be associated with gut microbiome. Dr Vercoe discussed the ways to improve “Dysbiota”- prebiotics, probiotics, and even faecal transplants deliverable in capsule form. There is a lot of new research happening currently so it will be interesting to see what the future brings to this area.

The second speaker of the evening was Isabel Pasch, Director of Bread & Butter Bakery and Café. Isabel originally came to New Zealand from Germany to complete a Masters in Microbiology and then realised there was a severe lack of decent bread here. As a result she opened her own bakeries and started her creating her own fermented sour dough using traditional methods and organic local ingredients. This process takes much longer than commercial bread without all the adding chemical and emulsifiers found in commercial bread, and results in a much more wholesome and flavoursome product. Isabel shared her passion for producing food organically and sustainably, and highlighted that New Zealand is in a unique position to be able to do so. We were fortunate enough to sample some of Bread & Butter bakery’s delicious bread and platters.

Continued...

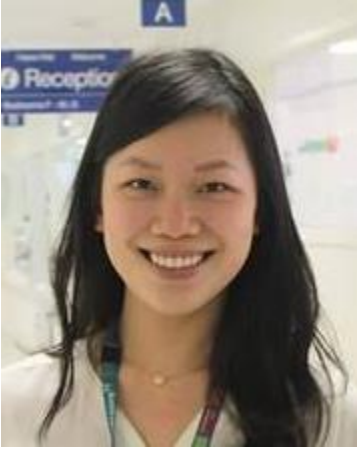
November PD Report: Gut Health (Cont.)

The final speaker of the night was David Broderick, Research Technician and PhD candidate from the University of Auckland, who shared the findings his research on “The effect of a low energy diet on the microbiota”. David was involved in a multi-centre study looking at the most effective method of preventing diabetes. Participants were put on a low calorie diet for 8 weeks, and then DNA sequence analysis was performed on their stool samples. They found that the people on the low calorie diet had a significant reduction in body fat, lost 11kg on average and had significant changes in the diversity of their microbiomes. They found high levels of inter-individual variability but because of a limited understanding of what a “healthy” gut microbiota is, the interpretation of this data is limited. This opens up more questions for future research.

A huge thank you must go to Emma, Isabel and David for their excellent knowledge insights into the very topical area of gut health and nutrition. We also extend our appreciation to the Bread & Butter café for providing nibbles and to all those who helped organise the event, including Nicola Winter and Silke Morrison for securing our international speaker. On behalf of the PD committee I would like to thank everyone who attended our events throughout 2017 and we look forward to hosting more in the New Year. Merry Christmas everyone!

Article written by: Lucy Dekker, PD committee member

Meet a Member



Introducing... Jasmine Ong

What is your current role?

I am currently the cover dietitian at North Shore Hospital which means I work in different clinical areas depending on where I am needed.

What is your favourite aspect of this role?

Constantly rotating through different clinical areas provides some unique challenges and keeps my knowledge current. I can be in the Special Care Baby Unit working out very small feed volumes one day and run an adult outpatient clinic the next day. The variety gives my brain a good workout!

Previous experience

After graduation, I worked for two years at MidCentral DHB looking after general medical wards, the haemodialysis unit, cystic fibrosis clinics, and general outpatient clinics. I did a six month secondment as a paediatric Dietitian for six months doing maternity leave cover. During this time, I also worked for the Manawatu Horowhenua Diabetes Trust which involved running supermarket tours and groups education sessions. I moved back to Auckland in 2016 and have been the cover dietitian at Waitemata DHB since.

Education

I am a proud Otago alumnus and obtained my BSc in Human Nutrition and MDiet from Otago University.

What is your proudest career moment to date?

Gaining this breadth of clinical experience relatively early in my career.

What advice would you give a new graduate?

Whatever it is you are doing now, do it with diligence as who knows where it might lead you one day. Tall oaks from little acorns grow.

Personal information (family, hobbies, interest)

I live with my older sister and we get along fabulously. I like doing pilates, playing the violin, and travelling when I have enough annual leave. I hope to get a Pomeranian soon!

What would other dietitians be surprised to know about you?

Despite my seemingly outgoing nature and loud voice (sorry, office mates!), I prefer to spend time recharging by myself or with a few close friends.

Two words that those who know you well would use to describe you

Responsible Millennial 😊

If you would like to recommend a Dietitian for a future newsletter please contact Peta Champion at Auckland@dietitians.org.nz

Upcoming PD Events in 2018



Date	Title	Type
22 nd February 2018	Feedback from ASCIA 2017 Auckland Conference	PD
20 th March 2018	Pancreatic Enzyme Therapy	Workshop



Committee Contacts

POSITION

NAME

E-MAIL: Auckland@dietitians.org.nz

President

Tracy Coote



Vice President

Nicola Hartley



Treasurer

Amy Popman



Public Relations

Peta Campion



PD Convenor

Olivia Sinclair



Secretary

Elize Van Drimmelen



General member 1

Melody Bevan



General member 2

Emma Baraclough



General member 3

Bella Piper-Jarrett



Committee Contacts Cont'

Your PD Committee

NAME

Lucy Dekker



Jeanette Rapson
(Student rep)



Cordula Henggeler



Audrey Tay
(Student rep)



Olivia Sinclair



Danielle Soo



Anandita Devi

Please send all items for inclusion in the next
newsletter to Elize van Drimmelen
Email: Auckland@dietitians.org.nz



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