

Message from the President

By Jennifer Bridenbaugh

Greetings from the JASPEN board! The New Jersey chapter of ASPEN continues to grow and proudly contributes to education of many disciplines practicing in Nutrition Support. The American Society of Parenteral and Enteral Nutrition (A.S.P.E.N) is made up of "5,500 members from around the world. A.S.P.E.N. is a community of dietitians, nurses, pharmacists, physicians, scientists, students and other health professionals from every facet of nutrition support clinical practice, research and education."

With some new additions to the JASPEN Board, we are excited to begin a new season of learning beginning with our all new "JARGON" which will capture many opportunities and announcements regarding continuing education and more. This month, ASPEN will be hosting a webinar which will focus on the assessment of our youngest patients while utilizing the WHO growth charts. Consider joining us for this webinar, free of charge! Looking ahead to 2012 - we are planning a full day conference in June focusing on the Gastrointestinal System: how it moves and how we feed it - more details to follow! Continuing education is an area that ASPEN is dedicated to provide within the state and throughout the world. Follow this link to view the number of opportunities including information regarding review courses, programs, Clinical Nutrition Week 2012 and more:

http://www.nutritioncare.org/Continuing_Education/Continuing_Education_with_A_S_P_E_N/

Looking forward to assisting in your networking and learning experiences! If you have any questions please do not hesitate to contact me at bridenbaugh5@yahoo.com.

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2011-2012 Board Members

President: Jennifer Bridenbaugh MS, RD, CNSC

Secretary: Sarah Krimkowitz Recanati MS, RD, CNSC

Director-Research: Jean Burge PhD, RD, CNSC

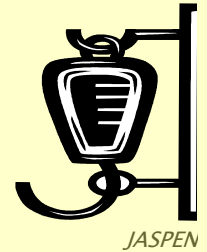
Director - Clinical Practice: Sheila Patel, RD, CNSC

Director - Advocacy: Jennifer Harkins, RD, CNSC

Director-RN at large: Janet Parmegiani, BSN



Upcoming Events



October 2011

ASPEN Webinar: The New WHO Growth Reference Charts and Complementary Tools for Monitoring Growth in Children During Acute and Chronic Disease

Date: October 12, 2011

Time: 4pm

Location: College of Saint Elizabeth Henderson Hall Room 149

Description:

World Health Organization (WHO) Growth Charts and Their Utility as Assessment and Tracking Tools

Babette Zemel, PhD, Associate Professor of Pediatrics, Director Nutrition & Growth Lab, The Children's Hospital of Philadelphia, Philadelphia, PA

Nutrition Assessment in Children with Acute and Chronic Disease

Timothy Sentongo, MD, Associate Professor of Pediatrics, Director Pediatric Nutrition Support, The University of Chicago Medical Center, Chicago, IL

Moderator

Marsha Stieber, MSA, RD, CNSC, Nutrition Education Consultant, Mesa, AZ

LEARNING OBJECTIVES

1. Understand the basis and appropriately interpret growth using CDC and WHO growth reference data
2. Monitor and interpret variations in weight, length and head circumference growth velocity of children from birth to age 2-years
3. Utilize physical exam and common ancillary tests for growth and nutrition assessment during disease

June 2012

A full day conference focusing on the Gastrointestinal System: how it moves and how we feed it - more details to follow!

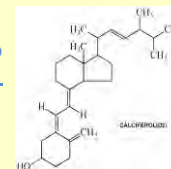
SAVE-THE-DATE: Tuesday, June 12th 2012

Hosted by: JASPEN

Time and Location: TBD

Vitamin D–Miracle Nutrient or Overhyped Supplement?

By Sandra Schoepfel MS, RD, RN, CNSD, LDN



Our collective crush on vitamin D shows no sign of tapering off. There's been a lot of hand wringing lately about folks not getting enough vitamin D. Deficiency has been found to be quite common and has been found especially prevalent among kids, the elderly, and those with dark skin. Additionally, there has also been a growing list of diseases and conditions being linked with vitamin D deficiency such as osteoporosis, colon cancer, autoimmune diseases, respiratory diseases, heart disease, and even cognitive disorders. For example, researchers just published in the Archives of Internal Medicine, new results from a 6-year study showing that seniors with low vitamin D levels are 60% more likely to suffer from substantial cognitive decline than those with adequate levels of the nutrients, raising important new possibilities for treatment and prevention.

So, how much does it take to satisfy your vitamin D requirements? What we do know is that the two major physiologically relevant forms of vitamin D are vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). Vitamin D3 is produced in the skin of vertebrates after exposure to ultraviolet B light from the sun or artificial sources, and occurs naturally in a small range of foods. Natural sources of vitamin D include fatty fish (catfish, salmon, mackerel, sardines, tuna, eel) whole eggs, beef liver, fortified milk, juice, or cereal, and yogurt. Mushrooms are the only vegan source of vitamin D, besides UV light or sunlight exposure. Original intake levels of vitamin D were established based only on age (i.e. they are the same regardless of weight, gender, pregnancy or lactation) but have recently been updated to be more specific.

"Natural Sources of vitamin D include fatty fish, whole eggs, beef liver, fortified milk, juice, or cereal and yogurt."

Recommended Dietary Allowances (RDAs) for Vitamin D

	Male	Female	Pregnancy	Lactation
0–12 months*	400 IU (10 mcg)	400 IU (10 mcg)		
1–13 years	600 IU (15 mcg)	600 IU (15 mcg)		
14–18 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)
19–50 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)
51–70 years	600 IU (15 mcg)	600 IU (15 mcg)		
>70 years	800 IU (20 mcg)	800 IU (20 mcg)		

*Institute of Medicine, Food and Nutrition Board. Dietary Reference Intakes for Calcium and Vitamin D. Washington, DC: National Academy Press, 2010.

The original intakes were also based on the assumption that the vitamin is not synthesized by exposure to sunlight and that in the United States, typical diets provided about 100 IU/day. In 2008, the American Academy of Pediatrics (AAP) issued a higher minimum recommended intake of 400 IU/day for infants, now addressed in the new recommended intakes. Many scientists say a healthier intake, enough to help protect against cancer and other disease, is closer to 600-800 IU's and current government guidelines suggest it is safe to take up to 4000 IU as the upper intake level based on toxicity seen at levels of 10,000 IU/d in some reports. Dosage for repletion will certainly vary, but aiming for the RDA of 600-800 IU's of D3, the type of D that the body metabolizes the most quickly, is a conservative, safe overall recommendation for most folks. So, if you're not already doing it, start taking your vitamin D and now consider yourself D-briefed 😊

REFERENCES

1. Llewellyn DJ, Lang IA, Langa KM, Muniz-Terrera G, Phillips CL, Cherubini A, Ferrucci L, Melzer D. Vitamin D and Risk of Cognitive Decline in Elderly Persons. *Arch Intern Med.* 2010;170(13):1135-1141.
2. Shapses SA, Manson JE. Vitamin D and Prevention of Cardiovascular Disease and Diabetes. Why the Evidence Falls Short. *JAMA.* 2011;305(4):2565-2566.
3. Ross CA, Mason JE, Abrams SA, Aloia JF, Brannon PM, Clinton SK, Durazo-Arvizu RA, Gallagher JC, Gallo RL, Jones G, Kovacs CS, Mayne ST, Rosen CJ, Shapses SA. The 2011 Report on Dietary Reference Intakes for Calcium and Vitamin D from the Institute of Medicine: What Clinicians Need to Know. *J Clin Endocrinol Metab.* 2011;96(1):0000-0000.

A Call for New Members

JASPEN is looking for new members! Please join our fantastic local chapter by visiting ASPEN online at:

<http://www.nutritioncare.org/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=2062>

Benefits include:

- Interdisciplinary Networking
- Chapter Activities
- Chapter Meetings
- Chapter Newsletters
- Leadership Roles

JASPEN also has a several open board positions. If interested, please contact Jennifer Bridenbaugh:

bridenbaugh5@yahoo.com

JASPEN is looking for new members!

Clinical Nutrition Week 2012

**January 21-24 Orlando Florida
Walt Disney World Swan and Dolphin**

CNW 2012 offers a high-impact environment that will refresh, revive and arm you with all the latest knowledge available in clinical nutrition.

ABOUT CNW 2012...

- 48 Sessions and workshops
- 5 Intense pre-conference workshops
- 200+ globally recognized faculty
- 1,800 physicians, dietitians, nurses, pharmacists, educators and researchers from throughout the world
- 50+ exhibitors showcasing the newest clinical nutrition products and services
- Easy access to speakers, researchers and specialists who can advise you about the issues you face every day
- An excellent opportunity to earn CE Credits

Registration is open now!

Stay tuned for additional JASPEN news and events coming in 2012!