



ROBERT WOOD JOHNSON  
MEDICAL SCHOOL  
University of Medicine & Dentistry of New Jersey



**For Immediate Release**

**Contact:** Courtney DeNicola  
732/235-9872  
[denicoca@umdnj.edu](mailto:denicoca@umdnj.edu)

### **Three Professional Associations Honor CINJ Clinical Dietitian**

*Awards Support Research, Continuing Education and Recognize the Importance of Nutritional Support for Those Diagnosed with Cancer*

**New Brunswick, New Jersey, May 23, 2006** – The American Dietetic Association (ADA), recognized as the nation’s largest organization of food and nutrition professionals and it’s New Jersey chapter, along with the state’s largest volunteer women’s service organization, have honored a member of The Cancer Institute of New Jersey’s (CINJ) clinical team for her research and commitment toward providing the best in nutritional care to patients living with cancer.

Maureen Huhmann, M.S., R.D. [Edison], Clinical Dietitian at CINJ and Instructor, UMDNJ-School of Health Related Professions recently accepted the ADA’s 2006 *Julie O’Sullivan Maillet Research Grant*, the 2006 *Recognized Young Dietitian of the Year* award from the New Jersey Dietetic Association and The New Jersey State Federation of Women’s Clubs of General Federation of Women’s Clubs (GFWC) *Margaret Yardley Fellowship*.

With membership nearing 65,000 professionals, membership in the Chicago-based ADA is dependant on particular academic and professional requirements including completing an accredited and supervised experiential practice program and passing a national examination. Named for the ADA’s 77<sup>th</sup> National President and recipient of the Medallion Award for outstanding service in 1992, *The Julie O’Sullivan Maillet Research Grant* is bestowed to dietetics professionals and graduate dietetics students whose work demonstrates the value of dietetics professionals on the health of the public or the evolving role of dietetics professionals in the profession.

Since 1932, The ADA’s New Jersey chapter has helped educate state residents through various programs and initiatives via private practice, healthcare facilities, school systems, educational institutions, business and industry. Members practice throughout the state and carry additional certifications that allow them to care for those living with cancer and diabetes, as well as other specialized areas. The *Recognized Young Dietitian of the Year* award is presented to one dietitian in New Jersey annually. The winner is nominated and elected by peers based on personal accomplishment on the local, state, and national level. The winner is recognized at the New Jersey Dietetic Association annual meeting and at the American Dietetic Association Annual Food and Nutrition Conference.

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Awarded annually to a female New Jersey resident whose advanced studies are in a specialized field, the *Margaret Yardley Fellowship* award is based on scholastic achievement and career service potential. Based in New Brunswick, the New Jersey State Federation of Women's Clubs provides opportunities for education, leadership training, and community service through participation in local clubs, enabling members to make a difference in the lives of others, one project at a time.

“Nutritional support is an important part of cancer treatment because eating the right foods before, during and after can help a patient feel better and stay stronger through the process,” stated Regina Cunningham, Ph.D., RN, AOCN, Chief Nursing Officer at CINJ. “Maureen’s commitment toward researching and understanding nutrition and the way it relates to her patients is instrumental to the quality of care we bring to patients at CINJ and we are proud of her recent accomplishments.”

According to the U.S. National Institutes of Health, a registered dietitian is the best source of information. While some patients may continue to enjoy eating during their treatment course, others may have days when they don't feel like eating at all. Chemotherapy, radiation, hormone therapy and biological therapy (immunotherapy) although targeted to affect the cancer-causing cells, can affect healthy cells as well, and when this occurs, areas in places such as the mouth and digestive tract can be affected. It is the damage to these healthy cells that can cause unpleasant side effects, which ultimately affects how and what people eat. With no hard or fast universal nutrition rules for those going through treatment, nutritionists can offer individualized suggestions and create meal plans based on available evidence and clinical judgment. At CINJ, patients can visit with a registered dietitian at any point during their diagnosis, treatment, or follow-up. They can meet with the dietitian at group nutrition lectures or in private nutrition counseling sessions. Counseling sessions can be initiated by the patient, family, or any member of the healthcare team.

Huhmann, who joined CINJ in 2003, received her Bachelors of Science in Foods and Nutrition from the College of Saint Elizabeth in 1999 and completed her dietetic internship there as well in 2000. She completed her Masters of Science in Clinical Nutrition at the University of Medicine and Dentistry of New Jersey in 2003 and is currently working on a Doctorate in clinical nutrition, which she anticipates to complete in Spring 2007. She is actively involved in the American Dietetic Association and holds positions as an evidence analyst for the oncology section of the Evidence Analysis Library, web CPE coordinator for Dietitians in Nutrition Support, and associate editor of the Oncology Nutrition Practice Group newsletter *Oncology Nutrition Connection*. She was also recently invited to sit on a national committee to review the American Dietetic Association's *Nutrition Fact Sheets*.

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The Cancer Institute of New Jersey is the state's first and only National Cancer Institute-designated Comprehensive Cancer Center, and is dedicated to improving the prevention, detection, treatment and care of patients with cancer. CINJ's physician-scientists engage in translational research, transforming their laboratory discoveries into clinical practice quite literally bringing research to life. The Cancer Institute of New Jersey is a Center of Excellence of UMDNJ-Robert Wood Johnson Medical School. To support CINJ, please call 732/235-8614.

The Cancer Institute of New Jersey Network is comprised of hospitals throughout the state and provides a mechanism to rapidly disseminate important discoveries into the community. Partner Hospitals: Robert Wood Johnson University Hospital, Atlantic Health System (Morristown Memorial Hospital, Mountainside Hospital, Overlook Hospital). Affiliate Hospitals: Bayshore Community Hospital, CentraState Healthcare System, Cooper University Hospital (CINJ at Cooper),\* Jersey Shore University Medical Center, JFK Medical Center, Monmouth Medical Center, Raritan Bay Medical Center, Robert Wood Johnson University Hospital at Hamilton (CINJ-Hamilton), Saint Peter's University Hospital, Somerset Medical Center, Southern Ocean County Hospital, The University Hospital/UMDNJ-New Jersey Medical School\*, and University Medical Center at Princeton.

\*Academic Affiliate

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