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Seven new webinars

1. **The Low Carbohydrate High Fat diet**
   - Caryn Zinn, PhD, Registered Dietitian NZ
   - Wednesday, January 27 - 10am to 11am AEDT
   - What is the Low Carbohydrate High Fat (LCHF) diet?
   - Metabolic effects of a LCHF diet
   - Clinical indications for a LCHF diet
   - Myths associated with the use of LCHF diets

2. **Inflammatory bowel disease**
   - Dr Guru Lyngkaran, Gastroenterologist
   - Monday, 1 February - 10am to 11am AEDT
   - Pathophysiology of Crohn's disease and ulcerative colitis
   - Diagnosis and medical management
   - Complications
   - Dietary considerations

3. **Dietary acid load and insulin resistance**
   - Rebecca Williams, APD
   - Friday, 5 February - 10am to 11am AEDT
   - What is dietary acid load?
   - Can dietary intake influence the body's acid/base balance?
   - The effect of dietary acid load on the development of insulin resistance
   - Relevance to clinical practice

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“43 degrees at Coleambally on my veranda while waiting for the school bus.”

Amanda Mannes
Seven new webinars (continued)

4 The unique nutrition challenges of severe mental illness
Scott Teasdale, APD, PhD candidate
Friday, 26 February - 10am to 11am AEDT
• Characteristics of people living with severe mental illness, and impacts of medication side-effects
• Nutritional intake, key nutrient concerns and nutrient-medication interactions
• Effective nutritional interventions

5 Compassion fatigue: caring for the carer
Amanda Lambros, Clinical Counsellor and Supervisor BHSc., PGDipEthics, MAForensicSexol., MACouns
Complimentary webinar recording for Dietitians Day, available for viewing Tuesday 1 March.
• What is compassion fatigue?
• Signs and symptoms you may have compassion fatigue
• Strategies for looking after yourself

6 How to facilitate a cooking class
Charlotte Miller, Dietitian and Chef
Wednesday, 2 March - 10am to 11am AEDT
• Logistics of running a class – group size, location, cost, equipment
• Personal requirements – insurance, food handling, food safety
• Popular meals and requests
• Tips for success

7 Ketogenic diets for brain cancer
Susan Wood, Dietitian UK
Thursday, 17 March - 8pm to 9pm AEDT
• Introducing ketogenic diet (KD) therapy
• The practicalities of KD therapy in adults with brain tumours
• What evidence for KD therapy use in the management of brain tumours?
• Case studies and the patient experience

Dietary management of eosinophilic oesophagitis
Vicki McWilliam *NEW TO LIBRARY

Allergy management in food service
Suzanne Kennewell

Practical application of the RPAH elimination diet
Zoe Nicholson

Nutrition and the liver
Brooke Chapman

High fibre, high prebiotic diet for healthy individuals
Trish Veitch & Jane Muir

The role of gut microbiota in Western lifestyle diseases
Laurence Macia

TPN101: A beginner's guide to parenteral nutrition
Sharon Carey

Nutritional considerations in stoma management
Sharon Carey

Optimal diagnosis and management of coeliac disease
Dr Jason Tye Din

Nutrition after upper gastrointestinal surgery
Sharon Carey

The diagnosis and management of irritable bowel syndrome
Prof Peter Gibson

Teaching the gluten-free diet
Dr Sue Shepherd

Constipation cannot always be managed with changes in lifestyle
Dr Katie Ellard

The dietary management of food intolerances
Liz Beavis

The nutritional adequacy of a gluten-free diet
Dr Sue Shepherd

PREGNANCY & WOMEN’S HEALTH

Diet and nutrition during pregnancy
Natasha Jo Leader

Gestational diabetes
Natasha Jo Leader

Nutrition and endometriosis
Dian Shepperson Mills

Women’s health at midlife
Cate Lombard

Nutrition and fertility
Erika Harman

Polycystic Ovary Syndrome Part 1 - Pathophysiology, Management and Evidence-Based Guidelines
Dr Kate Marsh

Polycystic Ovary Syndrome Part 2 - Nutrition and lifestyle management
Dr Kate Marsh

Nutrition in pregnancy: What should I be eating?
25 minute resource for use with clients - Natasha Jo Leader

Understanding Gestational Diabetes Mellitus (GDM)
25 minute resource for use with clients - Natasha Jo Leader

Catalogue

GASTROINTESTINAL, COELIAC DISEASE & FOOD INTOLERANCE

Inflammatory bowel disease
Dr Guru Iyngkaran *UPCOMING FEBRUARY 2016

Travelling with coeliac disease
Sally Marchini *NEW TO LIBRARY
Management of hypoglycaemia in hospitalised patients  
*Melissa Armstrong*

**NUTRITIONAL GENOMICS**

Introduction to nutritional genomics  
*Sherly Li*

Practical implications of nutritional genomics  
*Melissa Adamski*

**SPORT**

Update on sports nutrition for the adolescent athlete  
*Ben Desbrow*

Nutrition in sport – a practical approach for the everyday athlete  
*Glenn Cardwell*

Sports nutrition in practice  
25 minute resource for use with clients  
*Glen Cardwell*

Dietary protein optimisation for athletes  
*Gary Slater*

Gastrointestinal issues in endurance athletes – dietary factors to consider  
*Stephanie Gaskell*

Nitrate supplementation and sports performance  
*Matthew Hoon and Lisa Middleton*

**ONCOLOGY**

Ketogenic diets for brain cancer  
*Susan Wood  *UPCOMING MARCH 2016*

Cancer cachexia  
*Janelle Loeliger*

Management of nutrition impact symptoms in cancer  
*Nicole Kiss*

Myth-Busting diets and cancer  
*Amber Kelaart*

Refeeding Syndrome  
*Belinda Steer*

Nutrition, lifestyle and breast cancer  
*Dr Michelle Harvie*

Nutrition interventions for cancer survivors  
*Steve Pratt*

Nutrition after upper gastrointestinal surgery  
*Sharon Carey*

**WEIGHT MANAGEMENT & DIET THERAPIES**

The Low Carbohydrate High Fat diet  
*Caryn Zinn  *UPCOMING JANUARY 2016*

Dietary acid load and insulin resistance  
*Rebecca Williams  *UPCOMING FEBRUARY 2016*

Practical plant-based eating  
*Amanda Benham and Lucy Taylor  *NEW TO LIBRARY*

Interpretation of hyperlipidaemia  
*A/Prof Ken Sikaris  *NEW TO LIBRARY*

Insulin resistance  
*Susie Burrell  *NEW TO LIBRARY*

How to address emotional eating  
*Kiera Buchanan*
WEIGHT MANAGEMENT & DIET THERAPIES continued

Body image  Susan Paxton and Fiona Sutherland
An evidence-based approach to weight management  Prof Clare Collins  *FREE
Diet and heart disease: what’s the evidence?  Beth Scholes
Low carb diets - Weight loss and health effects  Dr Michelle Harvie

The Paleo Diet  Dr Loren Cordain
Does dieting work?  Dr Michelle Harvie
Diet and gout  Mel Reid
The 5:2 diet and intermittent energy restriction  Dr Michelle Harvie
The Mediterranean diet: implications for primary prevention of chronic diseases  A/Prof Catherine Itsiopoulos

Mindless eating: why we eat more than we think  Brian Wansink
The non-diet approach to weight management  Fiona Willer
Vegetarian diets – health benefits and meeting nutritional needs  Dr Kate Marsh

Coaching clients to weight loss success  Susie Burrell
Bariatric surgery Part 1 – Understanding the basics  Merrill Bohn
Bariatric surgery Part 2 – Diet, nutrition and common issues  Merrill Bohn
A dietitian’s guide to exercise  Susie Burrell

PAEDIATRICS

Diet and food allergy development during infancy  Kate Grimshaw
What’s new in allergy management?  Vicki McWilliam
Food additives and hyperactive behaviour in children  Kate Grimshaw

Autism Spectrum Condition for dietitians Part 1: An introduction  Zoe Connor
Autism Spectrum Condition for dietitians Part 2: Effective management of dietary issues  Zoe Connor

Supporting families with mealtime and feeding difficulties  Denise Stapleton
Fussy eating in small children  Evelyn Volders
Fundamentals of food allergy in children  Vicki McWilliam
Time to eat – babies’ first foods  Vicki McWilliam
Nutrition for under fives  Evelyn Volders

Diet therapy in epilepsy  Judy Nation

MENTAL HEALTH & EATING DISORDERS

The unique nutrition challenges of severe mental illness  Scott Teasdale  *UPCOMING FEBRUARY 2016

Diet and mental health  Dr Felice Jacka
Binge eating disorder- the landscape has changed  Dr Cynthia Bulik
An overview of current best practice in eating disorders  Melissa Whitelaw

CULTURE & POLITICS

Japanese diet & longevity  Hideo Makuchi, Japanese Dietitian with translation by Fumi Somehara

Improving Indigenous health – Everyone’s business  James Ward & Dr Karla Canuto

Nutrition during Ramadan  Lina Breik
Food security – putting local solutions into practice  Fiona Florax & Leah Galvin
Practising dietetics in a culturally diverse society  Fiona McKenzie-Lewis
An introduction to Critical Dietetics  A/Prof Jacqui Gingras

RENAL

Dietary modification in chronic kidney disease: when, why and how  Dr Katrina Campbell

Common biochemical disturbances and their nutritional significance  Anthony Meade

PROFESSIONAL PRACTICE

The effectiveness of private practice dietitians  Adrienne Forsyth

Dietitians in intensive care units  Suzie Ferrie
Debunking diet myths  Glenn Cardwell
A Dietitian’s guide to using GP Management Plans and Team Care arrangements  Magali De Castro

Key presentation and communication skills and how to acquire them  Karen Sims

GENERAL

Compassion fatigue: caring for the carer  Amanda Lambros  *FREE - AVAILABLE MARCH 2016

How to facilitate a cooking class  Charlotte Miller  *UPCOMING MARCH 2016

Iron and zinc  Lynn Riddell  *NEW TO LIBRARY

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