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Day 2 : August 9, 2016

Keynote Forum

Mehmet Emre Atabek (http://obesitycongress.conferenceseries.com/speaker/2016/mehmet-emre-atabek-necmettin-erbakan-university-turkey)

Necmettin Erbakan University, Turkey

Keynote: Prediabetes and cardiovascular parameters in obese children and adolescents (http://obesitycongress.conferenceseries.com/abstract/2016/prediabetes-and-cardiovascular-parameters-in-obese-children-and-adolescents)



Biography:

Mehmet Emre Atabek has completed his PhD from Selcuk University, Turkey and Post-doctoral studies from Selcuk University School of Medicine and Erciyes University School of Medicine. He is the Director of Pediatric Endocrinology (http://obesitycongress.conferenceseries.com/) Department in Necmettin Erbakan University School of Medicine, Konya, Turkey. He has published more than 140 papers in international journals and most of them indexed in SCI/SCI-Expanded list. He has existing intensive studies on obesity (http://obesitycongress.conferenceseries.com/) and is a specialist in this field.

Abstract:

Objective: The aim of this study was to evaluate the prediabetic obese children (http://obesitycongress.conferenceseries.com/)and adolescents with cardiovascular risk and cardiac functions. Few study in the literature showing the relationship of cardiac function and prediabetes clinic in childhood.

Methods: Study was performed with 198 obese children and adolescents 6-18 years of age. Anthropometric measurements, blood pressure measurements, oral glucose tolerance test, lipid profile (http://obesitycongress.conferenceseries.com/) and HbA1c measurements of patients were assessed. Prediabetes was defined according to ADA criteria. Left ventricular mass index (LVMi), carotid intima-media thickness (c-IMT) and tissue Doppler measurements were evaluated by echocardiography.

Results: LVMi was determined significantly higher in prediabetes group (p=0.03). There were no statistically significant differences in right ventricular tissue Doppler measurements in the prediabetic group. Left ventricular tissue Doppler measurements were significantly higher in the group prediabetes. LVEEM (left ventricular E/e ratio) (p=0.04); LVEM (left ventricular myocardial velocity cm/sn) (p=0.035). LVMi were found to positively correlated with triglyceride levels, blood pressure, waist circumference, body weight SDS and negatively with HDL cholesterol (http://obesitycongress.conferenceseries.com/) (p=0.043, p=0.039, p=0.025, p=0.009, p=0.038 respectively). LVEM was correlated with glucose (p=0.046) and LVEEM was correlated with systolic blood pressure (p=0.035). In linear regression analysis for clinical cardiovascular risk factors fasting glucose was the best predictor of LVEM.

Discussion: In this study deterioration of cardiac functions in prediabetic obese children and adolescents was shown. We recommend determining the cardiovascular risk and cardiac dysfunction in the early stages in prediabetic obese children and adolescents by tissue Doppler measurements.

Keynote Forum

Aasem Saif (http://obesitycongress.conferenceseries.com/speaker/2016/aasem-saif-cairo-university-egypt)

Cairo University, Egypt

Keynote: Adiponectin, obesity and atherosclerosis in type 2 diabetes (http://obesitycongress.conferenceseries.com/abstract/2016/adiponectin-obesity-and-atherosclerosis-in-type-2-diabetes)



Biography:

Aasem Saif has obtained his PhD from Cairo University. He completed his Post-graduate training as a Clinical Fellow at the Royal Hallamshire Hospital, Sheffield University (UK), before obtaining his MRCP. He is a member of the European Society of Endocrinology (http://obesitycongress.conferenceseries.com/) (ESE), European Association for the Study of Diabetes (http://obesitycongress.conferenceseries.com/)(EASD) and American Diabetes Association (ADA). He currently works as a Professor of Internal Medicine and Endocrinology at Cairo University. He is also a Fellow of the Royal College of Physicians of Edinburgh (FRCPE). He has many international publications in addition to his contribution as an investigator in clinical trials.

Abstract:

Carotid intima-media thickness (IMT) has been shown to correlate well with general atherosclerotic status. It also reflects the cardiovascular risk in type 2 diabetes (http://obesitycongress.conferenceseries.com/). Adiponectin is known to be associated with anti-atherosclerotic mechanisms. Plasma adiponectin levels were found to be lower in patients with atherosclerotic arterial disease. Decreased plasma adiponectin (http://obesitycongress.conferenceseries.com/) levels have also been reported in type 2 diabetes and were inversely related to insulin resistance. Some studies have also reported a negatively-significant correlation between adiponectin and carotid IMT, as a marker of atherosclerosis, in patients with type-2 diabetes and suggested that increased carotid IMT in those patients may, in part, be explained by lower plasma adiponectin. But these studies included obese and non-obese patients in the study group and it is not clear to what extent the relationship between plasma adiponectin and carotid IMT could be explained by other risk factors associated with obesity and metabolic syndrome (http://obesitycongress.conferenceseries.com/). A group of 112 non-obese Egyptian patients with type 2 diabetes in addition to 40 age, sex and weight matched normal Egyptian subjects had assessment of their plasma adiponectin and carotid IMT. A non-significant inverse correlation was found between plasma adiponectin and carotid IMT in the study group. Multiple regression analysis revealed that plasma adiponectin was not a determinant of carotid IMT in those patients. These results point to the fact that the previously-reported inverse relation between plasma adiponectin and carotid IMT in type 2 diabetes could be explained, at least partially, by obesity.

Weight loss Medications

Session Introduction

Mehmet Ozturk (http://obesitycongress.conferenceseries.com/speaker/2016/mehmet-ozturk-istanbul-university-turkey)

Istanbul University, Turkey

Title: Investigation of the effect of exercise and Diet programs on Obesity in men and women living in Istanbul (http://obesitycongress.conferenceseries.com/abstract/2016/investigation-of-the-effect-of-exercise-and-diet-programs-on-obesity-in-men-and-women-living-in-istanbul)



Biography:

Mehmet Ozturk is a Professor in the Faculty of Sports Sciences at Istanbul University. He is the head of Movement and Training Sciences and is the editor of peer-reviewed *Journal of Sports Sciences* of Istanbul University. His research focuses on fitness (http://obesitycongress.conferenceseries.com/) and has published three articles on the subject.

Abstract:

Our study uses a 6-week diet and exercise program to determine which age groups experience greater change in body mass, body fat percentage (http://obesitycongress.conferenceseries.com/), body fat index and waist-hip ratio. We recruited 412 women aged 38.23±12.89 on average and 117 men aged 40.44±14.678 on average. We compared pretest and posttest data collected from our subjects to determine the percentage change in aforementioned parameters. Our experimental subjects are recruited from a trusted weight-loss (http://obesitycongress.conferenceseries.com/) center based in Istanbul. Our subjects get regular consultancy from the center by paying a designated fee. The scope of our data is limited to weight, body fat percentage, body fat index and waist-hip ratio. We used the ratio of each value to subject's weight assuming our selected parameters will vary according to age. Following, necessary statistical analyses were conducted. We used t-test to determine the differences in variables between men and women. We conducted an ANOVA to examine the differences between corresponding age groups for men and women. We found that women experienced greater decrease in weight and percentage body fat compared to men. For both men and women, we found that adults, middle-aged and elderly had greater decrease in body mass compared to early adolescents. For men, decrease in body fat percentage was greater for adults compared to that of adolescents. For women, decrease in waist-hip ratio was greater for the middle-aged than that of adolescents. Significance level of our results is $p<0.05$.

Lizet YadiraRosales-Rivera (http://obesitycongress.conferenceseries.com/speaker/2016/lizet-yadirarosales-rivera-university-of-guadalajara-mexico)

University of Guadalajara, Mexico

Title: Evaluation of the effect of moderate intensity physical activity on glycemic variability in sedentary individuals with normal weight or obesity without alterations in the oral glucose tolerance (http://obesitycongress.conferenceseries.com/abstract/2016/evaluation-of-the-effect-of-moderate-intensity-physical-activity-on-glycemic-variability-in-sedentary-individuals-with-normal-weight-or-obesity-without-alterations-in-the-oral-glucose-tolerance)

Biography:



Lizet Yadira Rosales Rivera has completed her PhD from University of Guadalajara. She is a Professor and researcher from the University of Guadalajara. She has published 5 papers in reputed journals and is a member of the National Research System of México.

Abstract:

It is recognized that physical activity has influence on plasma glucose concentrations, mainly due to increased insulin sensitivity and described the effect can persist for up to 48 hours after performing the physical activity; however, so far its effect is not known on glycemic variability. A quasi-experimental study was carry out in 23 sedentary subjects of 30 to 40 years with a normal or obesity body mass index (http://obesitycongress.conferenceseries.com/) with normal glucose tolerance was. After signing the written informed consent, we perform a continuous ambulatory monitoring of glucose every 5 minutes for 96 hours using a monitor iPro2 (Medtronic , Northridge , CA). The first two days of the study all participants were instructed to follow the normal sedentary life style and for the next two days to perform 30 minutes of moderate intensity physical activity (60 to 70% of maximum heart rate). The glycemic variability was calculated by the mean amplitude of glycemic excursions (MAGE), mean of daily differences (MODD) and area under the curve of glucose (AUCG). Statistical significance: $p<0.05$. Ethics committee approval: CEI/172/2015. Clinical trials registration: NCT02620670. All participants signed the informed consent. Preliminary results: the mean for age of normal and obesity (http://obesitycongress.conferenceseries.com/) group was 32.5±3.1 and 34.4±3.4 years respectively. The AUC of glucose for the first day in the normal group was 7468.80±806.54 and 8097.19±722.82mmol*h/l for obesity group; the AUC in the second day of physical activity was 7047.18±2304.47 and 7215.24±2036.60mmol*h/l respectively. We observed differences between groups, and comparing before and after activity.

Laura Y Zuñiga (http://obesitycongress.conferenceseries.com/speaker/2016/laura-y-zu-iga-university-of-guadalajara-mexico)

University of Guadalajara, Mexico

Title: Effect of the administration of insulin Glargine versus insulin Degludec on Glycemic Variability in patients with type 2 diabetes mellitus without pharmacology therapy (http://obesitycongress.conferenceseries.com/abstract/2016/effect-of-the-administration-of-insulin-glargine-versus-insulin-degludec-on-glycemic-variability-in-patients-with-type-2-diabetes-mellitus-without-pharmacology-therapy)



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Anisa Ramcharitar-Bourne (http://obesitycongress.conferenceseries.com/speaker/2016/anisa-ramcharitar-bourne-the-university-of-the-west-indies-trinidad-and-tobago)

The University of the West Indies, Trinidad and Tobago

Title: Impact of nutrition policy in preschools – A Caribbean perspective (http://obesitycongress.conferenceseries.com/abstract/2016/impact-of-nutrition-policy-in-preschools-a-caribbean-perspective)

Biography:



Anisa Ramcharitar-Bourne completed her PhD in Human Ecology (specialization Nutritional Sciences) in 2014. She is a Registered Dietitian (http://obesitycongress.conferenceseries.com/), trained at St. Louis University, USA and has gained US certification in Childhood and Adolescent Weight Management. She is currently an Instructor at the UWI and is involved in a number of on-going research projects in the areas of picky eating, childhood obesity (http://obesitycongress.conferenceseries.com/), mindful eating practices and sensorial analysis. She is currently a Consultant on a project entitled 'Healthy Bites' with the U.W.I. Preschool in Trinidad. She is passionate about positively influencing the health of children through education, research and policy development.

Abstract:

The prevalence of childhood obesity (http://obesitycongress.conferenceseries.com/) has increased globally and this has prompted population policy approaches to tackle this problem. Since schools are an ideal background for these interventions, this study sought to evaluate the existing national school nutrition policies and make recommendations for future research. Seventeen Government / Public Early Childhood Care and Education (ECCE) Centers were randomly selected from each of the seven educational districts in Trinidad. Each of these schools was then matched to its nearest privately-owned ECCE. Each school completed a questionnaire examining food rules, whether they received meals from the National Schools Dietary Services Limited (NSDSL), and the presence of a school garden. Type of school differences among dietary variables (http://obesitycongress.conferenceseries.com/) were assessed using the Mann Whitney U-test, while differences among continuous anthropometric variables were assessed via the independent samples t-test. All analyses were conducted using SPSS version 15 (SPSS, Inc., Chicago, IL, USA). Preschoolers attending private schools had significantly higher body fat, viewed more hours of weekend television (p=0.048) and drank more juice-type sugar sweetened beverages (p=0.008), while parents of public preschoolers were more likely to create a healthy home environment. Public schools were more likely to have school gardens, 'fruit times' and 'no soda' policies and they were also more likely to receive lunches from the NSDSL. All nutrition (http://obesitycongress.conferenceseries.com/) policies except one were 'undocumented'. Teacher comments revealed an urgent need to document nutrition policy at the preschool level, update old policy, and provide nutrition education for teachers and parents.

Sana Ahmed (http://obesitycongress.conferenceseries.com/speaker/2016/sana-ahmed-s-t-international-pakistan)

S.T International, Pakistan

Title: Prevalence of obesity in Iranian adults, since 2000 (http://obesitycongress.conferenceseries.com/abstract/2016/prevalence-of-obesity-in-iranian-adults-since-2000)



Biography:

Sana Ahmed is an employee of S.T International LED Lighting. She has done Bachelor in Arts from Punjab University. She has also done course workup from National Vocational and Technical Training, Youth Skill Development Program from Government of Pakistan. As an assistant manager of marketing department she contributed for this research in literature review, data entry and basic data analysis. She was also involved in the write up of results and conclusion for this research. Her intellectual contribution was great in this research conducted on the employees of ST Enterprises LED lighting. She worked with the medical team and showed her concerns regarding their overweight, psychological level and skin infection. She used her initiative, taking on more than her share of tasks. The health of employees was a critical concern in this research as normal weight and psychological level can decrease skin infection among workers.

Abstract:

Introduction: Population based studies have found associations between obesity and depression and researchers have utilized body mass index (http://obesitycongress.conferenceseries.com/) (BMI) to establish obesity. Probable intervening factors include deprived physical health associated with depression. Erysipelas is an infectious disease of the dermis and subcutaneous tissue due to streptococci. Obesity (http://obesitycongress.conferenceseries.com/) is a well known risk factor for erysipelas.

Methods: Sample size was estimated by using the World Health Organization (W.H.O) software. BMI was assessed from the National Heart, Lung, and Blood Institute U.S. Department of Health and Human Services website. Depression was assessed from Patient Health Questionnaire (PHQ-9) scores and Erysipelas was diagnosed by dermatologist. Predictor or independent variable was obesity and response or dependent variables were depression and erysipelas. Binary logistic regression analysis was used to determine the association between dependent and independent variables with a threshold for selection of $p<0.05$ as statistically significant.

Results: Among the sample of 100 workers, 25% were obese and among them 15% had depression and 5% had erysipelas. Binary logistic regression analysis showed depression was (OR 1.77; 95% (CI): 1.57-2.84) and erysipelas was (OR 1.14; 95% (CI): 1.05-2.69), were statistically significant ($p<0.001$).

Conclusion: This study found an association between obesity, depression and erysipelas. Obesity (http://obesitycongress.conferenceseries.com/) was an independent risk factor for depression and erysipelas. Prospective studies should explore obesity as a possible mediator in the relationship between obesity, depression and erysipelas among workers.

Behjat Seifi (http://obesitycongress.conferenceseries.com/speaker/2016/behjat-seifi-tehran-university-of-medical-sciences-iran)

Tehran University of Medical Sciences, Iran

Title: Body weight changes during the induction of DOCA-salt hypertension (http://obesitycongress.conferenceseries.com/abstract/2016/body-weight-changes-during-the-induction-of-doca-salt-hypertension)



Biography:

Behjat Seifi has completed his PhD of physiology at Tehran University of Medical Sciences. She is now Associate Professor in physiology department at Tehran University of Medical Sciences. She has published 40 papers in journals that are indexed in PubMed.in nephrology, hypertension and obesity (http://obesitycongress.conferenceseries.com/).

Abstract:

Aim: There is evidence that confirm the link between body weight (http://obesitycongress.conferenceseries.com/) and blood pressure. In the present study, we investigated the changes of body weight and renal sodium excretion in an experimental model of hypertension.

Methods: Right nephrectomy was carried out in the all control and test male Sprague–Dawley rats. Hypertension was induced by subcutaneous deoxycorticosterone (DOCA) injection (20 mg/rat/week) and 1% sodium chloride and 0.2% potassium chloride added to the drinking water for 4 weeks. Body weight, systolic blood pressure and fractional excretion of sodium were measured weekly during the induction of hypertension.

Results: The treated rats exhibited a mild elevation of blood pressure at 1 week and a profound increase at 2, 3 and 4 weeks. The same pattern of increase was observed in these 4 weeks for fractional excretion of sodium. Although body weight remained almost unchanged at 1 week and it mildly decreased at other weeks.

Conclusion: This study indicates a robust increase in the systolic blood pressure and fractional excretion of sodium in DOCA-salt treated rats without increasing in body weight (http://obesitycongress.conferenceseries.com/). Thus it concluded that body weight may not contribute to onset and progression of the elevation of blood pressure in DOCA-salt hypertension model.

Kebede Mengistu Assefa (http://obesitycongress.conferenceseries.com/speaker/2016/kebede-mengistu-assefa-federal-ministry-of-health-ethiopia)

Federal Ministry of Health, Ethiopia

Title: Prevalence of malnutrition and associated factors among children aged 6-59 months at Hidabu Abote district, North Shewa, Oromia (http://obesitycongress.conferenceseries.com/abstract/2016/prevalence-of-malnutrition-and-associated-factors-among-children-aged-6-59-months-at-hidabu-abote-district-north-shewa-oromia)



Biography:

Kebede Mengistu Assefa has completed his BSC Nurse degree from Hawassaa University and Post graduate MSC master of Applied Human Nutrition (http://obesitycongress.conferenceseries.com/) from University of Gondar college of medicine and health sciences institute of public health. He is a National Nutrition programme Officer at federal ministry of Health Ethiopia. He has already pulished one research at open access *Journal of Nutritional Disorders & Therapy.*

Abstract:

Introduction: Malnutrition continues to be a major public health (http://obesitycongress.conferenceseries.com/) problem in developing countries. It is the most important risk factor for the burden of diseases. It causes about 300, 000 deaths per year and responsible for more than half of all deaths in children. In Ethiopia, child malnutrition (http://obesitycongress.conferenceseries.com/) rate is one of the most serious public health problem and the highest in the world. High malnutrition rates in the country pose a significant obstacle to achieving better child health outcomes.

Objective: To assess prevalence of malnutrition and associated factors among children aged 6-59 months at Hidabu Abote district, North Shewa, Oromia.

Methods: A community based cross sectional study was conducted on 820 children aged 6-59 months from September 8-23, 2012 at Hidabu Abote district. Multistage sampling method was used to select households. Children were selected from each kebeles by simple random sampling. Anthropometric measurements and structured questioners were used .Data was processed using EPi-info soft ware and exported to SPSS for analysis. Then after, sex, age, months, height and weight transferred with HHs number to ENA for SMART 2007software to convert nutritional data into Z-scores of the indices; H/A, W/H and W/A. Bivariate and multivariate logistic regressions were used to identify associated factors of malnutrition.

Results: The analysis this study revealed that, 47.6%, 30.9% and 16.7% of children were stunted, underweight and wasted, respectively. The main associated factors of stunting were found to be child age, family monthly income, children were received butter as pre-lacteal feeding and family planning. Underweight was associated with number of children HHs and children were received butter as per-lacteal feeding but un treatment of water in HHs only associated with wasting.

Conclusion & recommendation: From the findings of this study, it is concluded that malnutrition is still an important problem among children aged 6-59 months. Therefore, especial attention should be given on intervention of malnutrition.

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