10th International Conference and Exhibition on

Obesity & Weight Management

December 08-10, 2016 Dallas, USA

Workshop

(Day 1)

Horia Al Mawlawi, J Obes Weight Loss Ther 2016, 6:9(Suppl)
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10th International Conference and Exhibition on
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Childhood obesity

Childhood obesity is a major public health crisis nationally and internationally. The prevalence of childhood obesity has increased over few years in all pediatric age groups in both the sexes. Approximately 22 million children under 5 years of age are over-weight across the world. The number of overweight children and adolescents has doubled in last 2 to 3 decades in the world. World Health Organization on childhood obesity has found 41 million children under 5 years either obese or over-weight as of 2014. However more than 90% of cases are idiopathic and less than 10% are associated with hormonal or genetic causes. The idiopathic mainly caused is by imbalance between calorie intake and calories utilized. High calorie density and fat content of modern diet and lack of physical activity is associated with increased risk of obesity. Physical, psychological and social health problems are caused due to child health obesity. Co-morbidities associated with obesity and overweight are similar in children as in adult population and also elevated blood pressure, dyslipidemia and high prevalence insulin resistance and type-2 diabetes appear as frequent complication in the overweight and obese pediatric population. Approaches in the prevention and treatment of childhood overweight and obesity are urgently required including healthy diet and physical activity. When lifestyle modification is insufficient to reach weight loss and complication of obesity affects child health, pharmacotherapy is recommended for age more than 10 years. Bariatric surgery is reserved for carefully selected sub-group of young children with obesity related co-morbid condition that threaten the child health where lifestyle and medication have been evaluated but found not be effective.

Biography

Horia Al Mawlawi has completed her Graduation and Post-graduation from King Abdulaziz University. She is working now in Prince Sultan Military Medical City, Jedda as Instructor. She has published so many papers.

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10th International Conference and Exhibition on

Obesity & Weight Management

December 08-10, 2016 Dallas, USA

Scientific Tracks & Abstracts

(Day 1)

Obesity 2016

Sessions:

Day 1 December 08, 2016

Obesity Medication | Endocrinal & Hormonal Obesity | Liposuction & Advanced Weightloss Treatments

Session Chair
Andrea Romani
Case Western Reserve University, USA

Session Co-Chair
Donald E Wesson
Texas A&M HSC College of Medicine, USA

Session Introduction

Title: **Flavonoids: Examination of the evidence as a potential treatment strategy for obesity**
Lynn Cialdella-Kam, Case Western Reserve University, USA

Title: **Standardized and patented lycored nutrient complexTM supports cardiovascular health: A randomized placebo controlled trial**
Karin Hermoni, Lycored, USA

Title: **Metabolic health has greater impact on diabetes than simple overweight/obese in Mexican-Americans**
Shenghui Wu, University of Texas, USA

Title: **Appetite suppression and anti-obesity effect of a botanical composition composed of *Morus alba*, *Yerba mate* and *Magnolia officinalis***
Mesfin Yimam, Unigen Inc., USA

Title: **Association between functional capacity and nutritional status for older people**
Jose Eduardo Corrente, University of Sao Paulo State, Brazil

Lynn Cialdella-Kam, J Obes Weight Loss Ther 2016, 6:9(Suppl)
http://dx.doi.org/10.4172/2165-7904.C1.042

Flavonoids: Examination of the evidence as a potential treatment strategy for obesity

Lynn Cialdella-Kam
Case Western Reserve University, USA

Dietary changes and exercise are important strategies to prevent and treat obesity, but the long-term implementation of these lifestyle changes are often unsuccessful. Thus, alternative nutritional approaches are needed. Flavonoids, which are natural chemicals found in foods such as berries, tea, and apples, may attenuate the effects of obesity such as inflammation, oxidative stress, and glucose intolerance based on *in vitro* and animal studies. Research in humans validating these findings is limited. In intervention studies using flavonoid mixtures, traditional biomarkers of inflammation, oxidative stress, and cardiovascular health have been unaltered. However, supplementation with flavonoids has been associated with changes in gene expression and metabolites in humans supporting a potential role for attenuating inflammation and enhances immune function at the tissue level. Evidence from *in vitro*, animal, and human studies flavonoid supplementation in obesity will be reviewed with a discussion on clinical applications.

Biography

Lynn Cialdella-Kam is an Assistant Professor in Nutrition at Case Western Reserve University. She is engaged in undergraduate and graduate research, teaching, and advising with a focus on sports nutrition, wellness, and women's health. Her research examines the health consequences of chronic energy imbalance (i.e., obesity, disordered eating, and intense exercise training). She received her PhD in Nutrition from Oregon State University, her Master's in Exercise Physiology from The University of Texas at Austin, and her MBA from The University of Chicago Booth School of Business. She completed her Post-doctoral research in Sports Nutrition at Appalachian State University and is a licensed and registered Dietitian and Nutritionist.

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Karin Hermoni et al., J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Standardized and patented lycored nutrient complexTM supports cardiovascular health: A randomized placebo controlled trial

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Obesity is associated with chronic low grade inflammation and oxidative stress as well as increased risk for cardiovascular risk. The effects of tomato carotenoids on parameters related to cardiovascular health such as blood pressure, endothelial function, inflammation and oxidative stress have been the subject of on-going research. More specifically serum carotenoid levels are increasingly studied as highly predictive markers for oxidized LDL, now considered the most dangerous form of cholesterol. The objective of this clinical study was to investigate the effects of standardized and patented Lycored Nutrient Complex (LNC) for heart on post-prandial lipid and sugar profiles. Consumption of a fat containing meal causes stress reactions that include a transient rise in triglycerides as well as an elevation in glucose and insulin levels. Oxidative stress related to fat consumption has been suggested as a major contributor in the pathogenesis of atherosclerosis along with other chronic disease states such as diabetes and obesity. One mechanism is the increased oxidation of LDL cholesterol, which promotes plaque formation and increases cardiovascular risk. In this study, 150 healthy men and women were supplemented for 2 weeks with LNC or placebo. At the end of the supplementation period subjects consumed a fat containing meal and parameters related to lipid and sugar profiles as well as oxidized LDL levels were evaluated. Subjects who consumed LNC had significantly reduced levels of oxidized LDL compared to the placebo group. Moreover, insulin levels were reduced following supplementation. A beneficial trend was also observed for post-meal glucose levels. This study suggests carotenoids, and in particular LNC, has a favorable effect on cardiovascular health and management of fat consumption induced oxidative stress. This protective effect is extremely relevant for subjects who are at increased cardiovascular risk such as those struggling with obesity and weight management.

Biography

Karin Hermoni is the Lycored Nutrient ComplexTM category Manager at Lycored. She holds a PhD degree in Biochemistry from Ben Gurion University in Israel. Her research has focused on the effects of phytonutrients and specifically tomato carotenoids on various aspects of human health. She has published numerous papers and written many articles for the public on carotenoids, many of which are available online.

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Notes:

Shenghui Wu et al., J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Metabolic health has greater impact on diabetes than simple overweight/obese in Mexican-Americans

Shenghui Wu[1], **Susan P Fisher-Hoch**[2], **Belinda Reninger**[2], **Kristina Vatcheva**[2] and **Joseph B McCormick**[2]
[1]University of Texas Health Science Center at San Antonio-Laredo Campus, USA
[2]University of Texas Health Science Center-Houston, USA

The risk of type 2 diabetes associated with overweight/obesity appears to be influenced by the co-existence of other metabolic abnormalities. We compared the risk for diabetes in each of 4 categories of metabolic health and BMI. Participants were drawn from the Cameron County Hispanic Cohort, a randomly selected Mexican American cohort in Texas on the US-Mexico border. Subjects were divided into 4 phenotypes according to metabolic health and BMI: metabolically healthy normal weight, metabolically healthy overweight/obese, metabolically unhealthy normal weight and metabolically unhealthy overweight/obese. Metabolic health was defined as having less than 2 metabolic abnormalities. Overweight/obese status was assessed by BMI higher than 25 kg/m^2. Diabetes was defined by the 2010 ADA definition or by being on a diabetic medication. Among 3,247 participants, 878 were diagnosed with diabetes. The odds ratio for diabetes risk was 2.25 in the metabolically healthy overweight/obese phenotype (95% CI 1.34, 3.79), 3.78 (95% CI 1.57, 9.09) in the metabolically unhealthy normal weight phenotype and 5.39 (95% CI 3.16, 9.20) in metabolically unhealthy overweight/obese phenotype after adjusting for confounding factors compared with the metabolically healthy normal weight phenotype. Cubic spline modeling showed that the risk of diabetes with age was higher in the metabolically unhealthy than the metabolically healthy phenotype regardless of overweight/obesity status. Metabolically unhealthy subjects showed significantly increased risk for diabetes compared with metabolically healthy subjects, regardless of their weight. Greater focus on metabolic health appears to be a more effective target for prevention and control of diabetes than emphasis on weight loss alone.

Biography

Shenghui Wu has completed her PhD from the Chinese University of Hong Kong, MD from the Southeast University and Post-doctoral training from the Vanderbilt University School of Medicine. She is an Assistant Professor of University of Texas Health Science Center at San Antonio, Department of Epidemiology & Biostatistics. She has published more than 40 papers in reputed journals and has been serving as an Editorial Board Member.

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Mesfin Yimam, J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Appetite suppression and anti-obesity effect of a botanical composition composed of *Morus alba, Yerba mate* and *Magnolia officinalis*

Mesfin Yimam
Unigen Inc., USA

Morus alba, Yerba mate and *Magnolia officinalis* extracts were standardized to yield a composition designated as UP601. Appetite suppression activity of UP601 (230 and 350 mg/kg) was tested in acute feed intake rat model. Efficacy was evaluated at 300, 450 and 600 mg/kg in the high-fat-high-fructose (HFF) and 1.3 g/kg in the High-fat-diet (HFD) induced models for 7 weeks. Orlistat at 40 mg/kg/day was used as a positive control in both models. Body compositions of mice were assessed using DEXA scan. Insulin, leptin and ghrelin levels were determined. Serum biomarkers were measured. Histopathological analysis was performed for microscopic non-alcoholic steatohepatitis (NASH) scoring. Marked acute hypophagia with 81.8, 75.3, 43.9, and 30.9% reductions in food intake at 2, 4, 6, and 24 hours were observed for UP601. Statistically significant changes in body weight (decreased by 9.1, 19.6 and 25.6% compared to the HFF group at week-7) were observed for mice treated with UP601 at 300, 450 and 600 mg/kg, respectively. 75.9% and 46.8% reductions in insulin and leptin, respectively, 4.2-fold increase in ghrelin level, in the HFD group; reductions of 9.1, 16.9, and 18.6% in total cholesterol; 45.0, 55.0, 63.6% in triglyceride; and 34.8, 37.1 and 41.6% in LDL were observed for UP601 at 300, 450 and 600 mg/kg, respectively, in the HFF group. From the DEXA scan analysis, a percentage body fat of 18.9%, 47.8%, 46.1% and 30.4% were found for mice treated with normal control, HFD, Orlistat and UP601, respectively in the HFD group. Statistically significant improvements in NASH scores in steatosis, lobular inflammation and hepatocellular ballooning were also observed for mice treated with UP601. UP601, a standardized botanical composition from *Morus alba, Yerba mate* and *Magnolia officinalis* could be used as a natural alternative for appetite suppression and a healthy body weight management.

Biography

Mesfin Yimam is a Senior Scientist with diverse experiences in Pharmaceutics and Veterinary Medicine. He is a board certified DVM with MS in Pharmaceutics from University of Washington in Seattle, Washington where he studied identifying and characterizing primate P-glycoprotein and illustrating target specific drug delivery. He has published more than 30 peer reviewed articles, co-invented multiple issued and pending patents, presented his work in a range of scientific conferences and he is also an Editorial Board Member for 5 reputable journals for scientific peer reviewed publications.

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Jose Eduardo Corrente et al., J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Association between functional capacity and nutritional status for older people

Jose Eduardo Corrente[1], **Luciana Bronzi de Souza**[2], **Silvia Justina Papini**[1] and **Giovana Fumes**[3]
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[2]Federal University of Mato Grosso do Sul, Brazil
[3]"Luiz de Queiroz" Agricultural School, Brazil

Functional capacity is the condition of an individual living independently and the lack of it for preparation and eating food is a factor that can result in malnutrition and deserves the attention of professionals and family member. Then, the aim of this paper is to evaluate the relationship between nutritional status and functional capacity for older adults. Epidemiological cross-sectional study using a representative sample of older adults (368 subjects) selected from a previous study about quality of life in a Botucatu city, São Paulo, Brazil. Sociodemographic and morbidities questionnaires, activities of daily and instrumental living (ADL and IADL) and anthropometric variables were measured. 62.6% of the older were women, 44.68% were hypertensive, 28.81% were diabetic and 15.51 had hypercholesterolemia. 94.24% and 92.42% of the older were fully independent for ADL and IADL, respectively. There were associations between ADL with marital status and schooling. For IADL, there were associations between marital status, schooling and heart disease. Regarding anthropometry weight, height, arm muscle circumference, corrected arm muscle circumference and waist circumference were higher in men compared to women ($p < 0.05$). The average values of triceps skinfold thickness behaved in the opposite way, being higher in women ($p < 0.0001$). According to body mass index (BMI), 12.23% were underweight, 36.41% normal weight and 51.36% overweight. Among men, 20.00% were underweight, 35.36% normal weight and 44.44% overweight. Related to waist circumference (WC), it was found that 76.63% were altered being 62.06% among women and 37.94 among men. No significant association was found between nutritional status and ADL. A logistic regression model was fitted considering BMI and WC as a response. It was found IADL as a protective factor, as a risk factor for dependence. As a conclusion, low weight and increased waist circumference have influence in a functional capacity of older adults according to the instrumental activities daily living (IADL).

Biography

Jose Eduardo Corrente has completed his Under-graduation in Mathematics and MSc and PhD in Biostatistics. He is an Associate Professor at Biostatistics Department - University of Sao Paulo State - UNESP, and his field of research is Epidemiology of third age. His main projects are in quality of life, lifestyle and nutritional aspects for older people with respect to eating patterns and adequate intake as well as publications in reputed journals.

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Notes:

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Scientific Tracks & Abstracts

(Day 2)

Obesity 2016

Sessions:

Day 2 December 09, 2016

Control & Prevention of Obesity | Exercise and lifestyle changes | Yoga and Naturopathy

Session Chair
Gerry Leisman
The National Institute for Brain and Rehabilitation Sciences, Israel

Session Co-Chair
Yi-Hao Yu
Greenwich Hospital, USA

Session Introduction

Title: **Mg^{2+} deficiency results in increased intra-hepatic cortisol production through the H6PD/11-β-HSD1 machinery: Role of NF-kB and inflammatory cytokines**
Andrea Romani, Case Western Reserve University, USA

Title: **Treatment of metabolic acidosis in chronic kidney disease yields better weight control with fruits and vegetables than with currently recommended sodium-based alkali therapy**
Donald E Wesson, Texas A&M HSC College of Medicine, USA

Title: **Treatment modalities potentially suitable for patients with hedonic obesity**
Yi-Hao Yu, Greenwich Hospital, USA

Title: **Statins usage, exercise and coronary artery disease**
Zhong Chen, Shanghai Jiao Tong University, PR China

Title: **Is BMI ≥50 kg/m^2 a predictor of higher morbidity during doing laparoscopic sleeve gastrectomy? An observational study at King Khalid University Hospital Saudi Arabian experience**
Munira Alghafaily, King Saud University, Saudi Arabia

Andrea Romani et al., J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Mg^{2+} deficiency results in increased intra-hepatic cortisol production through the H6PD/11-β-HSD1 machinery: Role of NF-kB and inflammatory cytokines

Andrea Romani and **Chesinta Voma**
Case Western Reserve University, USA

Tissue and serum Mg^{2+} deficiency have been observed in several endocrine pathologies including diabetes and metabolic syndrome, but it is still undefined to which extent an altered Mg^{2+} homeostasis contributes to the onset of these pathologies and/or their complications. In the present study, we report that Mg^{2+} deficient hepatocyte exhibit an increased entry of G6P into the endoplasmic reticulum, where the substrate is oxidized by the H6PD to generate NADPH. As H6PD operates in conjunction with 11β-HSD1, the increased level of NADPH is utilized by the latter enzyme to convert inactive cortisone to active cortisol. Administration of cortisone to Mg^{2+} deficient hepatocytes results in a marked production of cortisol, which in turn enhances gluconeogenesis and alters intrahepatic fatty acid synthesis, thus increasing intrahepatic triglyceride levels. Protein and mRNA expression of H6PD and 11β-HSD1 are both increased 3-4 fold in Mg^{2+} deficient cells. Mg^{2+} deficient hepatocytes also exhibit decreased insulin responsiveness, which is further compromised by cortisol production. Returning cellular Mg^{2+} content to its physiological levels, results in a dramatic decrease in cortisol production, and in the progressive renormalization of expression and activity of H6P, 11β-HSD1, and cortisol-responsive genes. Investigation into the underlying mechanism of action suggest that under Mg^{2+} deficient conditions 11β-HSD1 expression and activity increase as a consequence of increased nuclear translocation of NF-kB and increased expression of inflammatory cytokines (namely IL-1β and/or TNFα). Taken together, our results suggest that by increasing H6PD and 11β-HSD1 activity and expression, Mg^{2+} deficiency sets the conditions for an increased intrahepatic production of cortisol and decreased insulin responsiveness. This altered hormonal balance can play a major role in the onset and progression of the metabolic syndrome and its associated complications.

Biography

Andrea Romani, MD, PhD, obtained his Medical Degree from the University of Siena, Italy and his PhD from the University of Turin, Italy. Upon completing his Postdoctoral studies under Dr. Scarpa, he joined the faculty in the Department of Physiology and Biophysics, Case Western Reserve University, where he is currently Associate Professor. He has published almost 90 peer review articles in high profile journals together with numerous invited reviews and book chapters. He is currently serving as an Editorial Board Member for *Archives of Biochemistry and Biophysics, Magnesium Research, World Journal of Gastro-Intestinal Physio-Pathology* among others.

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Donald E Wesson et al., J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Treatment of metabolic acidosis in chronic kidney disease yields better weight control with fruits and vegetables than with currently recommended sodium-based alkali therapy

Donald E Wesson[1, 2, 4], **Nimrit Goraya**[1, 2], **Jan Simoni**[3] and **Jessica Pruszynski**[1]
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[3]Texas Tech University Health Sciences Center, USA
[4]Diabetes Health and Wellness Institute, USA

Background: Current guidelines recommend sodium-based alkali therapy for metabolic acidosis in chronic kidney disease (CKD) but recent data support that base-producing fruits and vegetables (F+V) also improve metabolic acidosis in CKD. Because CKD increases cardiovascular risk, weight reduction in overweight CKD patients appears desirable given its cardiovascular and other benefits. A diet high in F+V might promote weight reduction as well as improve metabolic acidosis in CKD.

Methods: We randomized 108 subjects with CKD stage 3 estimated glomerular filtration rate (30-59 ml/min/1.73 m^2), metabolic acidosis with plasma total CO_2 ($PTCO_2$) >22 but <24 mM, and baseline BMI >25 as follows: F+V (n=36) added to reduce dietary potential renal acid load (PRAL) 50%, oral $NaHCO_3$ (HCO_3, n=36) to reduce PRAL 50%, or no alkali (Usual Care, n=36). All received standard kidney protection measures and were followed for 5 years.

Results: Baseline $PTCO_2$ (23.0±0.6, 23.1±0.6, and 23.0±0.5, p=0.62) and BMI (28.8±2.1, 28.3±2.0, and 28.2±2.1, p=0.45) were not different among F+V, HCO_3, and Usual Care, respectively. Five-year $PTCO_2$ was higher in HCO_3 (23.9±0.4 mM) and F+V (23.8±0.4 mM) than Usual Care (21.9±0.4 mM, p <0.01 vs. HCO3 and F+V). By contrast, five-year BMI was lower (p<0.03) in F+V (26.6±1.7) than both HCO_3 (28.4±1.9) and Usual Care (27.8±1.7).

Conclusions: Treating CKD patients with either $NaHCO_3$ or F+V improved metabolic acidosis similarly but BMI was lowest with F+V. Better weight control with F+V than $NaHCO_3$, the latter being the currently recommended treatment option, supports F+V as the preferred treatment strategy for metabolic acidosis in overweight CKD patients.

Biography

Donald E Wesson, MD, FACP is currently Professor of Medicine and the Vice Dean of Texas A&M University College of Medicine in Temple, Texas. Prior to this position, he was the S C Arnett Professor of Medicine and Chairman of the Department of Internal Medicine and Physiology at Texas Tech University Health Sciences Center and had been Associate Professor of Medicine at the Baylor College of Medicine where he was Assistant Chief of the Nephrology Section at the Houston VA Hospital. He received his undergraduate degree from the Massachusetts Institute of Technology. He earned his Medical Degree from Washington University School of Medicine and completed his Residency and Internship at Baylor College of Medicine. He is the recipient of multiple teaching awards at Baylor and Texas Tech.

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Yi-Hao Yu, J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Treatment modalities potentially suitable for patients with hedonic obesity

Yi-Hao Yu
Greenwich Hospital, USA

Hedonic obesity is caused by persistent overeating driven by hedonic hunger resulting from dysfunctional neural circuitries that govern reward and emotion. Excessive food intake in this case is a consequence of complicated food-seeking behavior to achieve reward and satisfaction, rather than to meet energy needs. If there were non-caloric foods that can satisfy patients' hedonic needs without adding calories, there would be no obesity issue in this subpopulation of patients. This is in contrast to metabolic obesity, in which the obese weight is sustained because of the increased caloric needs demanded by an elevated body weight set point. In metabolic obesity, if patients take in less calories than what are required to maintain the homeostatic set point, their bodies would respond by conserving energy and constantly seeking for more calories; they would be constantly hungry until the obese body weight is restored. In this presentation, I'll discuss some of the future treatment options, mostly still in the pipeline at this time which would allow food intake to satisfy hedonic needs and reward but prevent excessive caloric assimilation. These treatment options will most likely be successful in the subpopulation of patients who have hedonic obesity.

Biography

Yi-Hao Yu is an Endocrinologist of Northeast Medical Group, Yale-New Haven Health System, Connecticut, USA. He is Medical Director of Center for Behavioral & Nutrition Health and Inpatient Diabetes Program at Greenwich Hospital. Previously, he was Faculty of several universities and served as Director of Nutrition Services at Columbia Presbyterian Hospital, Director of Nutrition Fellowship Program at Columbia University and Medical Director of Discovery Medicine & Clinical Pharmacology at Bristol-Myers Squibb Company. He completed his MD and PhD at NYU School of Medicine. He has published more than 20 original research papers in the top-notch medical and scientific journals and many reviews/book chapters in the field of "Diabetes, obesity and associated metabolic disorders".

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Zhong Chen, J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Statins usage, exercise and coronary artery disease

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Coronary artery disease (CAD) is one of the major causes of death in most of the western countries and the largest developing country, China. More importantly, the prevalence of obesity and type-2 diabetes is increasing rapidly in China. Patients with diabetes have an increased incidence of atherosclerotic cardiovascular disease. Patients with CAD and diabetes belong to a very-high-risk population, which deserves more attention from doctors, health professionals and the public. Cholesterol-lowering therapy with statins in primary and secondary prevention cardiovascular diseases have been well verified and acknowledged by many guidelines and low-density lipoprotein cholesterol (LDL-C) control is still the first target goal. However, knowledge gap and under-use of statins still exist. Physical activity has been proved to be associated with reduced risk and increased survival of CAD and increased risk of sudden cardiac death (SCD). This inconsistency deserves further investigation. Thus we try to review the available literatures and further discuss this topic.

Biography

Zhong Chen has completed his PhD from Nanjing Medical University, China. He is the Executive Director of Department of Cardiology at Shanghai Jiao Tong University Affiliated Sixth People's Hospital, East Campus. He has published more than 20 papers in reputed journals and also serves as an Editorial Board Member of two international journals.

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Munira Alghafaily et al., J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Is BMI ≥50 kg/m² a predictor of higher morbidity during doing laparoscopic sleeve gastrectomy? An observational study at King Khalid University Hospital Saudi Arabian experience

Munira Alghafaily, Fahad Bamehriz, Yara Alanazi, Rawan Alotaibi, Nawt Alfuweres, Najla Alsaikhan and **Waad Almanie**
King Saud University, Saudi Arabia

Objectives: This study was to assess operative and post-operative complications, of laparoscopic sleeve gastrectomy (LSG), in super-obese and compare it to morbid obese on in KKUH, Saudi Arabia.

Methods: We reviewed the 708 medical records of consecutive patients who underwent LSG surgery at KKUH from 2009 till 2015. Then, we compared our SMO (BMI≥50 kg/m²) patients data results to (our /international reports) MO (BMI<50 kg/m²) patients category who underwent LSG.

Results: Male sex was predominant in SMO (63.6%). Both groups had homogeneous baseline characteristics and comorbidities except sleep apnea which was higher in SMO. There was no significant difference in the duration of operation, length of stay, and recovery room time between the two groups. Mean number of trocars was 4 for both groups. HDU admission: 62 (28.6%) patients of SMO and 32 patients of MO. No conversion to open or documented intraoperative complications in both groups. For post-operative complications: has developed in 6% of patients in SMO included 1.4% of patients developed leakage, and 10 patients developed bleeding in the drain. On the other hand, 4.3% of patients in MO had developed complications, includes, (2.2%) patients developed leak, 2% patients developed bleeding that four patients only needed blood transfusion. There was no surgical mortality.

Conclusion: There's no significant difference in the duration of operation, number of trocars and intra operative complication between SMO and MO. The BMI ≥50 kg/m² is not a predictor of higher morbidity during doing LSG if done in a tertiary care center with dedicated bariatric center services.

Biography

Munira Alghafaily is a final year Medical student at King Saud University, Saudi Arabia. She is currently works in the areas of Cardiology, Gastroenterology and Laparoscopic Sleeve Gastrectomy.

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Notes:

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Scientific Tracks & Abstracts

(Day 3)

Obesity 2016

Sessions:

Day 3 December 10, 2016

Weight Loss Nutrition | Obesity-Health Risks | Current research on Obesity

Session Chair
Edita Stokić
Clinical Center of Vojvodina, Serbia

Session Co-Chair
Emmanuel Mukwevho
North West University, South Africa

Session Introduction

Title: Motor-cognitive interactions in the nervous system: Obesity and sedentary behavior dumbs down cognitive function in childhood
Gerry Leisman, The National Institute for Brain and Rehabilitation Sciences, Israel

Title: Effect of physical exercise in girls differing in body mass
Vaclav Bunc, Charles University, Czech Republic

Title: Calmodulin dependent protein kinase (CaMK)-II activation by exercise regulates lipid metabolism in rat skeletal muscle
Sandile Lawrence Fuku, North-West University, South Africa

Title: Disease prevention, search for a healthier lifestyle and aesthetic motivation for weight loss
Cláudia Araújo da Rocha Benevides and Rocha I C S, Federal University of Para, Brazil

Title: Psychological & social factor causing obesity
Ushakiran Sisodia, Nanavati Super Specialty Hospital, India

Gerry Leisman et al., J Obes Weight Loss Ther 2016, 6:9(Suppl)
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Motor-cognitive interactions in the nervous system: Obesity and sedentary behavior dumbs down cognitive function in childhood

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Objectives: To demonstrate that motor and cognitive processes are not separate, but likely share similar evolutionary history.

Methods: We review data that motor processes contribute to cognitive function.

Results: Motor and cognitive processes have dynamical bidirectional relationships. Rodent research has revealed that exercise influences the striatum by increasing dopamine signaling and angiogenesis. In children, higher aerobic fitness levels are associated with greater hippocampal volumes, superior performance on tasks of attentional and interference control, and elevated event-related brain potential indices of executive function.

Conclusions: We endeavor to integrate the Neurosciences, Cognitive Psychology and Biomechanics in providing a fundamental understanding of the relation between intention, decision-making, and movement in the context of functional connectivity, awareness, attention, and action. Evidence, the SMA is involved in the organization of motor sequences based on plans, the PM is involved in the preparation of a specific action, the prefrontal cortex is involved in the initiation and in the temporal organization of action, and the cerebellum is involved in the temporal control of action sequences. All these regions show anticipatory activity in relation to a forthcoming action. Motor cognition relies on a multicomponent system, with many distinct processes occurring simultaneously in different brain regions that support different neural networks. The lack of movement represented in office work and youngsters fettered to video games reduces the ability to formulate effective connectivities. Because children are becoming increasingly overweight, unhealthy and unfit, understanding the neurocognitive benefits of an active lifestyle during childhood has important public health and educational implications.

Biography

Gerry Leisman is the Director and Professor of the National Institute for Brain and Rehabilitation Sciences in Nazareth, Israel and Professor of Restorative Neurology at Universidad de Ciencias Médicas Facultad Manuel Fajardo, Havana, Cuba. He has examined self-organizing systems in the nervous system applied to cognitive functions in memory, kinesiology, optimization, consciousness, and autism. He has applied optimization strategies to movement, gait, and cognition. In the 1970's, he was one of the first to identify functional disconnectivities in the brain. His work in rehabilitation sciences, has applied the tools of Industrial Engineering to those with developmental disabilities.

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Effect of physical exercise in girls differing in body mass

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Obesity is a growing problem in Czech Republic today, as it is in many countries. Alongside a range of health problems associated with increased body mass (BM) is an important limiting factor for realization of regular physical exercise and qualitative life style. The study goal was to assess the effect of movement intervention in girls differing in BM. Study was carried out on 62 girls with normal BM (mean age = 12.6±2.2 years; BM = 47.8±3.0 kg; height = 157.9±4.1 cm), 48 overweight girls (12.6±2.3; 61.9±3.1; 158.4±4.5) and 42 obese girls (12.8±2.7; 72.6±3.6; 157.4±4.0). Body composition was assessed by bioimpedance method using prediction equations that are valid for the Czech child population, functional variables were determined on a treadmill. The energy content of weekly movement program for girls with normal BM ranged from 1390 kcal to 2720 kcal (mean 1990±330 kcal) in children with overweight from 1630 kcal to 2380 kcal (1940±240 kcal) and in obese children from 1910 kcal to 2580 kcal (2280±310 kcal). Relative changes in %BF ranged from 15.6% in obese to 16.4% in normal BM and in VO2 peak from 13.9% in normal BM to 15.7% in obese. In girls differing in BM have absolute changes in followed parameters like a result of imposed intervention substantively and statistically significant. On the contrary, differences in relative terms are non-significant. We can conclude that an exercise program with a similar energy content, form and intensity causes the similar changes in BC and in motor and functional performance in girls, differing in BM.

Biography

Vaclav Bunc has earned his PhD from TU Prague (1979). He is the Vice-dean of Faculty of PE at Sport Charles University Prague. His main research topics are: obesity management, application of mathematical methods and models in PE and sport, evaluation of physical fitness, exercise physiology, functional and physical testing in laboratory and field, body composition, BIA methods, moving regimes for prevention. He has published more than 350 papers in Czech and internationally reputed journals and serving as an Editorial Board Member of repute.

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