View this email in your browser

ePassport

January 2023

Message from the President

Free Webinars

Nutrition's Role in Fibromyalgia

ACD2022: Personal Experience

Volunteering with IAAND

Save the Dates

New Members and Supporters

Message from the Editor

Hello IAAND Community,

We hope that you and your loved ones are all safe and healthy.

If you would like to share any nutrition news or updates, please feel free to send us an email.

Thank you for your continued interest and support.

Marise Abboud, LD
IAAND's ePassport Editor, 2021-2024

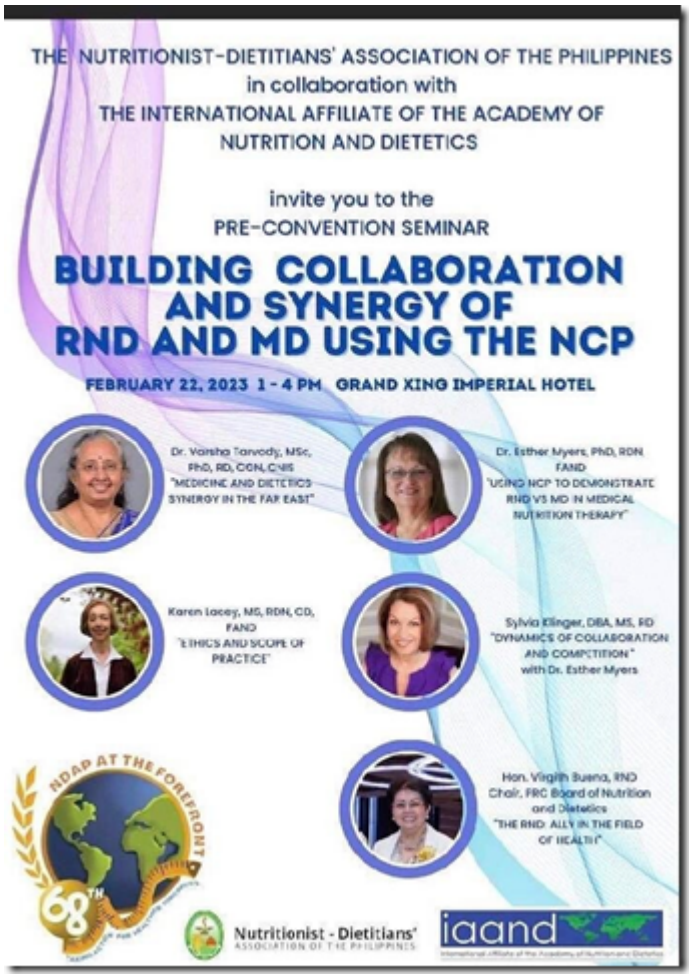
Message from IAAND's President

Dear IAANDites,

New Year greetings from Chennai India, and sending my birthday greetings to all our Aquarian members.

nominating/awards committee 1st seat, Naomi Trostler as the nominating/awards committee 2nd seat, and Shanti Dandapani as the scientific committee/conference chair.
Both Walls and Trostler have made significant contributions to IAAND previously and once again have offered their services, which we very much appreciate. Additionally, Shanti Dandapani's association with IAAND has been through the "Clinical Practice Audit," the study on clinical practice in India under the IAAND-IDA Collaborative Project.

In keeping with our 2023 New Year resolution of bringing renewed energies to **network vigorously and furiously**, please make note of the upcoming pre-convention seminar "Building Collaboration and Synergy of RND and MD Using The NCP" **on February 22, 2023, from 1 to 4 p.m.** at The Nutritionist-Dietitians' Association of the Philippines Annual Conference, Iloilo.



prayers to our dear Strategic Communications Chair Alagammai Palaniappan or otherwise known as Alaga. IAAND will miss you and will wait for your return to the LT!

A special shout-out to Zenaida Velasco for stepping up and taking additional responsibility as IAAND's new strategic communications chair along with being its website manager. You are truly inspirational and IAAND is truly fortunate to have you as part of both the Board of Directors and LT.

Monthly kind reminders:

1. Are you linked up to IAAND's google group? If yes, your conversation starters and information sharing about any topic relating in specific to the nutrition and dietetics field are always welcome.
2. Inviting you to assist in planning and implementing The National Nutrition Month that will take place in March 2023 with the Theme "We'll look (and feel) better."

Varsha, PhD, MS, RD, CCN, CNIS

Join us on Wednesday, January 25 for the free webinar "Careers in Agriculture: How Registered Dietitians and Nutritionists Are Paving the Way to a More Sustainable Food System."

Ever wonder what exactly registered dietitians-nutritionist who work in the agriculture sector do? What are the skills needed? Do you need special training? Dietitians working in agriculture are uniquely positioned to connect consumers directly from farm to table. RDNs are skilled to develop sustainable systems and nutrient-focused breeding techniques that promote environmental protection and create consumer demand for more fruits and vegetables. Join IAAND on **Wednesday, January 25 at 8 a.m. (Central Standard Time)** where this session will provide a lively panel discussion among dietitians who have paved the road for dietitians in agriculture.

Participants will earn 1 CPEU for their attendance, so don't delay and register for this FREE webinar today!

As always, if you missed any of our previous webinars you can access this website to watch them!

Nutrition's Role in Fibromyalgia: More Can Be Done

By Jessica Lorenzo, LD

Musculoskeletal diseases include more than 150 clinical conditions that affect the musculoskeletal system. They are responsible for the largest proportion of persistent pain and physical disabilities, which often lead to an increased risk of developing other chronic health conditions and increased causes of death.

Fibromyalgia, a rheumatic central sensitization syndrome, is a chronic disease characterized by the presence of chronic, diffuse, and generalized musculoskeletal pain that is non-

palpation and usually accompanied by fatigue, sleep disturbances, muscle stiffness, memory issues, and other cognitive disturbances. According to studies on the general population, the prevalence of FM ranges from 0.5 to 5 percent depending on the region. This syndrome affects the patient's biological, psychological, and social status.

Few studies published so far describe in detail the body composition of people with FM. Most of them focus almost exclusively on the description of weight and body mass index; hence, there is vague knowledge about other relevant parameters such as those related to strength, muscle or fat mass and the associations that these may have on the quality of life.

According to the limited literature, there would be some degree of alteration in muscle function and nutritional status in people with FM. Although nutrition and exercise help in maintaining adequate musculoskeletal health and nutritional status, there are no standard nutritional guidelines or recommendations for FM patients due to the scarcity of studies published on their diet and overall nutritional status. For instance, body composition is not routinely studied in outpatient nutritional consultations in Latin America. From that, it could be essential to establish nutritional recommendations and carry out an adequate and individualized eating plan for FM patients given the non-existence of global guidelines. Moreover, published evidence mentions the potential benefits of antioxidants, vegetarian diets, nutritional supplements, and gluten-free diets but none of them is conclusive to establish a recommendation. The "Non-pharmacological treatment of fibromyalgia" chapter of the *Argentine Guidelines for Clinical Practice in the Diagnosis and Treatment of Fibromyalgia* mentions very briefly a review from 2000 to 2014, pointing out:

a) A potential benefit of eliminating gluten from the diet to achieve clinical improvement

b) Supplementation with coenzyme Q10

c) Elimination of certain foods containing excitotoxins (flavor enhancers, preservatives, and some sweeteners).

are more frequent in these patients are not clear. Nevertheless, published research on people with FM shows that almost 30 percent of the subjects altered their food intake to control some of their symptoms and requested nutritional counseling and guidance to optimize their diet. Seventy-three percent of the subjects consumed nutritional supplements such as magnesium, multivitamins, antioxidants, and polyunsaturated fatty acids to improve their symptoms and 7 percent related their food allergies or intolerances mainly to lactose.

Implementing an interdisciplinary approach to understand the alterations in FM patients' body composition, along with an intervention incorporating physical exercise and nutritional therapy could improve their nutritional status, functionality, and quality of life. Further research needs to be done to establish an appropriate approach to people with FM since it is a disease that little is understood about it and a very common condition in rheumatology and nutritional consultations.

Click here to view the references.

Biography

Jessica Lorenzo is a licensed dietitian and an associate

in different settings including inpatient and outpatient care, adult and pediatric ICU, senior residences, rehabilitation care, and nutrition support. She earned a marketing diploma from the University of Buenos Aires and is currently pursuing her PhD at the Italian Hospital of Buenos Aires University Institute while working as a senior scientist in clinical research and adult nutrition at Abbott Latin America.

Personal Experience at the 8th Asian Congress of Dietetics

By Shinta Nishioka, PhD, RD

The Asian Congress of Dietetic Professionals was held on August 19 to 21, 2022, at Pacifico Yokohama, Kanagawa, Japan, bringing nutrition experts from different Asian countries. I attended the congress as a speaker for a workshop and poster presentation. In the following, I would like to share an overview of the sessions I joined from a personal perspective.

The fifth workshop in the congress, “Systems, Activities, and Issues for Hospital Dietitians” focused on the systems, activities, and issues for hospital dietitians in Asian countries. I was one of the presenters in this session together with Gordon Cheung from Hong Kong and Jeeyeon Kim from Korea. My presentation encompassed the history of Japanese dietitians and their role in clinical nutrition. There are two licenses in Japan, Eiyoshi (dietitian), and Kanri-Eiyoshi (registered dietitian), of which the latter is engaged in hospital nutrition management. In the past, Japanese dietitians focused mainly on food service however, in recent years, the number of dietitians dedicated to clinical nutrition practice has increased with the spread of nutrition support teams. In 2018, the Japanese Ministry of Health, Labour, and Welfare mandated the presence of a full-time dietitian in convalescent rehabilitation wards for healthcare insurance reimbursement (Figure 1). After that, the regulation of staffing dedicated registered dietitians spread to intensive care units,

challenges faced in their countries, making it an excellent opportunity to learn about the background and challenges faced by the dietitian systems in their countries.

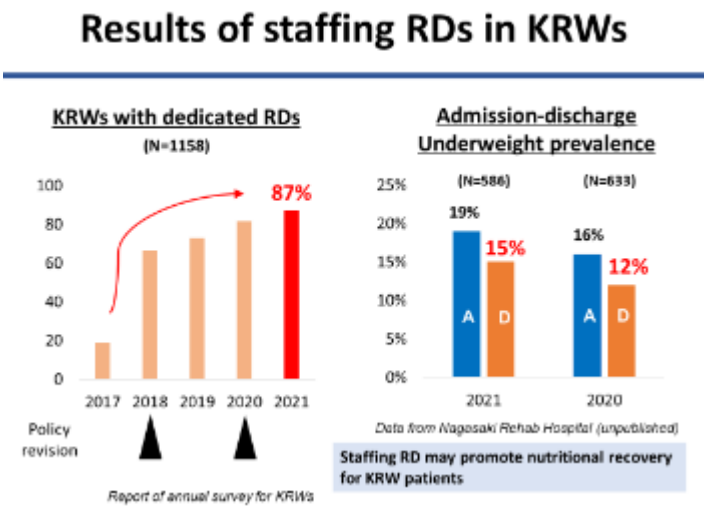


Figure 1. A part of my presentation at the ACD2022 workshop: The results of staffing RDs in Kaifukuki (convalescent) rehabilitation wards (KRWs).

The poster presentation was entitled “Effect of sarcopenia on the recovery of swallowing ability in stroke rehabilitation patients: A multicenter cohort study.” A multicenter study of stroke patients with dysphagia showed that patients with sarcopenia had less improvement in recovering from dysphagia. Of the 193 participants, 153 (79%) had sarcopenia and significantly less opportunity for recovery of swallowing function. Moreover, 272 poster presentations were web-based, allowing us to discuss the results with our colleagues from other Asian countries even with the SARS-Covid-19 pandemic. The most surprising moment was when I received the Excellent Poster Award among the 272 poster presentations (Picture 1), along with 13 other attendees from Malaysia, Taiwan and Japan.

Picture 1. The award ceremony for the Excellent Poster Award.

There were more than 1000 participants from Asian countries at the congress, and they seemed engaged in meaningful discussions. All of my Asian colleagues' activities and presentations impressed me, and I greatly appreciated their participation in ACD2022. The next meeting will be held in Mumbai in 2026 as also mentioned by Zenaida Velasco, IAAND Country Representative of the Philippines, in her article published previously on IAAND's September 2022 ePassport, and I hope for more dietitians from various Asian countries to attend and participate in this insightful congress.

Click here to view the references.

Biography

Shinta Nishioka is a registered dietitian and has a PhD from Tokushima University. He obtained a Master of Science in Nutrition from the University of Nagasaki and a Bachelor of Science in Applied Biochemistry from the Tokyo University of Agriculture. Shinta has been IAAND's Japan country representative since 2022 and a workgroup member of the Evidence Analysis Library, Malnutrition in Older Adults project since 2020. He is currently a master's student in epidemiology at the London School of Hygiene and Tropical Medicine, works as a chief of the department of clinical nutrition and food service, and is a deputy director of the department of education and training at Nagasaki Rehabilitation Hospital. Additionally, he is an adjunct lecturer at Fujita Medical University and a specialized researcher at Tokushima University. Shinta previously served as a director of professional organizations, including the Japan Dietetic Association and the Japanese Association of Rehabilitation Nutrition. His research interests are clinical nutrition, older adults, people with disabilities, sarcopenia, frailty and malnutrition.

A Call for Volunteers With IAAND

New opportunities to explore and experience await you!

Being a volunteer with IAAND is a wonderful opportunity to connect with nutrition professionals around the world, build your resume, strengthen your leadership skills, and connect

We are constantly looking for volunteers! If you are ready to join our team, please fill out this application form which should take less than 5 minutes.

Save the Dates: Upcoming Conferences and Events

ASPEN Nutrition Support Fundamentals Course
Virtual, January 25-February 22, 2023

Academy's virtual Nutrition and Dietetics Advocacy Summit
Virtual, March 28-30, 2023

ASPEN 2023 Nutrition Science & Practice Conference
Nevada, US, and Virtual, April 20-23, 2023

Obesity for Pediatrics and Adults, Commission on Dietetic Registration (CDR)
Live Virtual Program, May 2-3 and 9-10, 2023

Today's Dietitian 10th Annual Spring Symposium
Georgia, US, May 14-17, 2023

Dietitians of Canada National Conference
Montreal, Canada, May 25-26, 2023

WEON 2023 Dutch Society for Epidemiology Conference
Rotterdam, the Netherlands, June 22-23, 2023

WCMN 2023 3rd World Congress on Medical Food and Nutrition
Dubai, United Arab Emirates, August 3-5, 2023

ESPEN 45th Congress on Clinical Nutrition and Metabolism
Lyon, France, September 11-14, 2023

Sociedad Latinoamericana de Nutrición (SLAN)
Cuenca, Ecuador, October 22-26, 2023

or the Academy of Nutrition and Dietetics.

New Members and Supporters

IAAND would like to give a warm welcome to our new members and supporters:

MEXICO

Victor Alfonso Reyes Larios

PHILIPPINES

Virgith Buena

SAUDI ARABIA

Mai Ezzat

UNITED ARAB EMIRATES

Latifa Al Nuaimi

Ruqaya Al Shamsi

Razan Shwayhat

UNITED STATES

Abdullah Alayoub

IAAND on Facebook

IAAND on Twitter

IAAND on the Web

IAAND Mission is…
Empower members though professional development and promote international collaboration in the global nutrition and dietetics community

IAAND envisions a future where there is …
A global community of dietitians engaged in food and nutrition related health initiatives with diverse populations

Copyright © 2023 International Affiliate of the Academy of Nutrition and Dietetics, All rights reserved.

unsubscribe from this list update subscription preferences