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MALAYSIAN DIETITIANS' ASSOCIATION

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DIET LINK

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Mr NG KAR FOO, Co-Editor

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Malaysian Dietitians' Association
Suite 1208, Level 12, Amcorp Tower
18 Persiaran Barat,
46050 Petaling Jaya,
Selangor, Malaysia
Tel: 603-7948-5233
Fax: 603-7955-6363
Email: enquiries@dietitians.org.my

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From the President's Desk

Dear friends and colleagues,

Team Council has been busy putting the finishing touches to our upcoming MDA Scientific Conference on June 21-23. By now, you should have received the 2nd announcement in the mail. Please mark your calendars and send in your registration forms to book your space. The Scientific Committee has come up with a comprehensive programme which will benefit your professional enhancement. Do look out for announcements and update from time to time at our website www.dietitians.org.my. Please help MDA to promote our conference to the other professionals in your hospital or place of work too.

MDA will be launching the new Cancer Medical Nutrition Therapy Guidelines and updated Diabetes MNT Guidelines this year at the conference as well. Henceforth, MDA has in the pipeline plans to have the Cancer and Diabetes MNT workshops scheduled for the second half of 2013.

This 19th AGM which will be held during the conference time is also an election year. Ballot forms and election procedure information can be downloaded on our website.

As my term as President ends, I highly encourage you to please do seriously consider running for election to serve on the MDA Council, which is a 2 year term. In order for the Association to grow and be a relevant, we need individuals to bring to the table fresh ideas. Most importantly also is the commitment to carry these fresh ideas from conception to reality. I am indeed fortunate to have such a team in Council this year. My sincerest thanks to all my Council members, their committee members for their hard work and dedication. I highly urge you be part of the next MDA Council -- so what are you waiting for? Send in those ballot forms!

Your Diet Link editors have done a great job with new segments in this issue of Diet Link. Welcome Kar Foo, MDA's Diet Link Co-Editor. Cherlyn, thank you for your time & commitment as Diet Link Co-Editor before this.

I hope you enjoy the read as much as I have.

Warm regards,
Indra Balaratnam
MDA President (2011-2013)

Editor's Message

Dear Colleagues,

It's the 2nd Quarter of the year! Moving ahead, we hope the year of snake will bring more joy and prosperity to MDA!

We would like to thank Ms. Cherlyn who had been a wonderful Co-Editor for the past 1 year. Her decision to leave the post as Co-Editor is very well respected as she has to focus on her career. To fill in the gap, we are blessed to have Mr. Ng Kar Foo joining us as the new DietLink Co-Editor and we trust he will contribute to continue providing this official newsletter with exciting new contents for our members!

We realised that the newsletter needs a breath of fresh air, so two new segments are included to enhance your reading pleasure. Dine in our new segment, "Dietitians Delights" on page 7 where we share original recipes from food experts in Malaysia. This segment encourages dietitians to be more inventive and creative in creating their own healthy recipes for any type of diseases. "Dietetic Campus" on page 4 and 5 highlights the experiences of dietetic students.

This issue, IMU students have submitted their stories. What about the rest? Don't miss out the chance to "market" yourself!

In this issue, we also feature a Celebrity Dietitian, Datin Farah Diba Khan, in our "Up Close & Personal" segment on page 2. Datin Farah shares with us her experience in handling

the media and some outstanding tips for media appearances especially for first timers.

Have you registered for the MDA Scientific Conference happening in June 2013? Check out the interviews with our distinguished speakers on page 8, which gives a sneak peak to what the conference has to offer.

The editorial team looks forward to receiving contributions of news, announcements, recipes, and case studies as well as feedback from our fellow members. Use this platform to show off your writing skills. We hope you enjoy reading this issue!

With best regards,
Mushidah Zakiah & Ng Kar Foo





Often known as the 'Celebrity Dietitian', this dazzling lady has appeared in the media for countless number of times to inspire people to eat healthily.

Datin Farah DiBa Khan

In the past few issues of Diet Link, we have had insights with dietitians who are well known in many fields i.e., clinical, food service, management and academic. Recently, dietitians are being recognised by media as panel members for talk shows. As this is fitting a trend, Diet Link gets Up Close and Personal with Datin Farah DiBa Khan, Chief Dietitian and Head of Lifestyle Modification Centre, Prince Court Medical Centre.

Prior to her pursuit of a degree in Dietetics from the San Francisco State University way back in the 80's, this distinguished dietitian admitted that she was clueless about dietetics. Thankfully, after speaking to her study counselor then, she is pleased that she had chosen the right profession for herself. Upon completion of the R.D accreditation from the University of California San Francisco Medical Centre, she returned home to Malaysia expecting to kick off her career as a dietitian. To her dismay, the dietetic field in Malaysia was at its infancy stage and the demand for dietitians was very low. So, Datin Farah started her career as a Research Dietitian at the Institute of Medical Research (IMR).

Her first media appearance was with a radio station in Singapore while she was serving as a clinical dietitian and Deputy Head of Dietetics Unit at the National University Hospital - a 700-bedded teaching hospital. Apart from being known for her public speaking skills, Datin Farah has a proven track record of excellent leadership. She pioneered the dietetic units in two hospitals - KPJ Ampang Puteri Specialist Hospital and Gleneagles Intan Medical Centre (GIMC). Her career path had once come to a crossroad where she had to choose between her career and her family. This mother of two decided to leave GIMC in order to spend more time with her children. However, she was able to return to her professional life as a dietitian when Twin Towers Medical Centre (formerly known as Mont Kiara Medical Centre) offered her the opportunity to run a half-day outpatient clinic. Working short hours meant she was blessed with having both a career and the ability to spend more quality time with her young children. As her children grew up, her errands as a mother became more manageable. Having more time to herself and the growing passion for the profession influenced her to return to a full time job as a clinical dietitian in a hospital setting. She was then chosen to lead the Dietetic Unit under the Lifestyle Modification Centre, Prince Court Medical Centre when the hospital was opened in 2007.

Commenting about her media appearance in Malaysia, she said it began when she was at the Twin Towers Medical Centre. Her first TV show was for a morning talk show on TV3, known as Malaysia Hari Ini (MHI). She also appeared in a few other live talk shows regularly. One of her unforgettable memories was her controversial appearance in an advertisement. She admitted being misunderstood as unethical by some of her fellow dietitians and received criticism. Nevertheless, she was firm with her decision which was to enlighten the public, from her point of view as a food specialist, about the fact that the national staple food does come in a healthier version. The advertisement kicked off well and was running for quite a number of years. Subsequently, Datin Farah received numerous invitations for public talks, interviews with media, and talks for corporate companies to spread the message of a healthy diet.

Being an expert in public speaking, she acknowledges that it takes years to master the skill. Datin Farah affirmed that, apart from being on the ball about the topics, dietitians must appear confident. While agreeing that handling the media can be very challenging, she advised young dietitians to be in control of the media and not vice versa. She stressed that dietitians should request ample time for preparation before the interview, whether it is live or pre-recorded. She also admits that she still gets butterflies in her stomach for live TV shows, however she stresses that it is very important to control the adrenaline rush and appear as calm as possible. If questions asked are out of the list given earlier, dietitians, as professionals, should always answer based on facts and bring the interview back to the topic of discussion.

Lastly, as a senior dietitian, she does not deny the fact that dietetics in Malaysia has a long way to go. She urges dietitians to think out of the box, be more versatile in learning new things and not just go by the book. She also added that dietitians should not be self-centered and should work together to heighten up the profession in Malaysia. With regards to fellow senior dietitians, she personally feels that the seniors should not hog the lime light and instead, they should train and guide young dietitians to bloom in their career.

Are you a media-savvy professional?

By: Mushidah Zakiah



1> Know Your Facts!

It is undeniable that you are the expert and that's the reason why the media is interviewing you. However, experts need preparations too. Therefore, you should insist for interview questions before the interview is conducted. This will help you to accurately present your facts. You will also have time to study the intention of the questions asked. Some journalists may indirectly ask you questions regarding a rumour or a myth they have heard of before.

2> Watch your body language.

"Even in positive interview situations, interviewees sometimes look tense or stiff, which can have a big impact on credibility," says Gail Gardner of Adamson Public Relations in St. Louis. Therefore, before on-camera interviews,

do some exercises or walk around to relax your body. Keep in mind; you must be in command of your adrenaline rush!

3> Learn how to "bridge."

This technique allows you to deflect any attempts to derail your message. "Bridging" creates a transition so that you can move from one subject to the message you want to communicate. First answer the direct question, then transition to your message. Atlanta media trainer Debbie Wetherhead suggests such bridging phrases as:

- "Before we get off that topic, let me just add..."
- "Let me put that in perspective."
- "It's important to remember that..."

4> Prepare take-aways.

Always plan the points or facts you want the

reporter and, by extension, the audience to walk away thinking about. You might identify these points as the building blocks of your presentation. If someone else prepares your material, discuss the take-away points first. Then, to get listeners to remember you, deliver those points passionately and succinctly through analogies and re-creating experiences.

5> Finally, it's not over when it's over.

Make sure to track the results and get reviews of your performance. Ask pals and peers how well your message went over. Be smart and brave enough to make the necessary improvements, so you do even better next time.

Take control	Take control of the situation immediately. If you do not, the media will go on and on asking you questions which may not have relevance to your expertise.
Respect Deadlines	Sometimes you may not be able to talk with a reporter when he or she calls. Or you may need to call back with more information. Be sure to find out what their deadline is, and return the call before then. If it is certain that you cannot provide the information before the deadline, then let the reporter know that as soon as possible. They have a job to do as well. If they were counting on you to help, don't disappoint them. Under no circumstances should you attempt to make the media's job harder.
Communicate Facts Only	You should indicate who, what, when, where, why, and how if you can. This may come in the form of a brief prepared statement.
Rules of the Game	Under the best of circumstances, keep in mind that there is no such thing as "Off the record." In addition "no comments" always implies guilt. If you cannot comment about a situation, say so - but also say why.
Stay Calm	Do not be intimidated. Regardless of how you feel, project a sense of calm and control. It is important that you maintain your sense of inner confidence without becoming arrogant or defensive. Review the techniques for dealing with hostile or negative questions.
Rehearse	Rehearse, rehearse, rehearse. If possible arrange for videotaped briefing sessions, and at the very least, practice in front of a mirror. Ask yourself the questions you dread the most.

Learned Lessons in Dealing with the Media

Media Lessons Learned

- Recorded interviews are better than live shows. It allows you to rehearse and retake the shots in case you make any wrong statements.
- Answer questions with short, to-the-point responses. Avoid answers which lead to more questions.
- Gain more time by asking for a question to be repeated or to be rephrased. "I am not sure how you mean that, could you restate that in another way".
- People remember the answer more than they do the question.
- Know who is in your audience and the points of view they are likely to hold. Is the programme/column/magazine targeted for specific gender group e.g. Women? Or specific age group i.e. elderly?

Congrats, Dato'!



Diet Link would like to express our heartfelt congratulations to MDA's Immediate Past President, Dato' Tan Yoke Hwa, who was recently conferred the Darjah Indera Mahkota Pahang (DIMP), which carries the title 'Dato', on 2nd February 2013 by the Royal Highness Sultan of Pahang, Sultan Haji Ahmad Shah at Di Balairung Seri Istana Abu Bakar, Pekan, Pahang.

This award has been given in recognition of her contributions within and outside Malaysia. She is recognised for her qualities in leadership, proactiveness, initiative, positive thinking, willingness to face challenges, approachable, commitment and always orientated to excel in responsibilities assigned.

Her achievement is a shared joy for us, dietitians as she is the first Malaysian dietitian, to be conferred such an award.

In the next issue of Diet Link, we will get Up Close and Personal with yet another Iron Lady of MDA, Dato' Tan Yoke Hwa, and find out how she grew in her career. Remember to look out for the story!

Once again, congratulations Dato' Tan Yoke Hwa!

DIETETIC CAMPUS



Welcome to our brand new segment which showcases our future dietitians. This segment features stories of a Dietetic Student's journey to become a qualified Dietitian. Dietetic students are welcomed to submit their stories or articles to Diet Link at mushidahakram@gmail.com.

STORY 1: A VISIT TO THAILAND - FORMAL AND INFORMAL MISSIONS

By Teoh Wei Jie, IMU 4th Year Student

International Medical University (IMU) recently embarked on a 5-year Strategic Plan - ASPIRE to become one of the leading private universities. IMU has proposed several key initiatives, including the establishment of the Student Mobility Programme (SMP). The objective of the SMP is to allow students pursuing local undergraduate or postgraduate programmes to have external learning opportunities locally as well as abroad.

In one SMP, ten nutrition and dietetics fourth-year students were chosen to visit Bangkok from the 17th – 21st of December 2012. The aim of this visit was to observe the food service operations in two of the top private hospitals of Bangkok - Bumrungrad International Hospital (BIH) and Bangkok Hospital Medical Centre (BMC). The food services in both hospitals are provided by Sodexo Group. The students' roles during the visit included attending a briefing on the food service operation, understanding and discussing of the menu, observing of activities in key areas (production, assembly, delivery and service areas) as well as identifying the strengths and the challenges in the food service operations. At the end of the day, students were required to produce a presentation on the suggestions for improvement of key areas of the food service operation.

As budding dietitians, we were there to learn and so we did – by observing diet patterns and food culture. The very first thing that caught our eyes when we landed in Bangkok was that fruit stalls were found everywhere. It is really easy for the Thais to achieve the key message No.5 of Malaysian Dietary Guidelines which is "eat plenty of fruits every day". In addition, most finger food such as BBQ meat and fried squid are served with plenty of vegetables.

We even checked whether the locals eat those raw vegetables and to our surprise, they did actually finish it up.

It is said that you have not truly experienced Bangkok if you did not try the local delicacies. Plenty of culinary choices are available in Bangkok. Thai cuisine is renowned for its delectable use of fresh ingredients, herbs and spices. So, the group of future dietitians decided to stop counting calories and truly enjoy the exotic dishes the land offered. We headed over to a nearby street vendor for one of the famous Thai appetiser, the green papaya salad (Som Tum). It was indeed, as appetising as it sounds. Another must-try food is the Thai-style fried kuey teow known as Pad Thai. It tastes sweet and is simply irresistible. Have you ever wondered if Pattaya Fried Rice really originated from Thailand? The answer is 'No'. The locals have not even heard about this dish! The creativity of Malaysians in naming dishes and food really amazed us.

The scrumptious food, rewarding shopping experience and the great hospitality of the Thais made our trip unforgettable. Most significantly, the eye-opening experience came from the highly effective, efficient operational and managerial systems in the foodservice department of the two hospitals visited in Bangkok. Of course, what blew our minds away were the grand setting and the standard of patient care provided by the hospitals. We do believe that in the line of healthcare and dietetic service in Malaysia, much more can be done to upgrade the services provided to optimise patient care. Together, we can make a difference.

STORY 2: LUNCH-SELLING PROJECT AS PART OF FOODSERVICE MANAGEMENT TRAINING

By Mok Yu Kuang, IMU 3rd Year Student

"Do you guys just cut vegetables, meat, and cook like a chef when working in the kitchen?"

This is the question often asked by my friends, parents and especially visitors during university open days and at education fairs. It is a common misconception which the public has towards the roles of a foodservice dietitian. In actual fact, the responsibilities of a foodservice dietitian are towards managerial and operational roles in a foodservice system not vegetable- and meat-cutting or cooking. Nevertheless, these skills are actually the basics which we need to equip ourselves with to be a competent dietitian.

Foodservice management is one of the modules I had in Semester 4 of my 2nd year in 2012. In this module, there was a project which required students to sell lunch sets for IMU community. The project involved menu planning and modification, recipes testing, nutrient analysis, quantity food production (more than 50 packs), as well as food safety and hygiene control. The project also required some 'art/business skills' such as food aesthetics and packaging, costing and budgeting, promotional and marketing activities, and customer satisfaction surveys.

Thinking about this project we carried out still give me the cold sweat. I remember how stressful I was throughout the whole project especially during the process of costing (as we were required to search for the price of almost all ingredients and to control cost), preparing ingredient order lists (as we aimed for accurate quantity



estimation) and pre-testing our recipes (as we were struggling to make food tasty and 'in shape' with modified recipes and limited cooking skills). I was worried that I would not do it right and meet the deadlines. Fortunately, the project was carried out smoothly and completed successfully.

Throughout this project, I noticed that team work played the most crucial role in producing every single successful outcome. All my team members participated actively. Together, we brainstormed ideas and solution, shared information as well as worked hard to achieve the common goal. Effective communication, mutual understanding, and the ability to reach a compromise were also necessary to maintain group dynamics.

Although the project gave me a tough time, I did benefit and learn a lot from it. As the saying goes 'What doesn't kill you makes you stronger'.

STORY 3: A HOME-VISIT TO MY PATIENT

by Kenneth Loh Ern-Ken, IMU 4th Year Student

I rarely hear of home visits conducted by dietitians in Malaysia. Hence, I was fortunate to have my first experience of such when I underwent community dietetics placement at one of the health clinics a couple of months ago.

The thought of a home visit used to strike fear in my heart. But my firsthand experience made me realise the power that it holds. I used to think a home visit was merely paying a visit to my client to follow up on his or her progress. However my experience made me see the many positive effects of home visit. It gives a dietitian more insight into the client's problem. It also provides a friendlier space for better communication between the dietitian and client. Consequently, this greatly enhances treatment.

One of my clients, a young mother, had been diagnosed with Gestational Diabetes Mellitus (GDM). She was keen with the idea of a dietitian visiting her as she wants to be assured that she is doing the right thing. My home visit has indeed helped me to identify practical difficulties that my client faced at home in implementing dietary advice given at the clinic. It is indeed easier said than done. Many realistic factors such as housing environment or economical status can be sensible reasons why clients are unable to follow or comply with the dietary advice given at the clinic.



For instance, searching through the kitchen of my client provided me a clearer understanding why it is almost impossible for her to make the necessary dietary changes as agreed in the clinic. Therefore, it is important that the dietary advice given is practical and effective. So that when clients leave the clinic, they are able within their means to begin making lifestyle changes at home. Besides that, another advantage of a home visit is to reinforce dietary advice given. This has to do with food choices at home, grocery shopping and food preparation methods. Educating clients how to read food labels during grocery shopping, how to choose healthier food options when eating out, and trying out new healthy recipes can be add-ons to the clients' abilities, motivation, and willingness in making lifestyle changes which can bring about gradual healing to their ailments.

One of the ways to achieve this goal is to provide educational materials. In my case,

I prepared a sample menu plan, mini handmade fridge magnets about carbohydrate exchanges and others to further reinforce and improve my client's compliance. Allowing clients' family members to ask questions and clarifying doubts during the home visit is another effective way to strengthen clients' compliance to my dietary advice.

Through this home visit, I have further discovered the many faces of dietetics. It has hugely broadened my perspective and understanding of community dietetics. I hope home visits by dietitians in Malaysia will be a normal practice in the near future. My challenge to fellow young dietitians, such as myself, is to make that extra effort to get to know our clients better and to make them feel comfortable with us, so that they will be willing to take our advice and make the needed dietary changes at home. There is no doubt that home visit is a win-win situation for all.

Chicken Kurma (Serves 2-3)

By Teoh Wei Jie, IMU 4th Year Student

INGREDIENTS

- 500 GM SKINLESS CHICKEN BREAST
- 1 BIG CUP KURMA PASTE [MADE OF 1 PACKET / 35GM KURMA POWDER (REMPAH KURMA) WITH 250ML WATER]
- 2 LARGE ONION, QUARTERED
- 4 GARLIC CLOVES, SLICED
- 5 SHALLOTS (RED ONIONS), SLICED
- 4 GREEN/RED CHILLIES, SLICED INTO FOUR
- 1 TOMATO, CUT INTO SIX
- 2 POTATOES, QUARTERED
- 1 CINNAMON BARK
- 2 STAR ANISE
- 2 CARDAMOM PODS
- 1/2 CUP / 125ML LOW FAT MILK
- 2 TEASPOON SALT
- 2 TABLESPOON COOKING OIL



Method

1. Boil a small pot of water. Add in chicken and cook about 2 min or until half done. Remove chicken from the pot and put aside for later use.
2. Heat up non-stick pan with cooking oil and stir-fry shallots, garlic, half of the sliced chillies, and all wholespices (i.e. cinnamon bark, star anise, and cardamom pod) until fragrant.
3. Add in kurma paste. Stir well and fry until fragrant.
4. Add in chicken and fold well with the sauce. Cook until chicken is done.
5. Add in large onions, potatoes, and the remaining chillies and fold them together.
6. Pour in low fat milk and let it simmer until potato is softened.
7. Add in salt for taste and ready to serve.

Tips for reducing fat content:-

- Choose for chicken breast and remove its skin and visible fat.
- Boiled the chicken before cooking will also help to remove some fat from the chicken.
- Substitute coconut milk with low fat milk

WHAT'S NEW IN THE PROFESSION?

Olive Oil Lowers Hypertension

By: Mushidah Zakiah

It is known that olive oil has lipid-lowering property due to the generous content of MUFAs in it. In fact, we dietitians have been all out in promoting the use of this expensive yet beneficial oil to our patients. Want to find out a new reason why our patients should start using olive oil in their diet? Read on!

Olive oil polyphenols have been associated with several cardiovascular health benefits. A study was done to examine the influence of a polyphenol-rich olive oil on blood pressure (BP) and endothelial function in 24 young women with high-normal BP or stage 1 essential hypertension.

The double-blind, randomised crossover dietary-intervention study was done over a period of four months. After that period (baseline values), two diets were used, one with polyphenol-rich olive oil (~30 mg/day), the other with polyphenol-free olive oil. Each dietary period lasted for two months with a 4-week washout between diets. Systolic and diastolic BP, serum or plasma biomarkers of endothelial function, oxidative stress, and inflammation, and ischemia-induced hyperemia in the forearm were measured.

When the researchers compared the results to baseline values, only the polyphenol-rich olive oil diet led to a significant ($P < 0.01$) decrease of 7.91 mm Hg in systolic and 6.65 mm Hg of diastolic BP. A similar finding was found for serum asymmetric dimethylarginine (ADMA) ($-0.09 \pm 0.01 \mu\text{mol/l}$, $P < 0.01$), oxidized low-density lipoprotein (ox-LDL) ($-28.2 \pm 28.5 \mu\text{g/l}$, $P < 0.01$), and plasma C-reactive protein (CRP) ($-1.9 \pm 1.3 \text{ mg/l}$, $P < 0.001$). The polyphenol-rich olive oil diet also elicited an increase in plasma nitrites/nitrates ($+4.7 \pm 6.6 \mu\text{mol/l}$, $P < 0.001$) and hyperemic area after ischemia ($+345 \pm 386 \text{ perfusion units (PU)/sec}$, $P < 0.001$).



Based on the results, the group researchers have concluded that the consumption of a diet containing polyphenol-rich olive oil can decrease BP and improve endothelial function in young women with high-normal BP or stage 1 essential hypertension.

There you go! Include that in your patient's education handouts!

Source: American Journal of Hypertension 2012; doi:10.1038/ajh.2012.128.

Want to share something new for the benefit of our members?
Write to us at mushidahakram@gmail.com and get your write-up published!

5TH – 6TH APRIL 2013 MALAYSIAN CONFERENCE ON CLINICAL HYPNOSIS @ Sunway Putra Hotel, Kuala Lumpur	26TH – 28TH APRIL 2013 MALAYSIAN DIABETES EDUCATORS SOCIETY SEMINAR 2013 @ Summit Hotel USJ	7TH – 9TH MAY 2013 SIAL 2013 @ Shanghai New International Expo Centre Hall, Shanghai, China	10TH – 11TH MAY 2013 NUTRITION & DIETETICS PROFESSIONAL COMPETENCY SYMPOSIUM 2013 @ Institute Jantung Negara (IJN), Kuala Lumpur
17TH – 19TH MAY 2013 DIABETES & COMPLICATIONS SYMPOSIA / GRAND ROUNDS @ Hotel Istana, Kuala Lumpur	20TH – 21ST MAY 2013 WORLD FORUM FOR NUTRITION RESEARCH CONFERENCE: MEDITERRANEAN FOOD ON HEALTH AND DISEASE @ Reus, Tarragona, Spain	21ST – 23RD JUNE 2013 MDA Scientific Conference & 19th AGM @ Sunway Putra Hotel, Kuala Lumpur THEME SPRINT (Specifically Prescribed Diet & Nutrition Therapy) - Advancing Dietitians Practices	2ND – 6TH DECEMBER 2013 2013 World Diabetes Congress @ Melbourne, Australia

Visit MDA website at www.dietitians.org.my for more information on these or other upcoming events!

SPOTLIGHT ON SPEAKERS



Dr Helen O'Connor
Sydney, Australia

Dr Helen is a Senior Lecturer in nutrition within the Discipline of Exercise and Sport Science at the University of Sydney where she teaches public health and sports nutrition to exercise science and nutrition and dietetic students. Dr Helen's research interests include thermoregulation, energy metabolism, body composition and weight management. Dr Helen is an accredited practicing Dietitian (APD), Fellow of Sports Dietitians Australia and member of the American College of Sports Medicine. Dr Helen is also on the board of the international sports nutrition organisation, Professionals in Nutrition and Exercise for Sports (PINES) an affiliate to the American College of Sports Medicine.

1. Please tell us a little about how you got started in sports dietetics?

I started my career in clinical dietetics in a hospital but was keen to work in sports nutrition. There were very few dietitians working in the area at the time (mid 1980's) and it was an underdeveloped speciality

of dietetics. I initially commenced giving presentations on nutrition for sports associations and then was given an opportunity to work with a professional Australian Rules Football Club (1986). I also had a private practice where I saw a wide range of athletes. This is how it all started.

2. What are the key (take home) messages (list 1-3) that you would like participants to take after the MDA Scientific Conference?

- a. Dietitians provide nutrition education but this is the easy part, helping patients to change behaviour is the biggest challenge so understanding the clients barriers and motivational counselling approaches are key
- b. Athletes have special needs but in so many ways they struggle with the same eating issues as most of the clinical nutrition clients including making time to shop and cook, choosing the best options when eating out and planning out meals over the day.
- c. Understanding the demands of the sport and competition is central to effective sports nutrition practice. Experience with a sport/exercise (watching at least) or ideally being engaged in sport yourself is helpful both with respect to specific knowledge as well as empathy for the pressures and challenges athletes face.

3. What do you believe is the most significant change happening in the management of current athletes' dietary requirement?

I think periodising the intake of athletes to optimise adaptation to training and optimising physique. Timing the intake of meals has been shown to influence training adaptation as well as development of lean mass and reduction of fat.



Sylvia Escott-Stump
North Carolina, USA

Sylvia Escott-Stump is an internationally-known speaker and consultant to physicians, groups, long-term care facilities, businesses and educational organisations. Sylvia is the author of 7 editions of Nutrition and Diagnosis-Related Care and 5 editions of Krause's Food and the Nutrition Care Process. At the Academy of Nutrition and Dietetics, she is the immediate past-President. She also served as Speaker of the House of Delegates and first Chair of the Standardized Language task force.

1. You were the immediate past president of the Academy of Nutrition and Dietetics. Please share with us some of the role of the association in helping dietitians in their professional career.

Here's a list of activities while I was President:

- a. Alliance for a Healthier Generation - Clinton Foundation for Health Matters - meeting sponsored by President Bill Clinton; shook his hand and briefly discussed his new vegan lifestyle

- b. Announcement about Healthier School Meals - Met Michelle Obama and Secretary Tom Vilsack

- c. American Academy of Pediatrics - Pediatrics for the 21st Century Symposium:

"Ending Childhood Obesity Within a Generation: Innovations in Care" -held in conjunction with the American Academy of Pediatrics' annual meeting in Boston. Peds 21 was the largest in the history of this series of symposia, with more than 1,000 people in attendance. Established commitment for developing nutrition guidelines for ages 0-2 years of age.

d. National Restaurant Association - Spoke with panel on healthier restaurant choices among consumers.

e. WBBM Radio Sports - Taped 4 months of 1-minute nutrition spots for WBBM in Chicago, the 3rd largest listening audience in the country. Spots aired during morning and evening drive time Mondays-Fridays.

f. National Food Policy Conference - Moderated an important session on the nutrition needs of older adults; panelists included representatives from the Senate Aging Committee and Food and Research Action Coalition (FRAC).

g. And many more national and international conferences and events which I presided and presented

2. What advice do you have for aspiring aspiring dietetic students?

For aspiring dietitians: Don't give up! The science may be hard, but the work is worth the effort.

3. Why do you encourage all dietitians to practise a global networking?

Global networking is very rewarding. We learn from one another and gain new insights with each new friendship.

Diet Link would like to thank Dr Helen O'Connor and Ms Sylvia Escott-Stump for this interview opportunity and we look forward to meeting them in person at the MDA Scientific Conference 2013!

Look out for more interviews to be posted on our Facebook Group page!

MDA 19TH ANNUAL GENERAL ELECTIONS Every Vote Counts!

Dear MDA Members,

The time has come to nominate and elect the members of the MDA Council who will lead the association for the next two years. Mark your calendars with the following dates:

30TH APRIL 2013 : Deadline to submit nominations

17TH MAY 2013 : List of nominations will be announced

17TH JUNE 2013 : Select 9 Candidates from the ballot paper and submit ballot by this date

21ST JUNE 2013 : ELECTION DAY! Be at Sunway Putra Hotel to vote the 2013/2015 MDA Council!

Nominations form, ballot paper and list of candidates will be announced on the MDA Website – www.dietitians.org.my. Simply log in and access the latest information online.