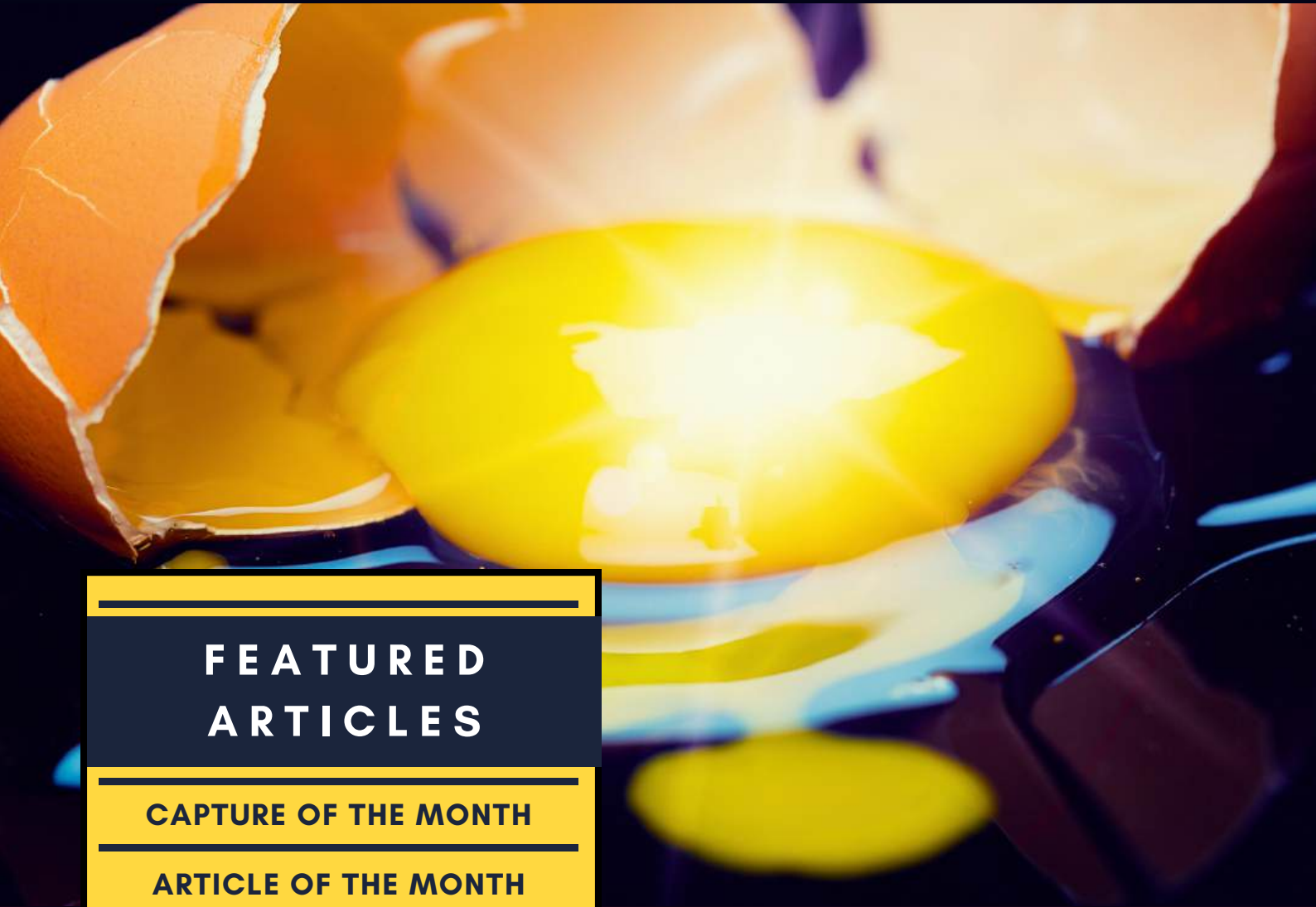




SLMNA NEWSLETTER

Sri Lanka Medical Nutrition Association Official Newsletter

LINKING NUTRITION RESEARCH TO PRACTICE....



FEATURED ARTICLES

CAPTURE OF THE MONTH

ARTICLE OF THE MONTH

MICRONUTRIENT SUPPLEMENTATION IN
ELDERLY

FOOD OF THE MONTH

CRACKING THE EGG MYTH

PAST EVENTS

UPCOMING EVENTS

MESSAGE FROM EDITORS

OMEGA-3 AND DYSLIPIDAEMIA: FRIEND OR FOE?

Omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) have long been considered for their cardiovascular benefits, but their role in dyslipidaemia management is more complex than commonly assumed. While EPA and DHA effectively lower triglycerides and known for their anti-inflammatory effects, particularly at high doses (>2g/day), their role in broader lipid management remains questionable.

Clinical guidelines, including those from the American Heart Association (AHA) and the European Society of Cardiology (ESC), recommend omega-3s as an adjunct therapy for severe hypertriglyceridaemia (>500 mg/dL) to reduce the risk of pancreatitis.

The mechanism behind omega-3s' effects on lipids is multifaceted. They reduce triglycerides by enhancing fatty acid oxidation, inhibiting lipogenesis, and increasing lipoprotein lipase (LPL) activity.



While EPA-only formulations (such as icosapent ethyl) have been shown to reduce cardiovascular risk, the DHA component paradoxically increases low-density lipoprotein (LDL) cholesterol by upregulating LDL production, which may be a concern for patients already struggling with high LDL levels. Given these mixed effects, international guidelines increasingly emphasize dietary sources, such as fatty fish, over supplements, particularly for individuals without severe hypertriglyceridaemia, and emphasize that omega-3s should not replace established lipid-lowering therapies.

Given the available evidence, omega-3s are not a universal solution for dyslipidaemia. Their primary role lies in triglyceride reduction for high-risk individuals, rather than as a general lipid-lowering therapy, but a targeted intervention for specific cases. As research continues to refine our understanding, it remains essential for clinicians to weigh the benefits and risks when considering omega-3s in cardiovascular care.

To good health and better choices !

**Dr. Lalinda Maddumabandara
Dr. Nimsha Liyanage**

CAPTURE OF THE MONTH



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**EVERY SUNSET
BRINGS THE PROMISE
OF A NEW DAWN**

PILLS OR PLATES? NAVIGATING MICRONUTRIENT NEEDS IN OLDER ADULTS

DR. NIMSHA LIYANAGE

Introduction

Micronutrients—vitamins and minerals—play an essential role in human metabolism, supporting energy production, immune function, and overall well-being. While a balanced diet can provide sufficient micronutrients, older adults are increasingly turning to vitamin and mineral supplements. This trend is driven by a desire to maintain health, manage chronic diseases, and compensate for potential dietary deficiencies. However, indiscriminate use of supplements raises concerns about their necessity, efficacy, and potential risks.

The growing use of micronutrient supplements among older adults

Older adults frequently turn to vitamin supplements for various reasons—perceived health benefits, prevention of deficiencies, or as a response to age-related physiological changes. The availability of these supplements over the counter makes long-term, sometimes unnecessary, consumption common. Additionally, patients often request vitamin prescriptions from doctors without clear indications, contributing to the widespread use of supplements beyond clinical necessity.



While micronutrient supplementation is beneficial in certain cases, a lack of awareness about appropriate indications, contraindications, and dosages can lead to unnecessary or excessive intake, potentially causing harm.

Understanding dietary reference intakes

Micronutrient requirements vary by age and sex. In Sri Lanka, the Medical Research Institute (MRI) provides Recommended Dietary Allowance (RDA) values, with the latest update published in 2022. Doctors must ensure that prescribed supplements align with these recommendations to prevent overdosing or deficiencies. The Dietary Reference Intakes (DRI) framework further provides a guideline for assessing nutrient adequacy while avoiding excessive intake.

Despite increasing awareness, gaps remain in understanding which supplements are necessary, when they should be prescribed, and how to evaluate their appropriateness for an individual patient.

The summary sheet of the micronutrient RDA values taken from the MRI 2022 document

Micronutrient	RDA for Male	RDA for Female	Upper limit
Vitamin A (µg/day)	750	650	3000
Thiamin (mg/day)	1	0.8	ND
Niacin (mg/day)	15.9	12.9	900 Nicotinamide 10 Nicotinic acid
Riboflavin (mg/day)	1.6	1.6	ND
Vitamin B6 (mg/day)	1.7	1.6	25
Folate (mg/day)	330	330	1000
Calcium (mg/day)	950	950	2500
Iron (mg/day)	19	29	ND
Zinc (mg/day)	14	11	25
Vitamin C (mg/day)	110	95	2000
Vitamin D (µg/day)	15	15	100
Vitamin E as α tocopherol (mg/day)	13	11	300
Vitamin B12 (µg/day)	4	4	ND
Vitamin K (µg/day)	70	70	ND
Biotin (µg/day)	40	40	ND
Pantothenic Acid(mg/day)	5	5	ND
Magnesium (mg/day)	350	300	250
Selenium (µg/day)	70	70	300

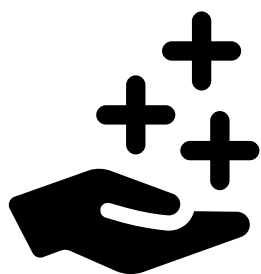


Benefits of supplementation: What does the evidence say?

Nutritional challenges in older age arise due to physiological changes, medical conditions, economic constraints, and psychological factors. Deficiencies in vitamin D, E, B12, calcium, and zinc are commonly reported. While multivitamin and mineral supplements help bridge nutritional gaps, they also pose risks of exceeding the tolerable upper intake levels.

Several studies highlight both benefits and limitations:

- **Improved memory:** A randomized control trial of 573 participants over 60 found modest benefits of daily multivitamin use on episodic memory.
- **Cancer prevention:** The Physicians' Health Study II found an 8% reduction in total and epithelial cell cancers and a 12% reduction in total cancer incidence.
- **No cognitive benefit:** A systematic review of randomized controlled trials (2018) found no improvement in cognition from long-term multivitamin use.
- **Potential risks:** A U.S. study of adults aged 50–70 years revealed that while multivitamin use reduced colon cancer risk by 18%, it increased prostate cancer risk by 3%, lung cancer risk by 8%, and leukemia risk by 16%.



Risks of micronutrient supplementation

While supplements can be beneficial, excessive intake poses risks:

- **Exceeding the Upper Tolerable Intake (UL):** Combining multiple vitamin and mineral supplements increases the risk of toxicity, particularly for fat-soluble vitamins.
- **Drug-supplement interactions:** Older adults often take multiple medications, leading to potential adverse interactions.
- **Adverse effects:** The U.S. Food and Drug Administration (FDA) has reported a rising incidence of adverse events linked to supplement consumption.
- **False health perceptions:** Many supplement users believe they are healthier, even in the absence of clinically measurable benefits.
- **Excessive intake of certain vitamins and minerals can be harmful.** For example, excessive calcium may increase kidney stone risk, and too much vitamin A can lead to toxicity.

Consumer perspectives: The psychology behind supplement use

The increasing use of supplements is partly driven by consumer beliefs rather than scientific evidence.

Multivitamin users often report feeling healthier, even when clinical evidence does not support significant health benefits. This placebo effect influences widespread supplement use. Many older adults take multivitamins anticipating benefits for skin, heart, bones, and eye health, despite limited evidence supporting these claims.

Many older adults take supplements:

- To prevent diseases and maintain health.
- Due to marketing influences promoting vitamins for better skin, heart health, and cognition.
- Because of a placebo effect, where users feel healthier despite no measurable improvements.

Diet vs. supplements: What should be prioritized?

While supplements can compensate for specific deficiencies, evidence suggests that whole foods offer superior health benefits:

- Fruits and vegetables have proven protective effects, whereas multivitamins have failed to demonstrate the same.
- A review of randomised control trials found insufficient evidence to support multivitamin use for preventing chronic diseases.
- An 8-week clinical trial showed increased blood levels of certain vitamins with supplementation, but no significant health benefits.

Thus, a nutrient-rich, balanced diet should always be the primary strategy, with supplementation considered only when dietary intake is inadequate.



Clinical trials consistently demonstrate that whole foods, particularly fruits and vegetables, offer greater health benefits than synthetic vitamin supplements. Self-prescription should be discouraged, and physicians should assess individual needs before recommending supplementation.

Studies suggest that supplement users often have more nutritious diets and gain higher nutrient levels from food alone. Affordability could play a role, as those who can afford supplements may already have access to a healthier diet, raising doubts about the necessity of supplementation for some.

Rational micronutrient prescription - Practical recommendations for clinicians

1. Assess dietary intake: Conduct a thorough dietary assessment before prescribing supplements.
2. Review RDA guidelines: Ensure supplements align with Sri Lanka's updated RDA values.
3. Consider polypharmacy risks: Older adults are often on multiple medications, increasing the risk of drug-nutrient interactions.
4. Avoid unnecessary supplementation: Encourage nutrient-rich diets and prescribe supplements only when clinically justified.
5. Stay updated on research: Knowledge of new supplement formulations and their bioavailability can improve prescription accuracy.

Conclusion

Aging brings unique nutritional challenges, making micronutrient adequacy a critical consideration in geriatric healthcare. While vitamin and mineral supplements play a role in addressing deficiencies, they should not be used indiscriminately. A well-balanced diet remains the best source of essential nutrients, and supplementation should be based on clear clinical indications. Healthcare professionals must remain informed, cautious, and evidence-based in their approach to prescribing micronutrients to older adults.

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CRACKING THE EGG MYTH: DOES A GOLDEN YOLK EQUAL BETTER NUTRITION?

DR. UDAYANGI MALLAWA

Introduction

Eggs are one of the most nutritionally complete foods, providing essential macronutrients and micronutrients in a highly digestible and affordable form. Their rich protein content, along with vitamins A, D, E, K, B-complex, calcium, and other trace elements, makes them an invaluable dietary component. Despite their well-established health benefits, eggs have long been at the center of nutritional debates, especially concerning their cholesterol content. However, recent studies have debunked earlier concerns, showing that dietary cholesterol from eggs has a minimal effect on blood cholesterol levels.

While eggs are widely accepted as a nutrient powerhouse, consumer perceptions regarding egg quality are often influenced by external factors—particularly the colour of the eggshell and yolk. The rise in popularity of "golden yolk" eggs has sparked curiosity: Are these eggs truly superior in nutrition, or is the appeal simply aesthetic?



The consumer perspective: Shell and yolk colour perceptions

Many consumers associate brown-shelled eggs with higher nutritional value compared to white-shelled eggs. However, research confirms that the eggshell colour is determined solely by the breed of the hen and has no effect on nutritional composition. Usually, white hens lay white-shelled eggs, while brown hens lay brown-shelled eggs. However, there are exceptions to this generalization, and other factors can also play a role in determining eggshell colour—there is no intrinsic difference in nutrient content between the two.

Similarly, a deep golden or orange yolk is often perceived as a sign of superior nutrition. While this colour difference can be visually appealing, it is not always an indicator of enhanced nutritional value. Studies show that more than 50% of consumers lack technical knowledge about the relationship between egg colour and nutritional quality, often assuming that darker yolks contain more vitamins and minerals.



What determines yolk colour?

The colour of an egg yolk is primarily influenced by the hen's diet. Yolk colour varies from pale yellow to deep orange based on the type and concentration of carotenoids present in the hen's feed. Natural carotenoid-rich feed sources include maize, marigold petals, tomatoes and green leafy vegetables. Synthetic colourants can also be added to poultry diets to intensify yolk pigmentation, but these additives raise concerns due to their potential health risks. Some synthetic colorants are even classified as carcinogenic.

Eggs from free-range hens, which consume a diverse diet of fresh plants and insects, often exhibit a more vibrant yolk colour due to increased carotenoid intake. However, this does not necessarily mean they have higher overall nutritional value compared to regular eggs.

Comparing regular and golden yolk eggs

When analyzing the nutritional composition of different egg types, research has suggested that calorie and protein content remain fairly consistent across regular eggs, golden yolk eggs, and country eggs. However, variations in vitamin levels—particularly vitamin D—can occur, with country eggs sometimes exhibiting slightly higher amounts due to differences in feeding practices.



Golden yolk eggs may contain slightly higher levels of carotenoids and omega-3 fatty acids, but these differences are often minimal and not significant enough to drastically alter their overall nutritional profile. In a sample test conducted, vitamin A content was actually found to be lower in golden yolk eggs compared to other types.

Egg nutrition and health benefits

Regardless of yolk color, eggs remain a highly nutritious food source. A standard egg contains about 140 kcal per 100g, along with complete proteins, essential fatty acids, and a variety of vitamins and minerals. Eggs are among the lowest-cost sources of high-quality protein, vitamin A, vitamin B12, riboflavin, and choline.



Egg consumption has also been linked to various health benefits:

- **Cardiovascular health:** Despite previous concerns, studies show that egg cholesterol has a limited effect on blood cholesterol levels.
- **Antioxidant properties:** Eggs contain zinc, selenium, retinol, and tocopherol, which help combat oxidative stress and degenerative diseases.
- **Brain development:** Choline plays a crucial role in brain function, neurotransmitter synthesis, and fetal development.
- **Eye health:** Carotenoids like lutein and zeaxanthin help reduce the risk of age-related macular degeneration and cataracts.
- **Gallbladder health:** Lecithin in eggs aids bile secretion, reducing the risk of gallstones.
- **Gout management:** Unlike some other protein sources, eggs do not contribute to increased purine levels in circulation, making them a suitable protein option for gout patients.

The role of poultry feed in egg composition

Poultry feed composition plays a crucial role in determining the nutrient content of eggs. In commercial farming, most feeds are wheat-based and supplemented with multivitamins, minerals, and carotenoid additives.

Common feed ingredients include wheat, barley, legumes, vegetable and animal protein meals, soya bean oil, cod liver oil, calcium, phosphate, and prebiotics. While natural pigments like paprika and marigold petals can enhance yolk color without adding nutritional value, synthetic carotenoids are sometimes used to achieve a richer yolk hue—raising safety concerns. Proper poultry nutrition ensures not only egg quality but also the structural integrity and health of the hens.

Final thoughts: Does a golden yolk mean a better egg?

The belief that golden yolk eggs are nutritionally superior is largely driven by consumer perception rather than scientific evidence. While certain dietary modifications can slightly enhance specific nutrients, the overall difference in nutritional content between golden yolk eggs and regular eggs is minor.

The most significant factor affecting egg nutrition is not yolk colour but rather farming practices, feed quality, and poultry-care standards. Free-range and well-fed hens tend to produce nutritionally richer eggs, but not necessarily with a golden yolk.

In summary, while a deep orange yolk may be visually appealing, it does not guarantee superior nutrition. Instead of relying solely on color, consumers should focus on overall egg quality, production methods, and a balanced diet to ensure optimal nutrition.

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PAST EVENTS SINCE LAST PUBLICATION

Annual General Meeting and Appointment of the New Council

The Annual General Meeting of the Sri Lanka Medical Nutrition Association (SLMNA) was held on the 21st of December 2024 at DS Sports Club, Colombo 7. The members of the 10th council were elected, marking a new chapter for SLMNA.

Congratulations to the newly appointed council!



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Dr. Jayani Tennakoon Jayaweera
MBBS, MSc, MD
Consultant Nutrition Physician



PRESIDENT ELECT
Dr. Sajitha Mallawaarachchi
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Annual General Meeting and Appointment of the New Council

A heartfelt thank you to the members of the 9th council for their dedication and hard work in advancing medical nutrition in Sri Lanka.

SRI LANKA MEDICAL NUTRITION ASSOCIATION
COUNCIL 2024 - 2025



From Left to Right

Front Row

Dr. Malithi Kulasinghe (Assistant Secretary), Dr. R.M.D.P Rathnayaka (Treasurer), Prof. Upul Senarath, Dr. Gowri Samarasekara (Secretary),
Dr. Nalinda Herath (President), Prof. Pujitha Wickramasinghe (Past President), Dr. Jayani Tennakoon Jayaweera (President Elect), Dr. Upul Dissanayake,
Dr. Sajitha Mallawaarachchi (Vice President), Dr. Kaviesha Selvaratnam (Assistant Secretary)

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Dr. Heshan Manigamaarachchi (Social Secretary), Dr. Jeewanthi Dissanayake, Dr. Shalika Kurukulaarachchi, Dr. Dharani Gunathilaka (Co editor),
Dr. Kumudu Roopasinghe

Absentees

Dr. Wasana Lakmini Ganga (Co editor), Dr. Sanjeewa Godakandage, Dr. Tharanga Samarasekara, Dr. Evone Jayaweera, Dr. Sajitha Jayasekara, Dr. Damean De silva,
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PAST EVENTS SINCE LAST PUBLICATION

Annual General Meeting and Appointment of the New Council



PAST EVENTS SINCE LAST PUBLICATION

SLMNA Celebrates 10 Years of Excellence

SLMNA proudly marks its 10th Anniversary (2015-2025), celebrating a decade of advancing medical nutrition, promoting research, and strengthening the role of nutrition in healthcare. This milestone is a testament to the dedication of all founder members, past presidents, past councils, and all the members who have contributed to this journey.



PAST EVENTS SINCE LAST PUBLICATION

SLMNA Celebrates 10 Years of Excellence



PAST EVENTS SINCE LAST PUBLICATION

Successful Launch of the Continuing Professional Development (CPD) Programme for Medical Officers followed by a workshop on Clinical Nutrition Updates

The Sri Lanka College of Clinical Nutrition Physicians (SLCNP) and Sri Lanka Medical Nutrition Association (SLMNA), in collaboration with the Ministry of Health and Government Medical Officers Association (GMOA), successfully launched the CPD Program for Medical Officers. This initiative aims to enhance clinical nutrition knowledge among doctors, with a goal to train 1,000 medical officers across all provinces within this year.

Following the launch, a Clinical Nutrition Update session was conducted on 13th February 2025, at NHSL, providing valuable understanding into recent advancements in clinical nutrition.



SLCNP

CLINICAL NUTRITION

One day Programme for Medical Officers

One day training programme for Medical Officers organised by the SCLNP and SLMNA together with GMOA and ET&R Unit

On 13th February
8.00AM - 5.00PM
Blood Bank Narahenpita

[MORE INFORMATION](#)



PAST EVENTS SINCE LAST PUBLICATION

Successful Launch of the Continuing Professional Development (CPD) Programme for Medical Officers followed by a workshop on Clinical Nutrition Updates



PAST EVENTS SINCE LAST PUBLICATION

The European Society for Clinical Nutrition and Metabolism (ESPEN) – Life-long Learning (LLL) Programme 2025

The ESPEN LLL Programme 2025 was successfully held from 23rd to 25th February 2025 at the Neurotrauma Auditorium, NHSL, in collaboration with SLMNA and SLCNP. Covering six essential topics in clinical nutrition, the event featured expert sessions by Prof. Remy Meier and esteemed Consultant Nutrition Physicians.

LLL 2025
COLOMBO, SRI LANKA
23,24,25 - February
Neurotrauma Auditorium, NHSL

Day 1
 8:30 a.m - 9:30 a.m
Module 13 : Nutrition Support in Liver Diseases
 Prof. Dr. med. R. Meier
 Dr. Rajitha Gunawardhana
 Dr. Upeka Samarawickrama

Day 2
 8:30 a.m - 12:00 p.m
Module 18: ICU Nutrition: Treatment and Problem Solving
 Prof. Dr. med. R. Meier
 Dr. Nalinda Herath

Day 3
 8:30 a.m - 12:00 p.m
Module 24: Nutrition Support in Metabolic Syndrome
 Prof. Dr. med. R. Meier
 Dr. Evone Jayaweera

Day 1
 9:30 a.m - 12:12pm
Module 14 : Nutrition in Acute Pancreatitis
 Prof. Dr. med. R. Meier

Day 2
 1:00 p.m - 04:15 p.m
Module 26: Nutrition Support in Cancer
 Prof. Dr. med. R. Meier
 Dr. Sajitha Mallawaarachchi
 Dr. Pearl Mallawaarachchi

Day 3
 1.00 p.m - 4.15 p.m
Module 15: Nutrition Support in Renal Disease
 Dr. Manoji Gamage
 Dr. Dhammika Rathnayake
 Dr. Upeka Samarawickrama

Day 1
 1:00 p.m - 4:15 p.m
Module 17: Nutrition Support in the Perioperative Period
 Prof. Dr. med. R. Meier
 Dr. Shalika Kurukulaarachchi

21 CPD points

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Registration link



PAST EVENTS SINCE LAST PUBLICATION

The European Society for Clinical Nutrition and Metabolism (ESPEN) – Life-long Learning (LLL) Programme 2025



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The European Society for Clinical Nutrition and Metabolism (ESPEN) – Life-long Learning (LLL) Programme 2025



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World Obesity Day 2025: Beat Obesity - Clean NCD

The Obesity day walk, held on 2nd March 2025, organized by SLMNA in collaboration with SLCNP, the Ministry of Health, and SLMA, saw enthusiastic participation from healthcare professionals, the tri-forces, police, corporate sector representatives and many more.

A highlight of the event was the presence of Hon. Health Minister Dr. Nalinda Jayatissa and other key officials, emphasizing the national importance of obesity awareness and prevention. The initiative was also featured in newspapers and media channels, reinforcing the commitment to combat obesity in Sri Lanka.



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World Obesity Day 2025: Beat Obesity - Clean NCD



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Monthly Clinical Meetings - February 2025

In celebration of SLMNA's 10th Anniversary, a special clinical meeting was held on 14th February 2025, featuring lectures on:

- Micronutrient Supplementation in Improving Child Health - The Sri Lankan Perspective by Prof. Pujitha Wickramasinghe
- Parenteral Nutrition During Chemotherapy by Dr. Sajitha Mallawaarachchi

Organized by Sri Lanka Medical Nutrition Association (SLMNA)
Celebrating 10 Years of Excellence in Medical Nutrition!

MONTHLY CLINICAL MEETING

Beginning another year of learning with an engaging CME session

Date
February 14th, 2025

Time
11.30 AM - 01.00 PM

Venue
Neurotrauma Auditorium, NHSL

Link for Registration - <https://forms.gle/hFWRBhFpgMVVkfmcA> **CPD points for participants - 1** **Save the time**

Micronutrient Supplementation in Improving Child Health: The Sri Lankan Perspective
 Prof. Pujitha Wickramasinghe
 Senior Professor in Paediatrics, Faculty of Medicine
 University of Colombo
 Hon. Consultant Paediatrician, Lady Ridgeway Hospital, Colombo

Parenteral Nutrition During Chemotherapy
 Dr. Sajitha Mallawaarachchi
 MBBS, MSc (Human Nutrition) MD (Clinical Nutrition)
 Consultant Nutrition Physician,
 Apeksha Hospital - Maharagama



PAST EVENTS SINCE LAST PUBLICATION

Monthly Clinical Meetings - February 2025



PAST EVENTS SINCE LAST PUBLICATION

Monthly Clinical Meetings - March 2025

A lecture on Intestinal Failure, High Output Fistula & Advances was held on 14th March 2025, delivered by Dr. Simon Gabe, Consultant in Gastroenterology and Intestinal Rehabilitation, St Mark's National Bowel Hospital, London.

Organized by Sri Lanka Medical Nutrition Association (SLMNA) in collaboration with Sri Lanka College of Nutrition Physicians (SLCNP)

Monthly Clinical Meeting

Intestinal failure, High output fistula & Advances

Date
14th March 2025

Time
12.00 PM - 01.00 PM

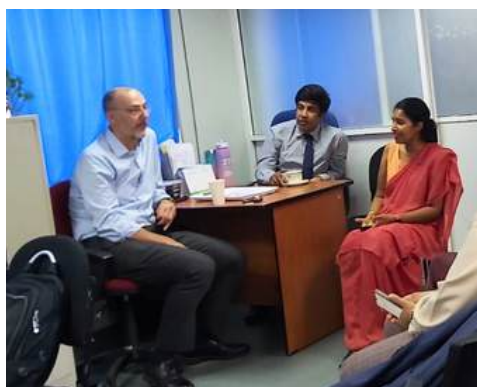
Venue
Epilepsy Unit Auditorium, NHSL

Dr. Simon Gabe
MD MSc BSc(Hons) MB BS FRCP(UK)
Consultant in Gastroenterology and Intestinal Rehabilitation
St Mark's National Bowel Hospital, London
Chair of the National Reference Centre for Severe Intestinal Failure at St Mark's Hospital



PAST EVENTS SINCE LAST PUBLICATION

Monthly Clinical Meetings - March 2025



PAST EVENTS SINCE LAST PUBLICATION

Monthly Council Meetings

The SLMNA council continues to meet regularly, combining physical and virtual formats:

- **January** - Held on the 10th at the Medical Nutrition Unit, NHSL
- **February** - Held on the 10th at the Medical Nutrition Unit, NHSL
- **March** - Held on the 7th at the Medical Nutrition Unit, NHSL

These meetings ensure the smooth coordination of ongoing and upcoming SLMNA activities.



PERIPHERAL ACTIVITIES

A nutrition program was conducted for diabetic patients on insulin at Colombo East Base Hospital – Mulleriyawa, where participants also received a healthy lunch as part of the awareness initiative.



PERIPHERAL ACTIVITIES



UPCOMING EVENTS

Market Fair 2025

SLMNA is set to host its 10th consecutive Market Fair on 25th April 2025, at Clover Banquets & Resorts, Biyagama, Gonawala, from 5:30pm to 11:00pm.

Stay tuned for an exciting evening!



SLMNA
SRI LANKA MEDICAL NUTRITION ASSOCIATION

SLCNP

Market Fair

FRIDAY 25TH APRIL 2025
5.30 PM - 11.00 PM

**AT CLOVER BANQUETS
& RESORTS**

EXPLORE | EXPERIENCE | EVOLVE

**ADVANCING MEDICINE, NUTRITION &
TECHNOLOGY – EXPLORE THE LATEST**

**SRI LANKA MEDICAL NUTRITION
ASSOCIATION**

IN COLLABORATION WITH

**SRI LANKA COLLEGE OF NUTRITION
PHYSICIANS**

UPCOMING EVENTS

Annual Academic Sessions 2025

"A PANORAMIC VIEW OF CLINICAL NUTRITION" The joint clinical nutrition academic sessions of SLMNA & SLCNP will take place on 5th July 2025.

Call for Abstracts: Submissions are now open. Don't miss your chance to submit!

For more details, visit the following link: https://slmna.lk/news_and_events/news/81

Call for Abstracts

Joint clinical nutrition academic sessions of
**Sri Lanka Medical Nutrition Association &
 Sri Lanka College of Nutrition Physicians**

2025

A PANORAMIC VIEW OF CLINICAL NUTRITION

Opens from : 19th February 2025
 Deadline : 31st March 2025

● ● ● For details →

APPLY NOW
 abstracts.slmna.2025@gmail.com

UPCOMING EVENTS

Monthly Clinical Meetings

SLMNA will continue to host its monthly clinical meetings, covering key topics in medical nutrition and featuring expert speakers.



ONGOING COMMITMENT TO MEDICAL NUTRITION

As we move forward, SLMNA remains committed to advancing medical nutrition, strengthening collaboration, and promoting evidence-based practices for improved patient care.



STAY CONNECTED WITH

SLMNA

Sri Lanka Medical Nutrition Association

email - slmna2015@gmail.com