

Lisa Smithers

From the Adelaide Regional Group of the Nutrition Society of Australia



Lisa is a Medical Scientist and Registered Nutritionist based at the Child Nutrition Research Centre (CNRC), a division of the Women's and Children's Health Research Institute, Flinders Medical Centre, Adelaide.

During her doctoral studies, Lisa established a method for assessing visual acuity of infants and then studied the effect of increasing milk docosahexaenoic acid (DHA) concentration on visual development of infants born preterm. Lisa published this research in the American Journal of Clinical Nutrition and was recently awarded the Hon Caroline Pickles Young Investigator prize for her work.

Since completing her PhD, Lisa has conducted further research into the effect of DHA on visual development of infants born full-term and is expanding her research program to study effects on cognitive development.

*2008: awarded an NSA Early Career Scholarships to attend an international nutrition-related conference, for her paper
Smithers LG, Gibson RA, McPhee A, Makrides M. Higher dose of docosahexaenoic acid in the neonatal period improves visual acuity of preterm infants: results of a randomized controlled trial. Am J Clin Nutr. 2008 Oct;88(4):1049-56*