



## CDBC Monthly Update December 2011

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### ***Would you Like to Participate on a CDBC Committee?***

Some CDBC committee members' terms are ending **March 31, 2012**. New terms of one or two years begin April 1, 2012. The Board is very interested in recruiting Full Registrants who have not yet worked with the College. If you are interested, please **submit a current resume and short email** explaining why you are interested in participating on a CDBC Committee and naming your committee of choice (if you have one). Committee [mandates and past Minutes](#) are available on the CDBC website. We're looking forward to hearing from you by **Tuesday, January 31, 2012**: [info@collegeofdietitiansbc.org](mailto:info@collegeofdietitiansbc.org).

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### ***Annual Fees Remain the Same***

At the October 21, 2011 meeting, the Board of Directors approved **no fee increase for 2012-13**. Fees remain:

- Full and Temporary Registrant annual renewal (before midnight, March 31, 2012) \$525
- Late registration fee (after midnight, March 31, 2012) an additional \$250
- Full and Temporary Registrant half-year fee (after October 1, 2012) \$300
- Restricted Activities: \$35 each

Other fees are listed on [Schedule D](#) of the College bylaws.

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### ***Board of Directors Nomination Results***

Four Full registrants were nominated by the December 15, 2011 deadline to fill the three positions on the Board of Directors that become vacant April 1, 2012.

- Nominations were received for the **Vancouver Coastal** Electoral Region from **Charlene Chen, Maria Dedegikas and Heather Lovelace** for:

- one 1-year term: April 1, 2012 to March 31, 2013, and
- one 2-year term: April 1, 2012 to March 31, 2014 (**Note:** Maria Dedegikas has completed two two-year terms and is eligible for re-election for a third two-year term.)
- In the **Interior/North** Electoral Region, one nomination was received for **Cassandra Hamilton** who has completed a one-year term and was eligible for re-election for a:
  - 2nd term of two years, April 1, 2012 to March 31, 2014.

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### ***Congratulations to Casey Hamilton who was Re-elected in the Interior/North***

As one nomination was received for the Interior/North Board position, **Cassandra Hamilton has been re-elected by acclamation**. This will be Casey's 2nd term on the CDBC Board, effective April 1, 2012 to March 31, 2014. **Congratulations Casey!**

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### ***Election Process***

An election will be held for the two Vancouver Coastal positions. As authorized under section 6(2)(a) of the CDBC bylaws, "...each full registrant...may vote in favour of one person for each vacant position to be elected." **The election is being held electronically this year** - another 1st for the CDBC! **An electronic ballot will be emailed to you by January 13, 2012**. Please ensure your email address is correct by checking your [Personal Profile](#) in the CDBC database. **Note:** you will be unable to receive a ballot if your email address is incorrect. Voting deadline is February 15, 2012.

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### ***Are you Interested in Being a CDRE Item Writer?***

Registered Dietitians from BC are needed as Item Writers for the Alliance's **Canadian Dietetic Registration Examination (CDRE)**. Participants are selected following a review by the CDRE Exam Development Committee in January 2012. CDBC registrants interested in this rewarding work may find out more and apply by reading and completing the [CDRE Recruitment Form](#) and forwarding it to [info@collegeofdietitiansbc.org](mailto:info@collegeofdietitiansbc.org) **by January 8, 2012**. All applicants are contacted following the review. Consider sharing your professional expertise and enhancing your professional development by participating in the development of the CDRE as an Item Writer.

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### ***Holidays Office Hours***

The College will be closed for the holiday season between December 23, 2011 and January 2, 2012. **Best wishes for a lovely Holiday Season and a Happy New Year!**

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### ***You Asked About... Recommending High Doses of Vitamin D***

**Q:** Under what circumstances would it be appropriate to recommend 4,000 IU vitamin D daily? Is this level alright for dietitians to recommend to the general population on a long term basis given that the upper limit has been set at 4,000 IU? Could there be liability issues associated with any possible adverse outcomes as a result of recommending more than the upper limit?

**A:** In November 2010, Health Canada updated the Dietary Reference Intakes (DRIs) for vitamin D based on a report from the Institute of Medicine (IOM)[1]. Of more than 25 health outcomes reviewed by the expert committee, conclusive evidence is only available for bone health outcomes. The DRIs have been set, based on the benefits for skeletal health, assuming minimal sun exposure for all populations. However, the DRIs are set for healthy populations assuming no deficit exists[2].

Several recent studies have suggested that the DRIs may be inadequate, especially for patients who have underlying conditions or are receiving medications that put them at risk for vitamin D deficiency[3]. For populations at risk for vitamin D deficiency, for reasons such as decreased intake, gastro-intestinal, hepatic, and/or renal problems, the recommendations should not be guided by the DRIs. Recommendation levels for the 'at-risk' individuals may often exceed the upper tolerable limit (UL) (for example, patients with gastric bypass may require dosages of 50,000 IU as frequently as daily to maintain sufficiency)[4]. Specific examples of vitamin D recommendations are available in the [Evaluation, Treatment, and Prevention of Vitamin D Deficiency: An Endocrine Society Clinical Practice Guideline](#).

There is general agreement that total serum 25-OH vitamin D levels below 50 nmol/L are deficient and those above 200 nmol/L are toxic[5]. Vitamin D toxicity is extremely rare and is more common in infants and children; daily doses of up to 10,000 IU for up to five months have not been shown to cause harm in healthy adults[6].

The BC Ministry of Health has expressed concern about the exponential growth of the laboratory testing for vitamin D. Measuring serum 25-OH vitamin D level is considered an expensive lab test and seldom indicated, except in selected patients with advanced renal failure, mineral and/or bone diseases. Testing for vitamin D in populations at risk is usually not considered required by the BC Ministry of Health in view of the safety and low cost of supplementation.

Dietitians are accountable and responsible for the provision of competent, safe, ethical and professional practice. Dietitians should base their clinical recommendations for vitamin D on current evidence-based research[7].

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[1]Institute of Medicine. Dietary Reference Intakes for Calcium and Vitamin D. Nov. 2010. National Academy of Sciences. <http://www.iom.edu/~media/Files/Report%20Files/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D/Vitamin%20D%20and%20Calcium%202010%20Report%20Brief.pdf>

[2]Health Canada. Vitamin D and Calcium: Updated Dietary Reference Intakes. 2010. <http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php>

[3]Holick, M.F., et al. Evaluation, Treatment, and Prevention of Vitamin D Deficiency: An Endocrine Society Clinical Practice Guideline. July 2011. The Journal of Clinical Endocrinology & Metabolism. 97(7): 1911-1930. <http://www.endo-society.org/guidelines/final/upload/FINAL-Standalone-Vitamin-D-Guideline.pdf>

[4]Kennel, K.A., Drake, M.T., Hurley, D.L. Vitamin D Deficiency in Adults: When to Test and How to Treat. Mayo Clinic Proceedings. 85:8 752-758. Aug. 2010. <http://mayoclinicproceedings.com/content/85/8/752.full>

[5]LifeLabs Medical Laboratory Services. Vitamin D (blood). 2010. [http://www.lifelabs.com/Lifelabs\\_BC/Patients/TestAZ.asp](http://www.lifelabs.com/Lifelabs_BC/Patients/TestAZ.asp)

[6]BC Ministry of Health. Vitamin D Testing Protocol. Oct., 2010. [http://www.bcguidelines.ca/guideline\\_vitamind.html#10](http://www.bcguidelines.ca/guideline_vitamind.html#10)

[7]College of Dietitians of BC. Schedule B: Standards of Practice. CDBC Bylaws. 2009. <http://www.collegeofdietitiansofbc.org/legislation>

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**Questions? Comments?**

Please contact Fern Hubbard, Registrar or Mélanie Journoud, Deputy Registrar, if you have questions about items in this Monthly Update. Call 604.736.2016 or toll-free in BC to 1.877.736.2016, or email us at [info@collegeofdietitiansbc.org](mailto:info@collegeofdietitiansbc.org). We look forward to hearing from you!



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