

OCTOBER 2018 | VOLUME 8 | ISSN: 2165-7904

Journal of Obesity & Weight Loss Therapy

NUTRITION AND OBESITY PREVENTION

October 08-09, 2018 Dubai, UAE



World Congress on

NUTRITION AND OBESITY PREVENTION

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Keynote Forum (Day 1)

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Fiji Antony

NMC Specialty Hospital Al Nahda, UAE

How to deal obesity with life style modified diet

Weight gain gradually happens over time during different life stages of a human being's life. Once it gains over the standard requirement as per age, sex and anthropometry of a human being, it is commonly known as overweight. The most important factor to avoid this tendency is adaptation of change in cooking and life style changes which should not be difficult to adjust. Over many years, in this part of the world which is home to hundreds of nationalities, I learned as more flexible and regional the diet as per their cuisine; the better is going to be the outcome. The department of dietetics conducted a study on patients who consulted in OPD from May 2017 to May 2018; the data collected were from patient records. Weight reduction of 2 kg or more in a month is well maintained and consistent in follow ups. The weight reduction rate may be slow but the weight maintenance is better and thus prevents weight regain. As per the available data gathered we can even conclude those reduced weight with altered life style, modified own diet were able to maintain the weight. The data also clarifies further complication of metabolic syndrome which can be controlled as well with modified diet and exercise. All those who already have clinical conditions like DM, dyslipidemia were able to control the respective complications even though not much changes in weight.

Biography

Fiji Antony has been with NMC Specialty Hospital Dubai as the Chief Clinical Dietician for more than 14 years. Earlier she has worked with Ministry of Health Muscat, Sultanate of Oman and also in India. She is practicing as a Clinical Dietitian for more than 19 years. European ESPEN Diploma in Clinical nutrition and metabolism from European society for clinical nutrition and metabolism (ESPEN) is her latest achievement in the year 2016. She has earned her Doctor of Medicine in the year 2005 in Food and Nutrition. Post-Graduation in the year 1999 with First Rank in Food & Nutrition and an ICAR fellow. She has been actively following her profession in three different countries (India, Sultanate of Oman and United Arab Emirates).

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Keynote Forum (Day 2)

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Bulbin Jose

Latifa Hospital, Dubai Health Authority, UAE

Nutrition management for childhood obesity

Poor nutrition results variety of problems in children, especially excessive weight gain and obesity. Childhood obesity is one of the major public challenges of 21st century. Its prevalence increased significantly in recent years and a major health concern of the developed world. The National Health and Nutrition Examination Survey (NHANES) indicate that the prevalence of obesity is increasing in all pediatric age groups, in both sexes and in various ethnic and racial groups. Many factors, including genetics, environment, metabolism, lifestyle and eating habits, are playing a role in the development of obesity. However, more than 90% of cases are idiopathic, less than 10 percent are associated with hormonal or genetic causes. In most cases, children are overweight because they eat unhealthful foods and lead a sedentary lifestyle. Childhood obesity has acute and chronic effects on physical, social and emotional health. It predisposes to insulin resistance, type 2 diabetes, hypertension, hyperlipidemia, liver and renal disease and reproductive dysfunction. This condition increases the risk of adult-onset obesity and cardiovascular disease. Obesity in children is a complex disorder. The best treatment for obesity in the pediatric population has not yet been defined, however, a treatment that addresses all modifiable factors is recommended. Increasing physical activity and promoting adequate daily intakes of vegetables, fruits and whole grains is effective to decrease the risk of overweight and obesity.

Biography

Bulbin Jose is a Registered Dietitian and is currently pursuing her PhD in Food Science and Nutrition from Bharathiar University Coimbatore, India. She has completed her MPhil degree in Food Science and Nutrition from Mother Theresa Women's University, Kodaikkal India in 2008. She has pursued her Master Degree in Food Science and Nutrition from Bharathiar University in 2003 and Bachelor Degree in Clinical Nutrition and Dietetics from M.G University, Kottayam, Kerala, India. She has completed her Food Safety Certification course from IGNOU, New Delhi India and she cleared UGC-NET Exam in 2010. She has 15 years working experience as a clinical dietitian and lecturer in various multi super specialty hospitals in various countries. Currently she is working as Senior Clinical Dietitian in Dubai Health Authority. She has published several research papers in scientific peer reviewed international journals and she is speaker for various conferences.

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Archana Arora

NU Foods, UAE

Probiotics

Although the pathophysiology of obesity is multifactorial, many recent studies have suggested that changes in the microbial ecosystem of the gut might be a novel approach in the prevention & treatment of obesity. The gut microbes in human colon have the capacity to ferment nutrients and secrete bioactive compounds. In addition, the gut microbiota also influences energy metabolism of the host, by regulating systems that have a crucial role in the control of nutrient absorption and metabolism, the integrity of the gut barrier, adipogenesis or hormonal status. Gut microbes also influence the metabolism of cells in tissues outside of the intestines (in the liver and adipose tissue) and thereby modulate lipid and glucose homeostasis, as well as systemic inflammation, in the host. Various studies have described that the species of intestinal bacteria may play either a pathogenic or a protective role in the development of obesity. Probiotics have physiologic functions that contribute to the health of gut microbiota, can affect food intake and appetite, body weight and composition. The gut microbiota is, therefore, a potential nutritional and pharmacological target in the management of obesity and obesity-related disorders

Biography

Archana Arora is a Registered Dietitian and has been practicing for more than 20 years in the fitness, healthcare, wellness and catering industries. She has completed her Masters in Food and Nutrition in 1995 followed by an internship at the All India Institute of Medical Sciences, New Delhi. Currently, she is working as a Senior Dietitian and Health Coach at NU Foods, Dubai.

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