

Newsletter  
July 2009



[www.eatrightatlanta.org](http://www.eatrightatlanta.org)

**GADA Executive Board**

**Betsy Dietsch**  
President

**Susan Bertucci**  
President-Elect

**Sherry Coleman**  
Immediate Past  
President

**Monica Fink**  
Secretary

**Kate Wiley**  
Treasurer



**Membership  
Directory**

The GADA  
Membership  
Directory is now  
available on the  
GADA website  
for GADA  
Members only!



Newsletter compiled by  
Lisa Grellinger  
Georgia State University  
Coordinated Program  
Student

**Message from the 2008-2009 President**

Dear Fellow GADA Members:

It is with great joy that I write my last President's Message for the GADA Newsletter. Not because the work is over, but because I'm passing the flame. I get the satisfaction of looking back over a successful membership year focused on meeting members' requests for increased networking opportunities, valuable educational meetings, and leadership development.

This year's membership has increased over last year - the first year we have experienced an increase in a while. We held five membership meetings with a variety of topics, along with two fun live social networking events. In addition, members participated in both the Hunger Walk and Diabetes Expo in support of National Nutrition Month. We launched a Facebook web page to increase networking opportunities. Your 2008-2009 GADA Board worked hard to provide you with many experiences throughout the year. It is with great appreciation that I express my gratitude to this group of dedicated individuals for all of their hard work.

Now, the flame has been passed. A new Board has been elected and will begin their terms July 1. They have already begun working on a plan for the 2009-2010 Membership year. Exciting and unique events are in the works and you won't want to miss a moment! I encourage you to consider joining the Board for a short-term project, volunteer for an event, or join in to help fill a vacancy...you will get out as much as you put in! GADA is a wonderful door to increased leadership growth, networking with incredible professionals in the Atlanta dietetics community, and building lasting professional and personal friendships. Best of luck to the incoming Board of Directors members...I'm excited to continue to grow with you as an active GADA member.

And thanks to you, fellow members, for the opportunity to serve as your 2008-2009 GADA President.

Warmly,

Sherry

**Research and Literature Grading**

When conducting research, whether on information to be given to a client or for your own personal knowledge, it is important to understand the literature grading system. There are different types of grading systems used by different journals and search engines. Some follow numbers while others follow letters. Although these systems are different, they follow a same general skeleton of meanings that provide you with the level of evidence. For example, the Journal of the American Dietetic Association uses the Center for Evidence-Based Medicine (CEBM) provides guidelines, which are broken down as follows:

CEBM Levels of Evidence

- **1a:** Gold Standard, Systematic reviews of randomized controlled trials
- **1b:** Individual randomized controlled trials with narrow confidence intervals
- **2a:** Systematic review of cohort studies
- **2b:** Individual cohort study or randomized controlled trials with <80% follow up
- **3a:** Systematic review of case-control studies
- **4:** Case series: A group or series of reports involving patients who were given similar treatment
- **5:** Expert opinion

On the following pages, key research databases as well as quality nutrition resources are described, including information regarding how they may directly benefit your practice.



*Submitted by Lisa Grellinger  
Georgia State University  
Coordinated Program*

Source:

Gray G. E, Gray L. K. Evidenced-based medicine: Applications in dietetic practice. *J Am Diet Assoc.* 2002;102:1263-1272.

**Reminder!**

Membership application is available online at:  
<http://www.eatrightatlanta.org/membership.htm>

## Nutrition Resources



### GADA Treasurer's Report 2008- - 2009

It has been my pleasure to have served as the GADA Treasurer for the past two years. The Board has operated in a diligent manner to be conservative with members' dues. The budget for the 2008-2009 fiscal year was \$9,000. Expenses for that time period were less than \$5,000. The GADA regular checking account and money market account have a combined balance of about \$11,000. In addition, GADA had two \$5,000 certificates of deposits.

GADA is fortunate to have Kate Wiley to be the incoming GADA Treasurer. Kate is already reviewing expenses and investigating potential ways to increase the interest rates on the money market checking account and the CDs.

Cathy McCarroll

### American Dietetic Association

URL: [www.eatright.org](http://www.eatright.org)

Password or membership required? Both. Membership to the American Dietetic Association (ADA) is required to view the members-only pages. Membership is yearly, and cost is based on student or professional status.

The ADA website offers many services and information for both dietetic and non-dietetic professionals. The latest news and current events related to dietetics are provided on the website as well as the ADA Daily News, which is only accessible with a membership. All visitors of the website have access to free and priced nutrition handouts and educational materials in both English and Spanish. These materials are available for dietitians and consumers and can be found by clicking the Food and Nutrition link, or by visiting the ADA shop.

Career opportunities are posted for both members and nonmembers on the ADA "Careerlink" page. Educational learning opportunities for both students and practicing dietitians located on the "Events" and "Professional Development" pages. In addition, the website offers information and opportunities about how to be involved in public policy and advocacy for the profession. Consumers are able to search for nutrition professionals in their area and for basic nutrition facts. There is also up-to-date information on the Nutrition Care Process and other standards of practice. Overall, this website provides many benefits for dietitians.

*Submitted by Melissa Young  
Georgia State University  
Coordinated Program Student*



### National Cancer Institute (NCI/ACI)

URL: [www.cancer.gov](http://www.cancer.gov)

Password or membership required? No.

The main information found on the site is background information on cancer(s) and clinical trial results related to cancer studies. Background information can be found via search of cancer type (i.e. breast, etc.) or of cancer "topics" (i.e. treatment, screening, etc.). In addition, clinical trial results are typically found by searching specific cancer types; however, information pertaining to a specific study (i.e. the effects of caffeine on breast cancer) cannot be directly accessed through a keyword search.

The site also posts clinical trials for which subjects are needed, so in trying to reach the clinical trials that have already been performed, make sure to access the "Clinical Trial Results" link under the Clinical Trials tab. In NCI, one can also explore a pool of statistics related to cancer and current news releases concerning important cancer topics.

#### **How NCI helps RDs:**

The NCI has information on how to conduct your *own* clinical trials. Software and other tools are available to assist you in finding and organizing cancer statistics online, and methods to help you calculate your own statistics. There are even a few links to important tools like a "Dictionary of Cancer Terms" and an "NCI Drug Dictionary" on the upper left side of the homepage under "Quick Links." This list of links also contains one leading to NCI Publications Locator; here, you can view publications for free online, and if they are not available online, you can order them in print at a cost.

*Submitted by Danica Carswell,  
Georgia State University  
Coordinated Program Student*

## Nutrition Resources Continued

### National Center for Complementary and Alternative Medicine

URL: <http://nccam.nih.gov/>.

Password or Membership required? No.



National Center for Complementary and Alternative Medicine (NCCAM) a website that is useful for finding information on complementary and alternative medicine (CAM) from the National Institutes of Health (NIH). This government agency is the main agency that produces scientific research on CAM topics as well as alternative health topics, practices, and products. On the agency's website you will be able to access clinical trial data, information about herbs and how they relates to disease treatment and prevention, specific health topics, or certain health practice and the NCCAM newsletter. The website easily is able to link to NIH and NIH's Office of Dietary Supplements (<http://dietary-supplements.info.nih.gov/>) as well as other government agency's websites, which are located under the resource links tab. One benefit for the dietitian is the availability of current information on supplements and herbs : use, side effects, or interactions, contraindications , and links to the current research . Another benefit to both the dietitian and the consumer is that most of the webpages on this website can be downloaded in a PDF formatted handout. This makes using and sharing the information found on this website even more accessible and user friendly. There is also a page about grant opportunities for dietitians and other researchers in the CAM area of study. Overall, it is a very user friendly webpage that can be used as a one stop shop for anything that is consider CAM.



*Submitted by Melissa Young  
Georgia State  
Coordinated Program*

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### National Institutes of Health (NIH)

URL: <http://www.nih.gov/>.

Password or Membership required? Both (see below).

The website is open access, unless you want access to the newsletters, pod-casts, or the social media. To subscribe to this information you must simply provide your name and email address. This website is part of the US Department of Health and Human Services. It is the main organization for contributing to ongoing medical research. NIH uses twenty-seven different institutes to provide useful information to the public. The mission of the NIH is to provide information to practitioners and the general public on how to live a long and healthy life. It also provides information on how to reduce the incidence of disease by using the latest scientific knowledge. This website proves to be extremely useful to registered dietitians. The primary links on the NIH website are: Health, Grants, News, Research, and Institutes. Of interest is the *Health* link , which provides information on *A to Z Health Topics*, *Clinical Trials*, *Medline Plus*, and *Health Hotlines*. Medline Plus is a wonderful resource that provides information on diseases and drugs, and includes a medical dictionary and a medical encyclopedia.

*Submitted by Michelle Hanson  
Georgia State University  
Coordinated Program Student*



**Resources Continued****National Kidney Foundation (NKF)**

URL: [www.kidney.org](http://www.kidney.org)

Membership or Password Required? This website has an open access for you to read several newsletter, brochures and journals. However, if you would like to access more specific information on your area of interest there is a member fee. By becoming a member of the NKF you would receive monthly journals, newsletter and the most recent research updates in kidney and urologic diseases.

The National Kidney Foundation is a nonprofit health organization. Its main focus is to prevent kidney and urinary tract diseases. The NKF website includes information about chronic kidney disease; detection and screenings; dialysis; diabetes; and diet and nutrition to professionals such as pharmacists, nurses, physicians, dietitians and social workers.

The Council on Renal Nutrition (CRN) of the National Kidney Foundation (NKF) promotes and encourages quality nutrition care for all patients with CKD by providing guidelines to dietitians, especially those specializing in renal diseases. The National Kidney Foundation Disease Outcomes Quality Initiative (NKF KDOQI) are clinical practice guidelines for all stages of chronic kidney disease (CKD). They are recognized worldwide and have helped improve the diagnosis and treatment of kidney disease.

CRN also supports research for the prevention and treatment of kidney and urologic diseases, which are eventually published in the Journal of Renal Nutrition.

*Submitted by Shobha Vanmali  
Georgia State University  
Coordinated Program*

**American Cancer Society**

URL: <http://www.cancer.org>

Password or Membership Required? No.

The American Cancer Society website provides information that can be very useful to RDs. The site provides information about support programs and services, recent news stories, different cancer facts and figures, treatment decision tools, stories of hope, and clinical trial information. There is also an opportunity to participate in a discussion board on the Cancer Survivors Network. This site can be beneficial for registered dietitians to use because it contains fact sheets about nutrition and cancer and physical nutrition and cancer. These fact sheets can be useful for patient education and also to help show general information on some ways that proper nutrition can help prevent cancer. The website also provides a link to the nutrition and physical activity guidelines for cancer prevention that is published in *A Cancer Journal for Clinicians*. These guidelines contain a lot of answers to common concerns about diet and physical activity in relation to cancer. These guidelines are based on peer reviewed journal articles and are "A" evidence.

*Submitted by Sara Addison  
Georgia State University  
Coordinated Program*

**Resources Continued****National Heart Lung and Blood Institute (NHLBI)**

URL: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Password or Membership Required? No

NHLBI's emphasis is on research, training and education programs that promote the prevention and treatment of heart, lung and blood diseases. There is a handy search box on the main page that allows one to search the NHLBI's index on a large number of diseases and conditions. Under the Health Professionals tab, there are several helpful resources for nutrition professionals, including clinical practice guidelines, links to all NHLBI publications, health assessment tools, information on all NHLBI's educational programs, campaigns, and initiatives, and Healthy People 2010 information. There is also an e-newsletter, the Health Info Network, for which one can sign up (free) that sends e-mails 2-4 times a month concerning a specific NHLBI topic such as cholesterol or obesity. Elsewhere on the website, there are tabs that have links to all funding and research opportunities available through NHLBI, information about clinical studies and trials relevant to NHLBI, training and career development programs, and all current news and press releases concerning the interests of NHLBI. An easy-to-navigate website that contains a wealth of information concerning countless health topics, research, current news, and education.

*Submitted By Alex Kennedy  
Georgia State University  
Coordinated Program*

**Search Engines****The Cochrane Library**

URL: <http://www3.interscience.wiley.com/cgi-bin/mrwhome/106568753/HOME>

Password or Membership required? Annual subscription (\$310 for an individual), "Pay-per-view" (articles purchased on an individual basis, with varying prices), or purchase of the Library on CD-ROM.

The Cochrane Library is an online resource for evidence-based practice comprised of six separate databases: the Cochrane Database of Systematic Reviews (CDSR), the Database of Abstracts of Reviews of Effects (DARE), the Cochrane Central Register of Controlled Trials (CENTRAL), the Cochrane Methodology Register (CMR), the Health Technology Assessment Database (HTA), and the NHS Economic Evaluation Database (NHSEED). Together, these databases provide a wealth of information that has been independently analyzed for inclusion into the highest level of evidence on which to base clinical treatment decisions. The Library also includes information for the Cochrane Collaboration, the collection of groups responsible for reviewing the research. The database offers systematic reviews and meta-analyses that summarize and interpret up-to-date, well-designed clinical research, abstracts for the systematic reviews, a list of published articles from clinical trials, and information on cost and effect of competing healthcare interventions. The scope of information contained in the Library is also vast; the Cochrane Central Register for Controlled Trials alone contains over 575,000 entries.

*Submitted by Erika Clough  
Georgia State  
Coordinated Program*



## Search Engines Continued

### Evidence Analysis Library, American Dietetic Association

URL: [www.adaevidencelibrary.com](http://www.adaevidencelibrary.com)

Password or membership required? For free access, an ADA membership is required. Non-ADA members may purchase a yearly subscription to the EAL for \$400.

The ADA Evidence Analysis Library is a compilation and assessment of the best and most relevant research on important dietetic practice questions. There are two primary components: The Evidence Analysis Library and Evidence Based Guidelines.

To use the Evidence Analysis Library, simply use the search bar or select a topic displayed at the top of the page. For each topic, related questions will be listed and a conclusion provided along with the grade (I-V) of the supporting evidence. An Evidence Summary is also available, including a full bibliography of all articles used as well as a downloadable synopsis of all of the articles and their findings in concise, tabular form.

The Evidenced Based Guidelines section of the website is also divided into subjects. Practice recommendations are provided and graded based on the strength of available evidence. Algorithms are also available to help dietitians determine the proper flow of treatment for a disease or condition.

How the EAL helps RDs: The Evidence Analysis Library is the “go-to” resource for over 540 dietetic practice questions. The evidence has already been analyzed and summarized, preventing one from having to sift through hundreds of lengthy articles. The website also contains numerous ADA-recommended resources and is updated regularly to provide only the most recent and reliable research available.

*Submitted by Emily Yancey  
Georgia State University  
Coordinated Program Student*

### PubMed

URL: [www.pubmed.gov](http://www.pubmed.gov)

Password or Membership required: No

Description: PubMed is an online database of collected citations, abstracts and articles provided free by the National Library of Medicine and the National Institutes of Health. You can use PubMed to find information on a variety of clinical and nutrition related topics.

To retrieve information from PubMed, enter a keyword or phrase in the search bar near the top of the page and click 'Go'. A list of related articles will appear. Sometimes, the number of articles matched to your search terms can be in the hundreds or thousands. Click the 'Limits' tab located just below the search bar. From here you can narrow your search by gender, age, type of article, etc. This will reduce the number of articles retrieved and allow you find only the most relevant information.

Looking under the blue sidebar of the homepage, you'll find a link titled 'Clinical Queries'. From this page you can make searches by clinical study category, find systematic reviews, or complete medical genetics searches. Again, this helps to narrow down your search and filter out any unwanted information.

Another useful component of PubMed is the MeSH terms search engine. Entering a term in a MeSH search prompts PubMed to display a list of similar medical terminology. The word 'nosebleed' will map to the medical term 'epistaxis'. This simple but useful tool will help keep you from missing relevant articles.

*Submitted by Alex Friel  
Georgia State University  
Coordinated Program Student*



### Search Tips:

1. Use words such as “AND” and “OR” properly.
2. Always capitalize “AND” and “OR”. This will ensure m a x i m u m , appropriate results.
3. Be specific. However, if you are having trouble obtaining results, the topic may be too narrow and s h o u l d b e broadened.
4. Truncate! For most databases, the truncation symbol is \*. This means that searching for “diabet\*” will yield results containing this stem with all of the different possible endings (ie: “diabetes”, “d i a b e t i c”, “diabetics”, etc.)