



**SOUTH AFRICAN SOCIETY FOR PARENTERAL AND  
ENTERAL NUTRITION**

c/o DEPARTMENT OF HUMAN NUTRITION

PO BOX 19063

TYGERBERG

7505

2018

**Re: DIETITIANS WEEK, 4 – 8 June 2018 & Resource pack orders**

We are excited to announce that SASPEN will, again, be joining forces with the British Dietetic Association (BDA) in their annual Dietitians Week.

We welcome dietitians all across South Africa to join us in bringing across this very important message.

**Dietitians Week information:**

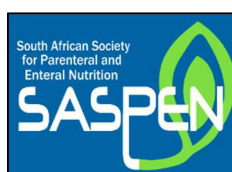
The main theme for 2018 is: “Dietitians do prevention”. Every day the main theme will be split into a more focussed theme as discussed in more detail below.

**Daily theme discussion:**

Theme day 1 (June 4 <sup>th</sup> )	<b>Mental health and recovery:</b> Diet and nutrition can play an important role in both prevention and the management of mental illnesses. Good nutrition and hydration can help aid recovery and prevent relapse.
Theme day 2 (June 5 <sup>th</sup> )	<b>Rehab and rehabilitation:</b> Dietitians provide assistance in individuals post-operatively or individuals recovering from a stroke. Supportive nutrition care can alleviate symptoms and side effects, reduce risk for further complications or illness and readmissions to hospital.
Theme day 3 (June 6 <sup>th</sup> )	<b>Public health and primary prevention:</b> Good hydration and nutrition is important for good health. Dietitians help the public to stay healthy which helps to prevent illness and diet-related conditions such as obesity and malnutrition.
Theme day 4 (June 7 <sup>th</sup> )	<b>Optimising health and secondary prevention:</b> For individuals with health conditions such as dementia or diabetes, support from a dietitian can provide symptom relief, prevent complication and optimise quality of life.
Theme day 5 (June 8 <sup>th</sup> )	<b>Healthy conversations and making every contact count:</b> Dietitians can signpost individuals on where to seek further assistance on non-nutrition health affecting issues such as exercise, smoking and social factors that affect overall health.

Please note: Orders for resource packs, scarfs and eco carry bags are now closed.

Please send photos of YOUR Dietitians Week to [dwsaspen@gmail.com](mailto:dwsaspen@gmail.com) and we will spread it on social media. For Twitter use: #SASPENDW2018



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