

"Healthy Eating for Everyone"

“健康飲食 你我做到”

Newsletter December 2014



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Editor's Note:

Dear HKNA Members,

A big welcome to the forth issue of our newsletter this year! Time flies and it's towards end of the year which means it's time for HKNA's Annual General Meeting (AGM)! This year we will combine Extraordinary General Meeting with AGM as HKNA would like to expand the executive team to share the increasing workload and we propose to revise our existing M&A. This year's AGM will be held on the 12th Dec 2014 at Eaton Hotel, Kowloon. Please reserve your date and join us for this event. We look forward to seeing you there!

As mentioned in previous issues, HKNA is actively seeking members to share their academic research in our newsletter's "Research Corner". The aim of having a "Research Corner" in our newsletter is to keep our members updated with latest local research in the field. If you wish to share your exciting research with our members, please do not hesitate to contact Newsletter Editor at editor@hkna.org.hk.

Wishing you all a Merry Christmas and a Happy New Year!

Best regards,

Sally Poon

Newsletter Editor, 2013-2014

I. Welcome new members to HKNA

We welcome the following members to our Association and hope to see you all in the coming activities and academic meetings very soon!

Membership #	Name
N387	Ms. Wong Kit Lin, Amy
N388	Mr. Kam Wing Yiu
N389	Ms. Ng Lin Xin, Lisa
N390	Prof. Wong Heung Sang, Stephen
N391	Ms. Phan Yee, Shirley
S120	Ms. Au Wing Shan
S121	Ms. Sin Man Ching
S122	Ms. Selina Kuok
S123	Mr. Liu Yat Chun
S124	Ms. Li Tsz Ying
S125	Ms. Chan Ching Wun
S126	Mr. Chau Sing Wai
S127	Ms. Cheung Ming Lee
S128	Ms. Chau Yin Pan
S129	Ms. Lau Lok Yee
S130	Ms. Li Kam Ting

Want to let our members to know about you?

Just email your brief introduction (~150 words) with a photo to our Newsletter Editor Ms. Sally Poon at editor@hkna.org.hk

IMPORTANT NOTICE

HKNA has been revamping our website this year and is coming to the final stage now. It would be appreciated if you could STOP updating your CE activities after midnight of 19 Nov 2014. We will move all the CE records to our new website which would be launched at AGM on 12 Dec 2014. Thereafter, you can continue updating your CE record via the new website.

Journal sharing:

‘Nut consumption for vascular health and cognitive functions’ by Bonnie Yuk Ling Chung (D232)

There are increasing evidence suggest that cardiovascular disease, metabolic syndrome, hypertension, obesity and type 2 diabetes are associated with reduced cognitive functioning and a higher chance in dementia. One of the mechanisms which cognitive performance can be improved may be through improvement in blood flow to the brain. This ensures proper nutrients delivered to the brain and hence maintain integrity of endothelial cells of the brain blood vessels.



Nuts contain a range of nutrients which have been demonstrated to have lipid lowering effects and improve insulin sensitivity. However no studies have been done to consider whether nuts may benefit cerebral vascular functions and cognitive performance. This review sought to review the evidence for the effects of both tree and ground nuts on glucoregulation, blood pressure, arterial compliance, inflammation, endothelial vasodilator function and cognitive performance.

Journal search was done on Medline and Cochrane library. Of the 4,198 articles identified by all database, seventy-one studies were included in the present review. Thirty two studies evaluated the effects of chronic consumption of nuts on glucose-regulation. The Nurses' Health Study showed that consumption of nuts, peanut butter or walnuts was associated with a 24, 21 and 15% lower risk of developing type 2 diabetes, compared with those who never had nuts. However, inconsistencies in research made it difficult to reach precise conclusion on the role of nuts.

Significant reduction in blood pressure was observed in nine intervention studies. A substantial reduction in systolic blood pressure (14mmHg) was reported in participants who were overweight or obese and mildly hypertensive consuming a diet containing 84g almonds/day for 24 weeks, compared with a high carbohydrate diet with similar calories.

A total of twelve intervention studies demonstrated significant reductions in inflammatory markers with a variety of nuts consumption. Consumption of 21-100g walnuts/almonds/hazelnuts per day for 4 weeks to 2 years for healthy/hypercholesterolemic participants resulted in significant reduction of C-Reactive Protein, a plasma protein which will elevate in response to inflammation.

Endothelial function was significantly improved (24-64%) in healthy and hypercholesterolemic participants who consumed 37-100g walnuts/pistachio per day for 4-8 weeks. Endothelial dysfunction is detected before increased blood pressure is observed and may be a more sensitive indicator than arterial compliance of early decline in vascular health.

There were no association between a healthy diet with nuts and measures of arterial compliance. Despite the lack of intervention trials, observational trials indicate that long term consumption of small amount of nuts may prove beneficial for cognitive function and prevent cognitive decline.

Several nutrients in nuts may be responsible for observed improvements. Alpha linolenic acid found in walnuts is associated with improved endothelial function, inflammation and neuroprotection in animal models, which may help with maintaining cognitive function. Evidence also indicates that monounsaturated fatty acid in nuts may contribute to improvement in arterial stiffness, endothelial function and inflammation. It has been hypothesised that damage to brain cells is part of an inflammatory reaction, therefore anti-inflammatory nutrients such as polyphenol, vitamin E and omega-3 fatty acids in nuts may prove be important to reduce brain damage.

This review provides evidence that regular nut consumption may have a protective effect on both vascular health and cognitive function, with benefits evident in trials with doses of intake >30g/d for several weeks or longer. Further clinical studies are warranted to determine the types, doses and durations of nuts consumption may benefit arterial compliance, cerebral blood flow and cognitive performance.



About BonnieYuk-ling Chung

G'day fellow HKNA members! I am Bonnie Chung, a dietitian member graduated from Griffith University, a university located in Queensland, Australia. I graduated in 2011 and specialised my dietetic practice in weight and diabetes management in the past 3 years. Recently I have commenced my position as a clinical dietitian in Caritas Medical Centre, under Hospital Authority. I enjoyed clinical dietetics very much as there are a wide variety of casemixes for me to handle, in which I learnt to apply medical nutrition therapy practically. I also participated in nutrition education in community settings, which I also found rewarding!

III. Event Reports

1. The 6th Asia Congress of Dietetics and the 4th Cross-Strait Nutrition Conference

My attendance on the 2014 Asian Conference of Dietitians and the 4th Cross-Strait Nutrition Conference in Taipei was a very fruitful and productive experience. The conference program covered a wide range of interesting and relevant topics in the areas of nutrition, dietetics and health. Of particular interest to me were the talks related to sport nutrition, as this aligned with the nature of my current research and also the poster which I was presenting at the conference.

My own research paper summarised a study I conducted which investigated the dietary intake and bone health status of a group of elite level jockeys based in Hong Kong. Each jockey underwent an assessment of bone mineral density at their fore-arms and ankles using a DXA scan. Additionally, all participants completed a three-day food diary during a “typical racing week”. It was found that; compared to other weight category sports, professional jockeys in Hong Kong have been shown to have particularly low levels of BMD. In addition, this study suggested that severe levels of dietary/energy restriction occur on a regular basis. The issue of jockey health and welfare is an emerging area of sport science research and the next phase of jockey research in Hong Kong has just gotten underway.

Subsequent to my return from the conference in Taipei, I had the opportunity to share some of my recent research work with my fellow HKNA members at a seminar in Queen Elizabeth hospital. This was an enjoyable experience, at which I was able to discuss recent studies which I have conducted in the area of sport nutrition and hydration on professional soccer players in Hong Kong. The opportunity to meet and chat with other HKNA members was a great way to develop future research plans and foster collaborations with experienced nutrition researchers and practitioners in Hong Kong.



Dr. John O'Reilly

2. HKNA seminar “Sharing of 6th Asian Congress of Dietetics in Taiwan 2014”

We have invited Mr. Charles Chong (Dietitian at Buddhist Li Chong Yuet Ming Nursing Home for The Elderly) and Ms. Verona Tam (Private practising dietitian) to share with us the most updated nutrition information they learned from the Asia Congress of Dietetics in August this year.



3. RTHK radio interviews

HKNA has been invited by RTHK 1 Radio 精靈一點 to share nutrition knowledge with the public between 7 Nov and 26 Dec 2014, every Friday 2-3pm. Stay tuned!

Date	Topic	Speaker
7 Nov 2014	Pre-schoolers' nutrition	Ms. Winnie Wong
14 Nov 2014	Diabetes diet	Ms. Carmela Lee
21 Nov 2014	Vegetarian nutrition	Ms. Zoe Tsoi
28 Nov 2014	Fad diets	Mr. Chan Lok Tsung
5 Dec 2014	Elderly nutrition	Ms. Carmela Lee
12 Dec 2014	Cancer diet	Ms. Kathleen Yau
26 Dec 2014	Fish oil	Mr. Terry Ting

IV. Upcoming events

1. 9th Asia Pacific Conference on Clinical Nutrition

Date: 26-29th January 2015

Venue: Shangri-La Kuala Lumpur, Malaysia

Theme: "Prevention and management of diseases through the life cycle: The role of nutrition and physical activity"

Abstract submission deadline: 15th August 2014

Early registration deadline: 31st August 2014

2. 12th Asian Congress of Nutrition (ACN2015)



ACN is 4 yearly meetings of Federation of Asian Nutrition Societies (FANS), which is intended to encourage scientific interchange between food and nutrition researchers of Asian countries and worldwide. With a theme of "Nutrition and Food for Longevity: For the Well-Being of All," the Congress will feature a variety of speakers, all leading experts in the fields of Nutritional Biochemistry, Nutritional Physiology, Food Science, etc.

Date: 14-18 May, 2015

Venue: Pacifico Yokohama (Yokohama, Japan)

Call for abstracts: 5 August 2014

Abstract Deadline: 5 November 2014

Conference website: <http://acn2015.org/index.html>