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Joint Meeting on

International Conference on

**DIABETES AND CHOLESTEROL
METABOLISM**

&

International Conference on

**OBESITY AND CHRONIC
DISEASES**

October 15-17, 2018 Dubai, UAE

Joint Meeting on
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Keynote Forum (Day 1)

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Gerald C Hsu

EclaireMD Foundation, USA

Health-maintaining tips for diabetes travelers

For the past 6.5 years (2012-2018), the author has made 179 trips by air which included 69 long-haul travels and 110 short-distance travels. The average trip was 14 days. This paper provides his experience on maintaining his health during traveling days. Prior to 2015, both of his daily average glucose and Metabolism Index (MI), which has a 73.5% break-even level, were high. After 2015, his glucose and MI levels improved to a healthy state; however, he did not meet his own targets- glucose 117 mg/dL and MI 59%. Nevertheless, by following the guidelines listed below from the period after 2015, the author had better results. Therefore, other busy T2D travelers can also maintain their healthy level of both glucose and metabolism during their traveling days by using the same method. The traveling tips summary- (1) Try to avoid having meals at the airport, airline lounge and in-flight food. (2) Don't indulge yourself, avoid soft drinks, high carbs/sugar food (<15 grams/meal); eat mostly vegetables (size: ~2 fists) and eat berries and tomatoes, not overly sweet fruits. (3) Maintain exercise regimen. After eating, find places to walk 4,000 steps. If inside the airport, walk along the hallway between gates, wherever is safe. (4) Drink 2,000 to 3,000 cc of water each day, dress comfortably, control your weight, maintain sufficient sleep hours, keep a positive mindset and avoid getting sick or injured.

Biography

Gerald C Hsu has completed his PhD in Mathematics and has been majored in Engineering at MIT. He has attended different universities over 17 years and studied seven academic disciplines. He has spent 20,000 hours in T2D research. First, he studied six metabolic diseases and food nutrition during 2010-2013, then conducted research during 2014-2018. His approach is math-physics and quantitative medicine based on mathematics, physics, engineering modeling; signal processing, computer science, big data analytics, statistics, machine learning and AI. His main focus is on preventive medicine using prediction tools. He believes that the better the prediction, the more control you have.

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Keshena Patterson

Siemens Healthineers, USA

Polycystic ovarian syndrome and the importance of ultrasound imaging

PCOS-Polycystic Ovarian Syndrome is a metabolic disorder that effects the hormones and endocrine system. This disorder affects so many young girls and women, it is said that 1 in 10 women of childbearing age have it and may not know it. Symptoms range from infertility, being overweight, cardiovascular issues, acne, unwanted hair, etc. Many specialized medical providers can treat PCOS patients but the beginning starts with Ultrasound imaging and lab work for diagnosis. Ultrasound provides images of the ovaries to understand if cysts are present.

Biography

Keshena has a Bachelors of Science in Radiology Technology. She has worked as a Radiology Technologist for over 7 years. She has experience in a variety of positions including leadership. She currently works as a Clinical Education Specialist for Siemens Healthineers. She is also a respected independent author publishing a part memoir, part informational non fiction book about her journey with PCOS(polycystic ovarian syndrome) called "I Kept My Smile, From A Girl To A Woman With: PCOS". Her passion is self-love, patient care, raising awareness for PCOS, and to support and encourage women and young girls with PCOS to be fearless and take control. She is also a motivational speaker and has written publications in her career field and the PCOS community.

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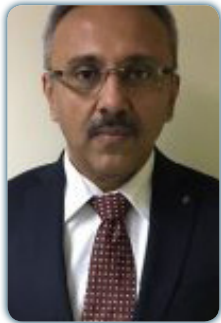
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Apurva Vyas

Radiance hospital, India

SILS for sleeve gastrectomy

This study consists of single incision laparoscopy surgery for bariatric patients. It includes 120 patients with BMI (40+- 5 kg/m²) . All the patients included were operated for sleeve gastrectomy . It includes single incision over umbilicus through which multiple trocars were used for gastrectomy. During first year, duration of surgery was around 120 minutes . But with experience and synchronisation of both surgeon and asistant gradually duration was around 40 minutes. Postop recovery is comparable with great cosmetic benefit and no postoperative incisional hernia noted in any patients tracked 5 years postoperatively. On the basis of this study SILS is advised for any patient to undergo sleeve gastrectomy and specially in young female patients.

Biography

Apurva Vyas has extensive experience in obesity surgeries and has a record of performing the highest number of laparoscopic surgeries in Gujarat, India. He has performed more single port surgeries (SILS – Single Incision Laparoscopic Surgery) than any other doctor in India. His laparoscopic surgical video papers were awarded the best surgical videos in conference at Singapore in the year 2010-2011.

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Mohamad Miqdady

Sheikh Khalifa Medical City, UAE

Chubby child ≠ Cute child!

Obesity epidemic is a very serious concern for the medical professionals as well as the community. It is estimated that 30-35% of children in US are overweight or obese and probably higher percentages apply in our community. Local data will be presented. Overweight is defined as a BMI of >85% and obesity if BMI>95%. BMI correlates very well with comorbidities. Obesity occurs when there is imbalance between energy intake and energy output. There is a universal trend towards decreasing physical activity and increasing dietary intake among adults and children. Unlike the animal model, most obese humans are leptin resistant rather than deficient. Childhood obesity is clearly associated with adulthood obesity, with the strongest association if obesity occurs at later childhood. Obese children are usually taller with advanced bone age and enter puberty earlier. Comorbidities are many and involve almost all body systems such as (1) CVS- Hypertension, coronary artery disease, pulmonary hypertension corpulmonale, cardiomyopathy and atherosclerosis. (2) Pulmonary- Obstructive sleep apnea and pickwickian syndrome. (3) Gastrointestinal- Gallbladder diseases, nonalcoholic steatohepatitis and reflux. (4) CNS- Stroke and increased intracranial pressure. (5) Orthopedic- Osteoarthritis, slipped capital femoral epiphyses, low back pain and Legg-Calvé-Perthes disease. (6) Psychological- Social stigmatization, depression and lack of self esteem. (7) Endocrine- Early puberty, hyperandrogenism, anovulation, infertility, polycystic ovaries and hypogonadotrophic hypogonadism (8) Malignancy- Increased risk of malignancy- endometrial cancer, prostate cancer, gall bladder cancer, breast cancer, colon cancer (9) Metabolic- Insulin resistance, type II DM, dyslipidemia (↑cholesterol, ↑TG, ↑LDL, ↑HDL). Although genetic and hormonal causes are rare causes of obesity; they should always be kept in mind. Managing obese individuals is challenging and with limited success. Management should include exercise, diet and behavioral modification. Exercise should be 30-60 minutes 5-7 days a week. Normal or low calorie diets with the appropriate use of the food pyramid are to be used in most individuals. Medications and surgery can be included in certain indications in conjunction with diet and exercise.

Biography

Mohamad Miqdady is the Chief of Ped. GI, Hepatology & Nutrition Division at Sheikh Khalifa Medical City in UAE and an Adjunct Staff at Cleveland Clinic, Ohio USA. He is American Board certified in Pediatric Gastroenterology, Hepatology and Nutrition. He completed his Fellowship in Pediatric Gastroenterology at Baylor College of Medicine and Texas Children's Hospital in Houston, TX, USA. He held the position of Assistant Professor at Jordan University of Science and Technology in Jordan for six years prior to joining SKMC. Main research interests include feeding difficulties, functional GI disorders, probiotics, picky eating, obesity, procedural sedation, allergic GI disorders and celiac disease. He has authored several publications and book chapters including www.uptodate.com. On the Editorial Board of few journals including Gastroenterology & Hepatology.

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