

## SAPA NEWSLETTER 2022

### SAPA WEBINARS

The SAPA webinar series continues to provide up-to-date content on a variety of pertinent topics from paediatric experts. To kick off 2022, we covered Long COVID and the pandemic's effect on children's mental health. The February session covered lower respiratory tract infections in children, discussing the need for investigation and an approach to x-ray. Most recently, we learned more about connective tissue disorders and their manifestations in the joints and on the skin. Catch up on what you missed on the [SAPA YouTube channel!](#) Also, remember to join us on the last Wednesday of every month for the next instalment of the SAPA webinar series. [Register here](#) and add the link to your calendar!

### UPCOMING SAPA EVENTS

25 May 2022	Webinar: Climate Change and Child Health
23 July 2022	Workshop: Infectious Disease update
9 September 2022	SAPA and SAJCH Research day

Visit the [paediatrics.org.za](http://paediatrics.org.za) for more information and to register for these events.

We are accepting abstracts for the SAPA and SAJCH Research Day! For submission details, visit the [SAPA website](#). Once accepted for presentation, the abstract will be published in a supplementary edition of SAJCH. Take advantage of this opportunity to present your research on a national stage!

### SOCIAL MEDIA: A PARASITE ON OUR PANDEMIC MENTAL HEALTH

#### Vinay Prasad encourages reducing online engagement and increasing human interaction

Many of the measures implemented in response to the COVID-19 pandemic have impelled us toward online engagement and interaction. In this article, Prof. Vinay Prasad, an oncologist and epidemiologist, reflects on the dangers of this trend. He reminds us that the algorithms used to build social media platforms are not designed for our health and well-being, but rather to draw us in and keep us there. Anger and outrage are typical responses to opinions, rather than inspiring reasonable and thought-provoking engagement. Meanwhile, our time and productivity are whittled away by the addictive nature of these platforms. We can't expect the social media patterns to change, but we can choose how to engage more cautiously for our mental wellbeing. Read [Prof Prasad's tips](#) for more insights.

In addition to the often toxic atmosphere of social media, we should remember to question the integrity of information that appears on these platforms. Reputable medical journals have had shadow-bans imposed on their accounts by "fact checkers", censored for the spread of misinformation. Have a look at [Facebook versus the BMJ: when fact checking goes wrong](#).

Our duty to our patients, our families and ourselves requires that we pay attention to our personal wellbeing and to avoid practices that are harmful wherever possible. By doing this, we improve our vitality and have more to offer and gain in all experiences, be it at work, or at home.

### HOW MARKETING OF FORMULA MILK INFLUENCES OUR DECISIONS ON INFANT FEEDING:

#### World Health Organisation report on the marketing of formula milk

The paediatric community worldwide advocates strongly for the promotion of breastfeeding, exclusively for six months and for as long as possible, thereafter. Rigorous legislation regarding the marketing of breastmilk substitutes have been developed and ratified by many nations across the globe, yet companies manufacturing these products creatively flout these regulations, or simply ignore them. In a multi-country study, the World Health Organisation (WHO) in conjunction with the United Nations Children's Fund (UNICEF) have researched the marketing strategies used, and provide a report on these findings and suggested actions to mitigate against the improper marketing of breast milk substitutes. A webinar on the topic is available to view [here](#), and the report can be accessed [here](#).

We thank you for taking the time to engage with some of the paediatric news. We'd love to hear your thoughts on these issues as well as what is fascinating, inspiring or troubling you about the world of paediatrics and beyond. Get in touch at [info@paediatrics.org.za](mailto:info@paediatrics.org.za). We look forward to hearing from you!