

8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Scientific Tracks & Abstracts

Day 1

Clinical Nutrition 2016

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Dietary guidelines: Post menopausal

Nafeesa Ahmed

Zulekha Health Care Group, UAE

Menopause brings a multitude of changes for women. It is a time when she needs to protect herself against various health risks, make positive, healthy lifestyle decisions. Menopause is the cessation of menstruation for 12 consecutive months. This marks the end of a woman's reproductive years. It occurs earlier in women who use tobacco, are heavy smokers and those who live at a higher altitude. Women who have a hysterectomy will experience instant menopause. Symptoms of hormonal fluctuations are hot flushes, tachycardia, mood swings, urinary incontinence, depression, decreased libido and vaginal dryness. The most important health issues are the increased risks of osteoporosis, heart disease and weight gain. Some of the chronic symptoms of menopause are CAD, osteoporosis and genital cancers like cancer of uterus, breast and ovaries. They may also have chronic urinary tract infection & endocrine disorders like thyroid and parathyroid disorders and diabetes. Women's diets are often low in iron and calcium hence foods rich in these nutrients & vitamin D are important. Enough fiber, plant based isoflavones plenty of water and cutting back on foods high in fats, sugars & salt and being physically active can help prevent or ease certain conditions that may develop during and after menopause. The two diets that focus on maintaining blood lipids to reduce risk for heart disease are The Heart Healthy Diet & Therapeutic Lifestyles Changes (TLC) Diet while Dash Diet maintains healthy blood pressure. Therefore, diet and life style modification are the corner stone for a healthy qualitative life.

Biography

Nafeesa Ahmed is the Director of Nutrition & Lifestyle Management with Zulekha Health Care Group, Clinical Dietitian and Life Style Management Consultant. She has more than 18 years of hospital experience. She has been actively involved in conducting presentations on healthy eating for heart, diabetes kidney and other diseases during clinical symposiums hosted by the hospital. She was invited twice to speak at the Annual Convention of the Indian Dietetic Association, India. She has contributed nutrition-related advice during interviews and published articles about food and health for local newspapers.

nahmed@zulekhahealthcare.com

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CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Prevalence of the metabolic syndrome and its component factors among female students at United Arab Emirates University

Maysm Nezar Mohamad and Ayesha S Al Dhaheer
United Arab Emirates University, UAE

Introduction & Aim: Scientific evidence has confirmed the continuous increase in the prevalence of the metabolic syndrome in the young population. This study investigates the prevalence of metabolic syndrome (MetS) and its components among young female adults (17-25 years old) in the United Arab Emirates University.

Design: Cross-sectional study of 555 Emirati female college students during the academic year 2013/2014 at United Arab Emirates University (UAEU) in Al-Ain, United Arab Emirates.

Methods: Anthropometric measurements, including height, weight, body mass index (BMI) and waist circumference (WC) were measured. Biochemical measures including total cholesterol (TC), triglyceride (TG), low density lipoprotein-cholesterol (LDL-C), high density lipoprotein-cholesterol (HDL-C) and fasting blood glucose (FBG) concentrations were determined from fasting venous blood samples. Clinical and dietary data were also collected.

Results: The total prevalence of metabolic syndrome using the harmonized IDF/AHA/NHLBI criteria was 6.8%. One MetS component was found in 38.4% of participants and two MetS components were found in 11% of participants. The most frequent component of MetS was reduced HDL-C levels, followed by central obesity, carbohydrate metabolism disorder, hypertension and hypertriglyceridemia. The prevalence increased from 4.1% among participants aged 17 through 19 years to 11.3% for participants aged 23 through 25 years ($P=0.044$).

Conclusion: The prevalence of MetS among Emirati female students is highly prevalent. Its occurrence was directly proportional to the increase in body mass index (BMI). This highlights the importance of regular screening and urgent intervention programs for college students, targeting weight reduction and an increase in physical activity.

Biography

Maysm Nezar Mohamad has completed her Bachelor's degree in Dietetics from the Nutrition and Health Department, United Arab Emirates University (UAEU). She is currently pursuing PhD in Nutritional Sciences. She is a well-presented, self-motivated, well-educated Dietitian and also an ILSI Middle East's Scientific Program Manager. She has experience in reviewing nutrition journals, preparing dietary recommendations and counseling clients. She is currently involved in research studies in areas related to obesity, anthropometry, diabetes and metabolic syndrome.

maysmnezar88@uaeu.ac.ae

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8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Effect of glutamine supplementation in patients with inflammatory bowel diseases

Daniyah Abdullah Alkhawtani and Mahmoud M Abulmeaty
Prince Sultan Military Medical City, KSA

Glutamine is the most abundant free amino acid in the body and commonly classified as a non-essential or a conditionally essential amino acid in catabolic conditions. The main glutamine functions within the cell include its role in nitrogen balance, maintaining the cellular redox state, regulation of glucose metabolism and acid base homeostasis. In addition, it has an important role in cell-mediated immunity and the integrity of the intestinal mucosa. Glutamine stores are depleted during severe metabolic stress (i.e., trauma, sepsis, major surgery, inflammatory bowel diseases etc). Glutamine supplementation during illness increases gut barrier, lymphocyte function and preserves lean body mass. Furthermore it causes a profound improvement in intestinal barrier function in highly stressed patients. This review will discuss effects of glutamine in patients with inflammatory bowel diseases. In vitro, animal and many recent human studies evaluated the role of several ways of glutamine supplementation including oral, enteral and parenteral route in patients with inflammatory bowel disease. There is contradictory evidence regarding whether glutamine can improve IBD. It was reported that glutamine enriched oral diet offer no advantage in the treatment of active Crohn's disease. In addition, enteral and parenteral glutamine administration has no biochemical or clinical benefit in patients with active IBD. In contrast, limited studies concluded that orally glutamine supplementation have favorable effect on treating IBD. Briefly we can conclude that it is inappropriate to recommend glutamine for therapeutic use in active phase of inflammatory bowel diseases. Further understanding and application of glutamine based therapeutics effects can be enhanced by future studies.

Biography

Daniyah Abdullah Alkhawtani is a Clinical Dietitian at Prince Sultan Military Medical City, Riyadh, Saudi Arabia. She has obtained her Bachelor of Clinical Nutrition degree from King Saud University, College of Applied Medical Sciences, Riyadh in 2011 and Master of Clinical Nutrition degree. She has participated as a speaker in the advance course for resident's level 3, Department of Family & Community Medicine, Prince Sultan Military Medical City, Riyadh (2015).

Dkhawtani@gmail.com

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8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Vitamin D status, dyslipidemia and markers of endothelial activation in Australian adults

Ali Alyami

Curtin University, Australia

There is increasing interest in the extra-skeletal effects of vitamin D on chronic diseases including CVD. The objective of this study was to determine whether circulating lipids, systemic inflammation and biomarkers of endothelial cell activation varied across vitamin D status of older Australians. One hundred and one participants were proportionately sampled across tertile (T1=lowest, T2=middle, T3=highest) of 25(OH)D₃ from a larger cohort of free living older adults. Blood samples after an overnight fast were assayed for PTH, insulin, TAG, total cholesterol and lipid fractions. Markers of systemic inflammation and endothelial activation included hsCRP, TNF- α , hepatocyte growth factor (HGF), P-selectin and soluble vascular cell adhesion molecule (sVCAM) amongst others. Eighty three participants (48 women, 35 men) aged 65 \pm 7.7 years; BMI 28 \pm 4.5 kg/m² with complete data entered the analysis. A general linear model multivariate analysis with a backward elimination stepwise procedure was performed (SPSS version 22). The final model built based on a parsimonious model, which included age, gender, BMI, McAuley's index as confounders but excluded season, medications and PTH, indicated that there were significant differences across vitamin D tertile in TC (T1>T3, p=0.003), LDL-C (T1>T3, p=0.005), HGF (T1<T3, p=0.009; T2<T3, P=0.047) and sVCAM (T1<T3, P=0.04). Lower vitamin D status was associated with higher total and LDL cholesterol and lower HGF and sVCAM. Overall the data are suggestive of a role for the vitamin in CVD.

Biography

Ali Alyami is a Clinical Dietitian, obtained his Bachelor's degree from King Saud University 2004 and Master's degree from Canberra University in 2011. He is currently pursuing his PhD at Curtin University, Perth, Western Australia.

yami.ali2002@gmail.com

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8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

The cognitive and cerebral blood flow effects of the polyphenol resveratrol in healthy young humans and a model of aging

Emma Wightman
Northumbria University, UK

Resveratrol is a stilbene polyphenol found predominantly in grapes. It has been associated with a plethora of health effects with much of this literature supporting its benefit to cardioprotection. This latter role is likely underpinned by the ability of resveratrol to modulate blood flow, making it of great interest as a potential modulator of cerebral blood flow (CBF) and therefore, neural/cognitive function. However, the natural metabolism of resveratrol results in quick excretion and poor bioavailability in human plasma. After finding robust cerebral blood flow effects but no cognitive enhancement in a cohort of healthy 18-35 years old after 250 and 500 mg, this lab has conducted 2 studies which attempt to alter natural resveratrol metabolism, to increase bioavailability and to assess the effects of this on cerebral blood flow (CBF) and behavioral outcomes. Study 1 co-supplemented 250 mg resveratrol with 20 mg of the bioenhancer piperine and demonstrated increased efficacy on CBF but no significant alteration in plasma levels or cognition/mood. Study 2 investigated whether repeated dosing of resveratrol (500 mg daily, for 28-days) could inculcate increased plasma levels and improve CBF, health, mood, sleep and cognition/mood. Here resveratrol demonstrated acute CBF effects attenuated fatigue across the entire 28-days and suggests that cumulative plasma resveratrol levels can be achieved by chronic consumption. However, cognitive effects were still elusive in these cohorts at their cognitive peak. The most recent study we have conducted uses hypoxia as a model of aging to ascertain whether the resulting cognitive deficits can be attenuated by resveratrol and this data will be presented here.

Biography

Emma Wightman is currently a Senior Lecturer of Psychology in the Department of Psychology at Northumbria University in the United Kingdom. Her research conducted within the Brain Performance and Nutrition Research Centre involves investigating the effects of nutritional interventions, in particular polyphenols, on human brain function, including cognitive function, metabolic parameters and cerebral blood-flow.

emma.i.wightman@northumbria.ac.uk

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8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Low protein intake is associated with poor glycemic control in young adults with type-1 diabetes mellitus

Mini Joseph, Asha Hesarghatta Shyamasunder, Riddhi Das Gupta, Mohammed Sadiq, Vijayalakshmi Anand and Nihal Thomas
Christian Medical College & Hospital, India

Introduction & Aim: Type-1 DM accounts for 5% to 10% of all diagnosed diabetes. Diabetes mellitus (DM) is one of the commonest metabolic disorders of childhood. India has the largest number of type-1 diabetes mellitus patients. The study was conducted amongst young adults' type-1 diabetes mellitus patients (18-45 years of age). The main objectives of this study were to look at the demographic, clinical, nutritional characteristics and to study the effect of these factors on their glycosylated hemoglobin levels.

Materials & Methods: Data was obtained from updated medical records and clinical examination by physician. Dietary intake was assessed using food dairies and 24 hour recall method. Anthropometry was determined using standard procedures.

Results & Discussion: The analysis revealed that the socio-economic variables did not affect the glycosylated hemoglobin levels. The mean glycosylated hemoglobin value was $8.81 \pm 2.38\%$. Nearly half of the patients were malnourished. The overall quality of the diet intake was inadequate. The multivariate regression model, adjusted for confounding factors like gender, age and BMI, revealed that only duration of the diabetes and protein intake were significant predictors of HbA1C status ($p < 0.005$).

Conclusion: Type-1 diabetes patients are a vulnerable segment of the diabetes population and Indian society needs to be sensitized to their needs.

Biography

Mini Joseph is currently an Assistant Professor in Food & Nutrition at Government College for Women, Trivandrum, Kerala. She is presently pursuing Post-doctoral Fellowship at the Department of Endocrinology, Diabetes & Metabolism at Christian Medical College, Vellore, Tamil Nadu, India. She is a recipient of Young Scientist Award from the Nutrition Society of India in 2012. Her interests are in community nutrition, energy expenditure research, sports nutrition and diabetes.

minijoseph66@yahoo.in

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8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Impact of olive leaves consumption on blood sugar level in adults with type-2 diabetes

Raneem Ali Almutairi, Wafa Abdulrahman Alharbi, Marwa Hamed Alhazmi, Danah Abdulmajid Alkheraiji, Lujain Abdullah Altaifi and Rifal Ali Almohammadi, Sahar A.Hammouda
Taibah University, KSA

Aim: The purpose of this research was to study the effect of drinking boiled olive leaves on Blood Glucose (BG) level among adults with type-2 diabetes (both males and females) in Al-Madinah Al-Munawarah. The following research questions guided the study: Is there a relationship between olives leaves consumption and BG level? And Can olive leaves reduce high BG level?

Materials & Methods: 73 participants (29 males & 44 females) were chosen from 120 applicants according to the inclusion & exclusion criteria. Each patient was given a box that contains (3 disposable cups, 3 packs containing 5 gram grounded olive leaves, 18 lancets & strips for measuring BG, follow-up & instruction card & diabetes education book). They were asked to measure BG level for 6 days (Before the main meal, after 1 hour of eating and after 3 hours). The last 3 days they add drinking boiled olive leaves powder immediately after the main meal. Comparison of BG levels in the three reading times before & after olive leave consumption.

Results: Reduction in mean BG level after drinking boiled olive leave extracts was found in all measurements during the 3 days of consumption but the only significant reduction in BG was found on the third day one hour after meal.

Conclusion: Hypoglycemic effect of olive leaves was found in the study with minor side effects. Further studies are recommended to identify the ideal dose, duration and timing of consumption to produce the maximum impact on BG.

Biography

Raneem Ali Almutairi has completed her Bachelor's degree in Clinical Nutrition from Taibah University and presently doing Internship. She is interested in volunteering in health campaigns and participated and headed more than 20 campaigns since last 4 years. She is interested in research and will continue her study in the nutrition and diseases research field.

Raneem.a.a@hotmail.com

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8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Low serum 25(OH)D level in urban and rural women with vitamin D receptor gene polymorphism in North Sumatra, Indonesia

Dina Keumala Sari, Sri Lestari and Sunna Vyatra Hutagalung
Sumatera Utara University, Indonesia

Background: Vitamin D deficiency found in women with vitamin D receptor gene polymorphism who lived in tropical country which is North Sumatra Indonesia. Most of vitamin D deficiency had associations with lifestyle, vitamin D intake and body weight.

Objective: This study investigated whether urban and rural women with vitamin D receptor gene polymorphism who lived in North Sumatra had difference circulating of 25(OH)D concentration and whether there are associations with other factors such as lifestyle, vitamin D intake and body mass index.

Design: This was a cross sectional study, including 100 healthy women with vitamin D receptor gene polymorphism, parameters observed were 25-hydroxyvitamin D serum; lifestyle including sunlight exposure, daily sunscreen application; vitamin D intake and body mass index.

Results: The prevalence of vitamin D deficiency was 70%, insufficiency was 29% and sufficiency was 1%. None of the subject reached normal 25(OH)D serum level. Mean of 25(OH)D serum level in urban women was 14.9 ± 3.64 ng/dL and rural women was 20.24 ± 4.43 ng/dL. The prevalence of routine daily sunscreen application was higher than not routine (87% vs. 13%), prevalence of less vitamin D intake was higher than enough vitamin D intake (83% vs. 17%) and prevalence of overweight was higher than normal and obese (83%, 12%, 5%, respectively). There was significant difference 25(OH)D serum level between urban and rural group.

Conclusions: The results indicated that vitamin D deficiency can occur in North Sumatra women and there was significant different between urban and rural group.

Biography

Dina Keumala Sari has completed her PhD from University of Sumatera Utara, Medan, Indonesia. She has published few papers in journals and did research about vitamin D.

dinaridha@yahoo.com

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December 08-10, 2016 Dubai, UAE

Locally made ready-to-use-therapeutic food (RUTF) for management of malnutrition using animal models

Florence Wakhu Wamunga and Brian J Wamunga
University of Eldoret, Kenya

High levels of protein energy malnutrition are a major cause of high infant and child morbidity and mortality rates. Ready-to-use-therapeutic foods (RUTF) are used in any cultural setting for the treatment of severe acute malnutrition (SAM) without medical complications and where there is appetite. Effectiveness trials of alternate formulations of RUTF in the treatment of malnutrition are needed before they can be considered as substitutes for the milk-based RUTF. Ready-to-use-therapeutic foods were formulated using soybeans as a milk substitute. This was a controlled trial using albino rats designed to evaluate the effectiveness of the developed food in the management of malnutrition. The objectives of the study were to determine the effect of the locally developed RUTF on growth and rehabilitation of malnourished animal models and to determine the effectiveness of the locally made ready-to-use-therapeutic foods in decreasing mild to moderate malnutrition. Complete randomized trial using 20 rats was carried out for a period of 30 days. The rats were fed on a protein free diet for a period of 10 days. The rats lost weight. Since they could not be allowed to lose more than 20% of their body weight, they were put on a rehabilitation using the three formulations with plumpy'nut as the control. The rats were weighed on alternate days. There was steady weight gain among the four groups of rats. All the formulations were statistically similar to the plumpy'nut in terms of weight gain which is an indicator of growth. These formulations, therefore, can and should be used in the management and treatment of malnutrition.

Biography

Florence Wakhu Wamunga has completed her PhD at Kenyatta University, Kenya. She is a Lecturer at the University of Eldoret, Kenya in the Department of Family & Consumer Sciences. She is a Project Leader in a VLIR-UOS funded project. She has published more than 10 papers in reputed journals and has been serving as an Editorial Board Member of repute.

florencewaku@yahoo.com

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CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Study on the fatty acid composition in breast milk during the period of exclusive breast feeding

Thushari Bandara¹, Hettiarachchi M¹, Liyanage C¹, Amarasena S¹, Bannikoppa P S² and Tomas T²¹University of Ruhuna, Sri Lanka²St. Johns Research Institute, India

Milk fat serves as the main contributor for energy, essential fatty acids and fat-soluble vitamins for exclusively breastfed infants. Data on fatty acid composition in human milk of Sri Lankan mothers is limited. Present study was conducted to determine the composition of fatty acids in breast milk during the period of exclusive breastfeeding and to assess whether the fat mass of lactating mother influences the fatty acid composition of breast milk. In this cross sectional study, milk samples from healthy lactating mothers (n=48) were collected in three phases of lactation (0-2, 2-4 and 4-6 months) and analyzed by Gas Chromatography with a flame ionization detector. Mother's body composition was determined by deuterium dilution technique. Composition of 17 fatty acids in breast milk was detected. Lauric acid was the most abundant fatty acid (22.3±5.2%) in breast milk of these mothers. Oleic acid, Palmitic acid and Myristic acid contents were also higher (21.9±4.4, 19.2±2.6 and 15.7±2.7 respectively). The percentages of C18, C14:1 and C20:3n6 were significantly different between the studied three phases of lactation. Mothers' age showed a significant positive correlation with the percentage of Docosapentaenoic acid. Mother's body weight was positively correlated significantly to the percentages of C14:1, C16, C18, C18:1c, C20:4n6, C22:5n3 and C22:n3. C16:1 showed positive significant correlations to the %FM of the mother. Fatty acid composition of the breast milk of Sri Lankan mothers was considerably varied with respect to C8, C18:1t, C18:3n3, C20, C20:3n6, C20:4n6, C22:5n3 and C22:6n3. Although the percentages of arachidonic acid and DHA were higher, linoleic and linolenic acid percentages were fairly low. Supplementation of these essential fatty acids during lactation is recommended.

Biography

Thushari Bandara has completed her BSc and MPhil and recently submitted her PhD thesis. She is a Senior Lecturer at the Faculty of Medicine, University of Ruhuna, Sri Lanka and the Coordinator of the BSc Medical Laboratory Science Degree Program of the Faculty of Medicine, University of Ruhuna. She has published more than 12 research articles in reputed journals and presented 12 abstracts at reputed foreign and local scientific conferences.

wvthush@yahoo.com

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8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

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Day 2

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December 08-10, 2016 Dubai, UAE

A social marketing perspective on public health nutrition and food policy

Patricia Gurviez
AgroParisTech, France

Since decades, public authorities sought to fight obesity and chronic food-related diseases. These attempts included economic measures, such as fat tax or more affordable fruit and vegetables, legal measures, such as forbidding energy dense foods at schools and informational campaigns targeted to a broad audience or high-risk populations. The accessibility to non-biased nutrition information (i.e., independent of commercial purposes) has become a crucial issue. Namely, the responsibility of fat and sweet products advertising on TV has been questioned by numerous research programs. These results led a lot of countries to limit TV advertising, especially to young audience. In 2007, France adopted a unique model, by mixing both legal rules restricting food advertising and incitement for firms to increase the nutritional quality of their food products. The aims of these measures were to improve both consumers' attitudes and food choices. Unfortunately, obesity is still growing and studies show that although the awareness of "5 a day" claims is high, there is no change in most food behaviors. We intend to assess this topic from a social marketing point of view. The purpose of social marketing is to improve people's well-being. It recommends setting up more efficient public programs by using marketing strategies and techniques rather than pursuing a mere objective of information. In peculiar, we intend to study the impact of previous campaigns not only in France but at an international level, to draw conclusions and bring improvements which could get better and more targeted results.

Biography

Patricia Gurviez has completed her PhD in 1998 from Université Aix-Marseille, France and became an Associate Professor in Marketing at AgroParisTech, Paris, France. Since 2012, she is full a Professor in Marketing and Consumer Behavior. She has published more than 25 papers in reputed journals. She has been a Member of the Board of the annual French Austrian German workshop on Consumer Behavior since 2011 and has been serving as an Editorial Board Member of *Decisions Marketing* since 2006. She is currently In-Charge of the 2017 special issue on consumption and well-being. Her main topics are food consumption and public health policies.

patricia.gurviez@agroparistech.fr

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CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Maternal nutrition preconception, pregnancy post-partum, breast feeding- Key to disease prevention

Annie John Kalarickal
Madinat Zayed Hospital, UAE

More than prevention, present trend is to deal with disease symptoms, when many of the diseases can be prevented by life style and dietary modifications. Dietitians are trained to give dietary and lifestyle modifications thus helping the community to have health and wellness. Seeking a dietitian's help while in the hospital or approaching them personally has to be emphatically focused by the health sector. This presentation is a review of evidenced based studies that point to the fact that incidence of diseases like type-2 diabetes, asthma, certain cancers, autism, anemia, micronutrient deficiencies, childhood obesity, allergies, respiratory infections, SIDS, GI problems are linked to maternal lifestyle and dietary habits. By breast feeding; mothers protect themselves from ovarian and breast cancers as well as postpartum depression and better spacing of children/childbirth. Optimum nutrition to the mothers and infants is an important criterion that needs to be addressed. Methods of intervention includes weight optimization <18.5 and >25.0 to be addressed and patients/clients to be referred to the dietitian, exclusive breast feeding advice for 1st 6 months and complementary feeding post 6 months with breast feeding to continue up to 2 years of age, assessment of micronutrient status of infants from 6 months of age, preconception and postpartum micronutrient status of women and activity and healthy eating advice for all women of different lifecycles. Prevention is always better than cure. Control what can be controlled rather than be regretful for not having done it. Good maternal nutrition is always the best start to a new life and continues through lifecycles with good health and wellness.

Biography

Annie John Kalarickal has started her career as a Charge Dietitian in Abu Dhabi, UAE in 1978 with Health Ministry. She has completed her PhD in Food Science & Dietetics in 1994 and has done Observership in Philadelphia Children's Hospital for Neonatal Nutritional Management. She is a Member of the Nutrition Care Process work Group of the American Academy Dietetics and had the 1st face to face meeting with the group members (international) in 2016 in Chicago. She is currently working as a Supervisor Clinical Dietitian in Madinat Zayed Hospital, UAE.

jkalarickal@agh-seha.ae

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8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Leveraging the multi disciplinary team in return to play nutrition support for ACL and injured athletes

Rita Mansour
Aspetar, Qatar

This presentation will examine some the clinical nutritional challenges related to injury especially ACL ones. How a multi disciplinary approach with these types injuries, will help the rehabilitation period and increase their chances to go back to play as soon as possible. We will examine how frequent we assess these injured athletes to keep their body composition as optimal as possible through its long rehabilitation period. What anthropometry measures are taken and how do we assess them. The support given during their rehabilitation period to help with their recovery (supplements) . What are their education needs and how is it given to reach this type of population.

Biography

Rita Mansour is a clinically trained Canadian Sports Dietitian with over twelve years working experience. She has a post degree in Sports Nutrition from the International Olympic Committee in Switzerland and is an ISAK accredited level 2 anthropometrist. Rita has worked in Aspetar Sports Medicine and Orthopaedic Hospital, Doha since its opening in 2007. Her primary roles have included working with injured and non-injured international and professional athletes. This includes Qatar national football teams since 2010.

rita.mansour@aspetar.com

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8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

The relation of mini nutritional screening score, subjective global assessment of nutrition and pneumonia severity index in elderly patients diagnosed with community acquired pneumonia admitted at Cardinal Santos Medical Center: An observational, analytical and cross sectional study

Marco Angelo D Tongo and Rosa Allyn Sy
Cardinal Santos Medical Center, Philippines

Introduction & Aim: Community acquired pneumonia is among the leading causes of morbidity and mortality among the Filipino elderly community hence, the pneumonia severity index was developed to determine a patient's probability of mortality and morbidity. Nutrition, on the other hand, is one of the most neglected yet significant aspects in the initial evaluation of elderly patients with community acquired pneumonia, despite the availability of nutrition assessment tools such as the subjective global assessment of nutrition and mini nutritional screening score. This study, hence, aims to determine the relation of the subjective global assessment of nutrition status and mini nutritional screening score with the pneumonia severity index among elderly individuals with community acquired pneumonia admitted in Cardinal Santos Medical Center.

Methods: This is an observational, analytical and cross sectional study whose target population are the elderly patients of Cardinal Santos Medical Center diagnosed with community acquired pneumonia. The study was conducted among elderly patients, aged 60 years and above, diagnosed with community acquired pneumonia, admitted in Cardinal Santos Medical Center during the period of August to September 2015. Upon admission, the pneumonia severity index, mini nutritional screening score and subjective global assessment grade is determined. Data collected were then subsequently run in Open Epi ver. 3.03a for statistical analysis. Means, frequency distribution and odds ratio were done for statistical analysis.

Results: A total of 106 patients were included in the study. Using the subjective global assessment, patients classified as being moderately to severely malnourished have 19 times greater odds to develop intermediate risk pneumonia ($p < 0.05$) and 64 times greater odds to develop high risk pneumonia ($p < 0.05$). Patients, who were stratified as being at risk for malnutrition and being malnourished using the mini nutritional screening score has 10 times greater odds of developing intermediate risk pneumonia ($p < 0.05$) and 100 times greater odds of developing high risk pneumonia ($p < 0.05$). Patients classified as being underweight using body mass index, however, did not correlate significantly with determining the odds of developing intermediate or high risk pneumonia ($p > 0.05$). Although calf circumference of < 31 cm did not significantly determine the odds of developing intermediate risk pneumonia, there was evidence that this increased the odds of developing high risk pneumonia by 10 times.

Conclusion: Elderly patients, of at least 60 years of age, diagnosed with community acquired pneumonia have a higher risk for malnutrition as the disease becomes more severe. Nutrition assessment tools, including the subjective global assessment of nutrition and the mini nutrition screening scores can be used in determining clinical outcome of elderly patients. The use of body mass index, may aid in predicting morbidity and mortality if correlated with other components of nutrition assessment tools. However, body mass index alone, did not yield a statistically significant relation to pneumonia severity. Calf circumference, on the other hand was able to yield statistically significant odds in determining high risk pneumonia.

Biography

Marco Angelo D Tongo is currently a Medical Resident at the Department of Internal Medicine in Cardinal Santos Medical Center in the Philippines. He has completed his Medical School at the University of Santo Tomas, Faculty of Medicine and Surgery and Pre-Medicine Course at University of the Philippines.

marcotongo@yahoo.com

8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Dietary quality and patterns and non-communicable disease risk of an Indian community in KwaZulu-Natal, South Africa

Ashika Naicker

Durban University of Technology, South Africa

Limited data exist on the South African Indian diet despite their high prevalence of non-communicable diseases. This study attempted to determine the dietary quality and patterns of an Indian population in KwaZulu-Natal with reference to the high prevalence of non-communicable diseases. Two-hundred-and-fifty apparently healthy Indians, aged 35-55 years participated in a cross-sectional study where diet was assessed using a validated quantitative food frequency questionnaire. Mean intakes were compared to the WHO goals. Dietary quality was determined by index construction and dietary patterns by factor analysis. The mean daily percentage of energy (%E) from n-3 fatty acids (0.24 %E), dietary fibre (18.4 g/day) and fruit and vegetable intakes (229.4 g/day) were below the WHO goals. Total fat (36.1 %E), polyunsaturated fatty acids (11.8 %E), n-6 fatty acids (11 %E) and free sugars (12.5 %E) exceeded the goals. The Pearson partial correlation coefficients between the deficient index and risk markers were weak whilst, the excess index was inversely correlated with waist circumference for the whole sample. Two factors were identified, based on the percentage of fat that contributed to each food group: Factor 1 (meat and fish versus legume and cereal pattern), which accounted for added fat through food preparation and Factor 2 (nuts and seeds versus sugars and visible fat pattern), which accounted for obvious fat. The medians for waist circumference, blood glucose, cholesterol and triglyceride levels showed significant decreasing trends for factor 1 ($p < 0.05$). The medians for blood glucose and cholesterol showed significant decreasing trends for factor 2 ($p < 0.01$). When assessing the diet quality and patterns, guidance on the prudent use of added fats may lead to a healthier lifestyle.

Biography

Ashika Naicker has completed her PhD from the North West University, South Africa. She is a Senior Lecturer at the Durban University of Technology in the Department of Food and Nutrition.

ashikan@dut.ac.za

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CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Glycemic and insulin response after germinated rye flakes

Laila Meija, Guna Havensone and Aivars Lejnieks
Riga Stradins University, Latvia

There is a lot of evidence that whole grain foods could be protective in prevention against the wide range of chronic diseases as well as could improve clinical signs of persisting illness including metabolic syndrome and type-2 diabetes. The protective mechanisms may be related to fiber and other potentially bioactive substances. It has been consistently observed that rye products induce lower postprandial insulin response in most cases without corresponding reduction in glucose profile but little is known regarding germinated rye flakes. The aim of study was to investigate glycemic and insulin response after consuming wholegrain germinated rye flakes. Participants received equivalent carbohydrate amounts of test food (germinated whole grain rye flakes) and reference food (glucose). Postprandial blood glucose and plasma insulin concentration were measured according to methodology by the ISO (International Organization for Standardization) method 26642:2010. Germinated rye flakes demonstrated lower both plasma glycemic and insulin response in comparison to standard food glucose. Insulinemic response was not only lower but more stable as well: 19.08-42.14 mmol/L in comparison to standard food glucose: 31.6-72.9 mmol/L. The results indicate beneficial effects of germinated rye flakes on carbohydrate metabolism.

Biography

Laila Meija has completed her PhD in Riga Stradins University, Latvia. Her scientific interest is related to wholegrain and cereal fiber. Her PhD research was on alkylresorcinol and lignan metabolites in prostate cancer patients. She is a Medical Doctor, Internist with Specialization in Dietetic and Clinical Nutrition. She works at Pauls Stradins Clinical University Hospital and at Riga Stradins University as an Assistant Professor in Department of Sports and Nutrition.

laila@meija.lv

Notes:

8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Role of nutrition in health promotion and chronic disease prevention

Selma M Mwaruwa
Kenyatta University, Kenya.

According to WHO, Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Optimum Nutrition contributes to the general wellbeing hence development and improved quality of life (Gibney et al. 2009). The Nutrition Care Process can be utilized to carry out health promotion and disease prevention efforts. Primary prevention is the most effective, affordable method of chronic disease prevention and that dietary intervention positively impacts outcomes health across the lifespan (Academy of Nutrition and Dietetics). Poor nutrition is linked to chronic diseases such as cancer, T2DM, cardiovascular diseases, osteoporosis and anemia among others which greatly compromise the physical, social, psychological and emotional wellness of an individual (Lytle et al. 2002). It is therefore very important to promote good nutrition in order to promote good health and wellbeing in all society. The amount of energy consumed in relation to physical activity and the quality of food are key determinants of nutrition related chronic illnesses. Eating nutrient dense foods and balancing energy intake with the necessary physical activity to maintain a healthy weight is essential in all stages of life. Good nutrition has also been associated with better outcomes of disease management.

Biography

Selma M Mwaruwa has a diploma in Clinical Medicine and Surgery and currently a Bsc. Foods Nutrition and Dietetics student at Kenyatta University, Kenya. Currently working as a clinician for Kenya Ports Authority staff clinic.

smmwaruwa@kpa.co.ke

Notes:

8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Workshop

Day 2

Clinical Nutrition 2016

8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE



Rita Mansour

Aspetar, Qatar

Road to Russia 2018- Optimal sports nutrition strategies to cater to elite athlete

The scope of this presentation will be to outline the applied work of a clinical dietitian in contemporary sports nutrition practice. The overview will include examples of applied sports nutrition strategies to cater for the Elite Football Player in preparation for the World Cup 2018: from the clinic, to the training ground and in competition. In the clinic, it will have an individual approach with a personal nutrition plan and body composition screening. On camp, it will be a team approach to look at sports nutrition, hydration plans and to assess and re assess body composition to reach each athletes optimal one. It will be the time for any group education needs in Sports Nutrition. On the field, it will be more practical specially on performance nutrition: where hydration test will be done, sweat tests –to examine their sweat rate as well as the type of sweaters, how the performance aids are affecting the athlete. It will also be the time to assist them with getting their individual recovery needs.

Biography

Rita Mansour is a clinically trained Canadian Sports Dietitian with over twelve years working experience. She has a post degree in Sports Nutrition from the International Olympic Committee in Switzerland and is an ISAK accredited level 2 anthropometrist. Rita has worked in Aspetar Sports Medicine and Orthopaedic Hospital, Doha since its opening in 2007. Her primary roles have included working with injured and non-injured international and professional athletes. This includes Qatar national football teams since 2010.

rita.mansour@aspetar.com**Notes:**

8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE



Ruan Liang

The First Affiliated Hospital of Anhui Medical University, China

Research on tracking evaluation of national food safety standard GB28050-2011 (The general principles of pre-packed food nutrition labels)

This study was done to know the implementation, understanding and compliance of the National Food Safety Standard GB28050-2011 (the general principles of pre-packed food nutrition labels) among the staffs from food enterprises, regulatory authorities, inspection institutions and scientific research institutions, providing the basis for the implementation and further revision. Cross-sectional survey method was adopted to carry out a questionnaire survey in a variety of ways such as meeting, email, fax and so on. Respondents were selected from the staffs from food enterprises, regulatory and inspection institutions and also scientific research institutions in Anhui Province. Collecting the main problems encountered in the process of standard implementation, the understanding of the standard terms and feedback for modification and suggestions. Valid questionnaires recovered from food enterprises, supervision, inspection and research institutes were 34, 25, 28 and 12, feedback respectively 74, 35, 17 and 14. Most of the responders considered the standard to be reasonable overall, proportion respectively 67.8%, 79.2%, 84.2%, 90.9%. The understanding degree of some specific terms, such as the option of labeling content, the expression of the nutrients and the exemption of mandatory nutrition labeling was relatively low. Results of tracking evaluation showed that the GB28050-2011 was generally reasonable but some indicators needed to be updated according to new risk assessment results. More effort should be paid on the standard training for different people and media should play important roles in public education.

Biography

Ruan Liang is a Lecturer of Anhui Medical University and has completed his Doctoral studies from Institute of Dermatology, the First Affiliated Hospital of Anhui Medical University. He is the Secretary General of Anhui Nutrition Society. He has expertise in evaluation and passion in improving the health and wellbeing. He has published more than 10 papers in reputed journals and has been serving as an Editorial Board Member of *Chinese Food and Nutrition Journal*.

liangruan@126.com

Notes:

8th International Conference on

CLINICAL NUTRITION

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Young Researchers Forum

Day 3



Clinical Nutrition 2016

8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

The anti-inflammatory properties of lipids extracted from Omani camel milk

Al-Nasseri Raya Hamdan Salim², Kanakenian A², Boulassel M³ and Morris K²¹Royal Court Affairs, Oman²Cardiff Metropolitan University, UK³Sultan Qaboos University, Oman

Introduction: Very little evidence exists to date on the potential health benefits of camel milk derived lipids. Macrophage activation status reflects a beneficial or detrimental role in various diseases, in particular; switching macrophages to an anti-inflammatory M2 phenotype could be important in preventing the development of inflammatory diseases such as atherosclerosis and type-2 diabetes.

Objectives: This study aimed to determine the lipid content and characteristics of fatty acids derived from Omani camel milk and investigate their ability to regulate macrophage inflammatory responses using the human macrophage cells dTHP-1.

Method: Camel milk lipids were converted their fatty acid methyl esters and analyzed by Gas Chromatography-Mass Spectrometry. dTHP-1 cells were pre-treated with the extracted lipids, stimulated with glycated-serum albumin and inflammatory mediators associated with M1 and M2 macrophages determined by ELISA, Real-Time PCR and Flow Cytometry.

Results: Fatty acids in Omani Camel milk included saturated fatty acids (SFAME) myristic acid ME (C14:0), palmitic acid ME (C16:0), stearic acid ME (C18:0), and un-saturated (UNSFAME) palmitoleic acid ME (C16:1), 9-octadecenoic acid ME (E- C18:1 n-9), which were recovered from methylation of total camel lipids. These lipids were able to significantly reduce secretion of two inflammatory cytokines, TNF- α and IL-1 β without any reduction in cell-viability. The lipids enhanced the anti-inflammatory cytokine IL-10 and up-regulated expression of the M2 marker CD163.

Conclusion: This study suggests that the lipid component of Omani camel milk significantly reduces macrophage inflammation, an action associated with the switching of macrophages to an anti-inflammatory M2 phenotype.

Biography

Al-Nasseri Raya Hamdan Salim has completed her degree in Biotechnology (1997) from University of Abertay, Dundee, United Kingdom and her MSc in Biomedical Sciences (distinction) from University of Wales Institute Cardiff (UWIC), Wales, UK (2004). Currently she is undertaking PhD at Cardiff Metropolitan University, UK and her aim is to investigate on Omani camel milk lipids and its anti-inflammatory properties, her study is funded by the Royal Court Affairs, Sultanate of Oman. In Oman, she works as a Biotechnologist in the Center of Research and Diagnostic Laboratory, Royal Court Affairs, Directorate of Veterinary Services, Muscat, Sultanate of Oman.

raal-nasseri@cardiffmet.ac.uk

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