

## SW5 - FODMAP dietary management for symptoms of IBS



Next Generation Nutrition:  
Innovative Solutions

### Presenters:

#### **Sue Shepherd**

Dr Sue Shepherd is an Advanced Accredited Practising Dietitian and Accredited Nutritionist who graduated with a Bachelor of Applied Science in Health Promotion and post graduate Masters in Nutrition and Dietetics. She specialises in the treatment of dietary intolerances.

Sue was diagnosed with coeliac disease, and Sue has maintained a strong commitment to educating people with special dietary needs. Although only 35 years of age, Sue is recognised internationally as a leading expert dietitian in the area of coeliac disease and irritable bowel syndrome, having completed her PhD research in 2008. She is now a Senior Lecturer for Monash University Department of Medicine and is a senior researcher within the Department of Gastroenterology at Box Hill Hospital in Melbourne. She is an invited speaker at national and international medical conferences. She has won many professional awards, including Dietitian Association of Australia's Award for Achievement for Excellence in Contribution to the Profession. Sue has developed a dietary management approach which has revolutionised the management of Irritable Bowel Syndrome (low FODMAP diet) - her research has contributed world-first information, and for which she was awarded the Gastroenterological Society of Australia's Young Investigator of the Year Award. Sue was the first non-medical health professional to win this Award, which has had past Awardees including Dr Barry Marshall (*Helicobacter Pylori* eradication). Most recently, Sue has been awarded State finalist for Telstra Australian Businesswoman of the Year 2009. Sue is also the director of a busy private dietetic practice (Shepherd Works), specialising in gastrointestinal nutritional conditions, such as coeliac disease, irritable bowel syndrome, employing ten dietitians. She is the consultant dietitian on medical National Advisory Committees for Coeliac Disease and other Gastrointestinal conditions. Sue has authored over 20 medical journal papers. Journal articles. She is a regular media spokesperson for print and radio commentary on dietary intolerances.

## **Jaci Barrett**

Jaci Barrett is an Accredited Practising Dietitian, graduating in 2001. Jaci has extensive clinical experience gained through positions in several Metropolitan Melbourne Hospitals and in the UK. Her work as a clinical gastroenterology unit dietitian at Box Hill Hospital and her passion for managing gastrointestinal symptoms led to the commencement of her career in research. Jaci completed her PhD entitled "The Role of FODMAPs in Gastrointestinal Disorders" in 2009. During her tenure she was the recipient of numerous awards including the GESA Douglas Piper Young Investigator Award in 2007. Jaci now fulfils the role of lecturer and research dietitian, Monash University Eastern Health Clinical School as well as working in her private practice, Diet Solutions, in Malvern.

## **Emma Halmos**

I am an accredited practising dietitian, specialising in the area of gastrointestinal nutrition. I have recently completed a Master of Research diploma investigating FODMAPs (Fermentable Oligo-saccharides, Di-saccharides, Mono-saccharides And Polyols), and other possible contributing factors, in the role of diarrhoea in enteral nutrition. This has been the foundation for my current PhD research in the role of FODMAPs in irritable bowel syndrome, inactive Crohn's disease and diarrhoea associated with enteral nutrition. Complementing my research, I also consult patients with irritable bowel syndrome and inflammatory bowel disease at *Shepherd Works*. This often requires advice on manipulating dietary fructose, lactose and other FODMAPs.