

# NUTRITION CONGRESS 2018

The Nutrition Society of South Africa ([NSSA](#)) and the Association for Dietetics in South Africa ([ADSA](#)) look forward to you joining us in Muldersdrift for the Nutrition Congress 2018.

The Northern branch of the NSSA and North-West branch of ADSA are proud to be hosting delegates for this congress from the 5th to the 7th September 2018 at The Misty Hills Conference centre. The venue is conveniently situated, as it is only a 15-minute drive from Lanseria airport and is near the Cradle of Humankind.

The theme for the 2018 congress is Nutrition: Past, Present, Future. The local organising committee is aiming to create a platform for nutrition professionals in South Africa to acknowledge the past successes in nutrition and to remember lessons learnt. We want to showcase the nutrition-related activities (from science to implementation) that are ongoing in our beautiful country and of course plan for a better nutrition future for all South Africans.

We really hope you are able to join us as we create the opportunity to meet up with colleagues from your past and build on future relationships.

Please click [here](#) for more.

## ESPEN LLL-COURSE: NUTRITIONAL SUPPORT IN THE PERIOPERATIVE PERIOD

This update will look at the phenomenon of stress encountered after surgeries that is a useful response but can lead to auto-cannibalism and complications such as insulin resistance and hyperglycemia, caused by stress hormones and the inflammatory response. Postoperative ileus is another complication caused by inhibitory sympathetic activity of the bowel. Fluid balance plays an important role in this. All this will be covered in this course under the headings:

- Metabolic Responses to Surgical Stress
- Nutritional Goals in the Perioperative Period
- Managing Surgical Stress: Principles of Enhanced Recovery and Effect on Outcomes:
- Making the Gut work
- Case studies

Date: Friday 7 September 2018

Time: 13h00-17h00

Venue: Misty Hills, Johannesburg at the

For more information please visit the Nutrition Congress 2018 [website](#) or click [here](#) for the programme.