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6th World Congress on

Obesity

August 08-10, 2016 Toronto, Canada

Scientific Tracks & Abstracts (Day 1)



Obesity Congress 2016

Track 01: Obesity

Track 02: Obesity and Cardiovascular diseases

Track 03: Obesity and Diabetes

Session Chair

Mark Lemstra

University of Saskatchewan, Canada

Session Introduction

Title: Impact of obesity during the hiring process : French case focused on two different jobs

Sevag Kertechian, Pantheon – Sorbonne University, France

Title: Suicidal behaviors, psychiatric and psychological symptoms in bariatric surgery candidates

Sami Hamdan, Academic College of Tel- Aviv Jaffa, Israel

Title: A randomized clinical trial of laser acupuncture for the treatment of obesity

Chi-Chuan Tseng, Chang Gung Memorial Hospital, Taiwan

Title: The Healthy Weights Initiative: A community-based, multi-disciplinary obesity reduction program that improves physical and mental health while promoting adherence through social support

Mark Lemstra, University of Saskatchewan, Canada

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Impact of obesity during the hiring process: French case focused on two different jobs

Sevag Kertechian

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Obesity has become an epidemic in many parts of the world. Although much research and conferences on obesity are mainly structured around health and disorders, one social impact is almost avoided on all topics about obesity – obesity and its consequences vis-à-vis the labor market. Indeed, getting into the labor market is an important milestone in stepping into adulthood, but unfortunately for people who are obese and whose bodies don't conform to mass standards, it could be another social or moral sanction. More generally, the life of those dealing with obesity is harder in all fields. Moreover, these stereotypes are biases established in childhood. In France, studies have shown that obesity is a discriminating factor in the recruitment process. In 2005, Professor Jean-François Amadiou and his team (University Paris 1 Pantheon – Sorbonne) conducted a study which showed that an obese person was 25% less likely of getting a job as a teleoperator. Today, obesity can be recognized as a disability. However, recruitment processes and codes of conduct for Human Resources professionals have not changed. Otherwise-known, we are heading towards greater equal treatment? The objective of the paper is to explore the level of discrimination against obese individuals during the recruitment process. Two 26-year-old women and two different professions are chosen – a salesperson and an executive assistant (a client facing job and non-client facing job). A testing method is used to measure this impact. For each role, 100 CV are sent. Each CV outlines identical training and skillset, only the photo attached to the CV had been altered (Picture of an obese and a standard woman). Moreover, to increase the validity of the data and to control our tested variable, we applied a CV rotation. The result showed that obesity still has a negative connotation and was subject to many stereotypes. Our sample (n=200) is representative in many ways. Regardless of the role - whether salesperson or executive assistant, the obese applicant has at least 50% less chance of getting a job interview ($p < 0.001$). Future qualitative research should suggest similar results for the entire recruitment process mainly by interviews.

Biography

Sevag Kertechian is a PhD student from Pantheon – Sorbonne University. He belongs to the PRISM laboratory and he has been a member of the Discrimination Observatory since 2013. For over two years, he has worked on the topic of how appearance – more precisely dress and overall demeanour, influences the recruitment and human resources industry. His subject thesis, which is in its conclusion phase, focuses on the relation between appearance and personality/lifestyle traits.

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Suicidal behaviors, psychiatric and psychological symptoms in bariatric surgery candidates

Sami Hamdan

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Improvements in emotional status are believed to be a vital outcome of a successful bariatric surgery. Although In Israel bariatric surgery has grown in popularity, very few studies have investigated the prevalence of these aspects among pre-operative candidates. This study was aimed to assess suicidal Ideations, Psychiatric symptoms [depression, anxiety, somatization], and psychosocial aspects [emotional eating and body image] prior to surgery among Eighty seven Bariatric candidates recruited from the Surgical Division at Tel-Aviv Sourasky Medical Center. The Results shows that about 5% of the participants exhibited suicidal ideation / attempts during the last year. Approximately 14% had a moderate to severe symptoms of Major Depressive disorder, 17% reported on moderate to severe levels somatization and about quarter of them, (24.1%) had a negative body image. In addition, depressed candidates showed higher levels of somatization and of anxiety and were more likely to engage in emotional eating behaviors compare to non-depressed. Somatization and emotional eating engagement were found to predict depressive symptoms. These results emphasize the importance of mental health assessment suicidal behaviors and psychiatric symptoms during bariatric preoperative assessment.

Biography

Sami Hamdan is an Assistant Professor at the Academic College of Tel-Aviv Jaffa. He completed his graduate studies in Clinical Psychology at Bar-Ilan University. As a Fulbright scholar, he spent his Post-doctoral fellowship at Western Psychiatric and Clinic Institution, University of Pittsburgh, with Prof. David Brent. His academic research focus is on suicidal behaviors, psychopathology and mental health promotion from multicultural and across cultural frameworks and perspectives. He is closely associated and member of the professional committee of non-governmental organizations designed to promote suicide prevention.

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A randomized clinical trial of laser acupuncture for the treatment of obesity

Chi-Chuan Tseng^{1,2}¹Chang Gung Memorial Hospital, Taiwan²Chang Gung University, Taiwan

The worldwide prevalence of obesity has increased significantly in recent decades. Obesity-related health problems are detrimental to the individual and society. Much more needs to be done to improve treatments for obesity. Laser acupuncture (LA) is an intervention that stimulates traditional acupuncture point using low-level laser therapy. Compared to traditional manual acupuncture, LA has multiple advantages, including ease of application, dose measurement precision, painlessness, and non-invasiveness. It is also quick, safe, and carries no risk of infection. As LA does not produce local sensation, double-blind randomized controlled studies are also much easier to perform. Several studies have shown that LA could be an effective treatment of obesity. However, there are several experimental limitations have been highlighted. This study aims to validate the clinical effectiveness of LA on obesity. In a patient-assessor-blinded, randomized, sham-controlled crossover trial, obese subjects were randomly assigned to either the laser acupuncture group or the sham laser acupuncture group. Each subject received the treatment relevant to their group 3 times a week for 8 weeks. After 8 weeks of treatment the subject entered a 2-week washout period, after which the subjects switched groups. We found that LA improves body mass index, fat mass, waist-to-hip ratio, and overall well-being when compared to the control. These findings suggest that LA may offer an alternative approach to the treatment of obesity. However, a long-term multicentre study is needed to confirm the above findings and to evaluate the underlying mechanisms.

Biography

Chi-Chuan Tseng received his Master of Medical Science from the Graduate Institute of Integrated Medicine, China Medical University, Taichung, Taiwan. He is a Lecturer at the College of Medicine, Chang Gung University. He is board certified in Family Medicine, Rheumatology and Internal Medicine. He has several peer-reviewed publications in internationally reputed journals. He reviews paper for Elsevier and is the Director of Chinese Medical Association of Acupuncture.

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The healthy weights initiative: A community-based, multi-disciplinary obesity reduction program that improves physical and mental health while promoting adherence through social support

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This community-based, multi-disciplinary obesity reduction program was developed after 153 community consultations and is offered to obese adults at no charge. Social support is strongly promoted: each participant is asked to sign up with a “buddy” and to complete a social support contract. During the initial 12 weeks, each individual receives 60 group exercise sessions, 12 group cognitive therapy sessions, and 12 group-dietary sessions with licensed professionals. During the second 12 week period, maintenance therapy includes 12 group exercise sessions. To date, 234 people have completed the program (79.1%). Mean objective reductions included 12.6 lbs of body fat, 3.1 inches from the waist, 2.6 inches from the hips, blood cholesterol by 0.3mmol/L, systolic blood pressure by 5.2 mmHg and diastolic by 2.5 mmHg. Depressed mood prevalence decreased from 45.7% to 11.7%; 84.5% of those who completed the program had improvements in health-related quality of life (HRQL), and significant increases in mean scores on eight dimensions of health were also observed (such as physical functioning, which increased by 15.5%). Using binary logistic regression, we were able to determine the independent risk factors for not completing the program (no social support contract and lower education); for not improving depressed mood after completion of the program (low general health); and for not improving HRQL after completion of the program (smoking and no buddy in program). Comprehensive obesity reduction programs can be effective when there is extensive consultation at the community level and social support at the individual level.

Biography

Mark Lemstra has completed eight university degrees: Bachelor of Science, a Master of Science in Physical Medicine and Rehabilitation, a PhD in Psychiatry, a Master of Science in Public Health, a Master of Science in Epidemiology, a Doctor of Science in Public Health, a Doctor of Science in Epidemiology and a PhD in Epidemiology.

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Young Researcher Forum (Day 1)



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Obesity trends in Sub-Saharan Africa: What endanger its status?

Tesfai Yemane Nguse
Thammasat University, Thailand

Background: The food system of the world is framed by globalization, liberalization and industrialization. While the benefits of a globalized food system are apparent, industrial food production, processing, trade, marketing and retailing are a major stressor to the planet and contribute to the nutrition and epidemiological transitions taking place in developing countries. In 2014, more than 1.9 billion adults, 18 years and older, were overweight and of these over 600 million were obese (WHO, 2015). WHO also indicates that the worldwide prevalence of obesity has doubled between 1980 and 2014. Once considered a high-income country problem, overweight and obesity are now on the rise in low- and middle-income countries, particularly in Sub-Saharan African countries and this status may be a signal of future vulnerability for Sub-Saharan African population. Even though there are numerous studies dedicated in prevalence of overweight/obesity and food pattern, there is no any research done that studies the shifting trend in food consumption particularly in Sub-Saharan African region during the past one and half decade.

Objective: To determine overweight and obesity prevalence trends in Sub-Saharan African and identify changes in calories intake and diet.

Methodology: An extensive literature review applying a descriptive documentary research design using quantitative approaches was done using existing secondary data retrieved by a computer based search from databases of PubMed, Medline, Google scholar and Google search engines produced in English language during 2000-2015, including source materials such as: the Demographic and Health Surveys (DHS) of Sub-Saharan Africa countries, World Bank, the World Health Organization (WHO), UNAIDS, UNICEF and Scientific publications. Obesity and overweight are defined based on World Health Organization guidelines as BMI > 30 kg/m² and BMI >25 kg/m² respectively (WHO, 2015).

Results: Overweight trend increased from 3 to 10% in all Sub-Saharan African countries while obesity trend increased from 5 to 15%. South Africa had the highest increase in overweight and obesity. Inversely lowest rise in overweight and obesity was revealed in Eritrea. Remarkably, in the one and half decade, the highest variation in calorie intake was in South Africa (1200 kcal/day), while the lowest change was in Eritrea (120 kcal/day). Most of Sub-Saharan African countries increased the rate of sugar and wheat ingestion while they diminished their rate of rice intake.

Discussion: There are possible confounding factors that may have affected obesity such as gender, age, exercise, access to food availability and trade. Further study is required to address these contributing factors and consequence of globalization on diet intake.

Conclusion: overweight and obesity are in the rise in almost all Sub-Saharan African countries and might take epidemic proportions in the future. Like other public health challenges, they need to be prevented and reduced as planned in the WHO policy on diet and health.

Biography

Tesfai Yemane Nguse obtained his Bachelor of Science from Asmara College of Health Sciences, Eritrea in July 2010. He is currently pursuing Master's in International Master of Public Health in Global Health, Thammasat University, School of Global Studies, Thailand

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Fructooligosaccharide (Fos) can modulate gut satietogenic hormones, gut flora and induce weight loss in obese adults

Aparna Assudani and Mini Sheth

Maharaja Sayajirao University of Baroda, India

In India, the era of health transition has brought the dual burden of under and over-nutrition. Recent researches focus on identifying unconventional mechanisms of obesity involving gut - brain axis, prevention and treatment of obesity. Hence this study was conducted with an objective to examine the effects of Fructooligosaccharide (FOS) supplementation on gut satietogenic hormones (GLP-1, GIP, PYY, Leptin, Ghrelin and Insulin), gut-flora (*Bifidobacterium*, *Lactobacillus*, *Clostridium* and *Bacteroides*), and anthropometric measurements. A randomized, double-blind, placebo controlled trial with 120 young obese grade -I subjects (25-35 yrs) was designed. They were randomly assigned to groups that received either 20g FOS/d or 20g dextrose/d for 90 days. Anthropometric measurements, fasting plasma and faecal samples were collected at baseline and post intervention. Plasma samples for gut hormones were analyzed using Luminex x-MAP technology in sub sample of 60 subjects. Results in experimental group revealed significant reduction in weight, BMI, WC, WHR and body fat by 2.55%, 2.45%, 2.51%, 3.11%, and 5.93% respectively as compared to placebo group. Colonization of *Bifidobacterium* (8.13%) and *Lactobacillus* (10.77%) was significantly increased, however significant reduction in colonization of *Clostridium* (1.87%) and *Bacteroides* (13.07%) was observed. Significant increase in plasma level of gut satietogenic hormone GLP-1 (1.53%) and Ghrelin (17.33%) along-with reduction in Leptin (5.78%) and Insulin (5.83%) was also observed. Weight negatively correlated ($p < 0.001$) with GLP-1 ($r = -0.729$) and GIP ($r = -0.603$) and positively with *Clostridium* ($r = 0.09$, NS) and *Bacteroides* ($r = 0.09$, NS). Stepwise linear regression depicted GLP-1 as a strong predictor of obesity (58.6%). Hence, FOS proves to be a promising supplement in inducing weight loss by modulating gut satietogenic hormones and gutflora.

Biography

Aparna Assudani is currently pursuing her PhD from India in the field of Prebiotics and Obesity (Clinical Dietetics). She has 11 years of experience as a Senior Clinical Dietitian in corporate hospitals of India. She was a part of Senior Management and member of CEO's working committee in Apollo Hospital International Ltd. in India. She has won 3 awards in oral and poster presentation in National Conferences conducted in India (Golden jubilee award as practicing Dietitian and Swarna padak award for Experimental Nutrition). She has published 6 papers in reputed journals. She has recently immigrated to Canada and is looking forward for a bright career in the field of Research and Dietetics.

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Scientific Tracks & Abstracts (Day 2)



Obesity Congress 2016

Track 04: Weight loss Medications

Track 05: Current Research on Obesity

Track 06: Bariatric Surgery

Session Chair

Mehmet Emre Atabek

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Session Introduction

Title: Impact of nutrition policy in preschools – A Caribbean perspective

Anisa Ramcharitar-Bourne, The University of the West Indies, Trinidad and Tobago

Title: Prevalence of obesity in Iranian adults, since 2000

Enayatollah Bakhshi, University of Social Welfare and Rehabilitation Sciences, Iran

Title: Body weight changes during the induction of DOCA-salt hypertension

Behjat Seifi, Tehran University of Medical Sciences, Iran

Title: High prevalence of overweight and obesity in Asians and Arabs living in United Arab Emirates: UAEDIAB study

Nabil Sulaiman, University of Sharjah, UAE

Title: Nutritional status of women of reproductive age in a selected char of Rangpur district

Zahid Hasan Khan, Northern University, Bangladesh

Title: How did an albino patient lose 148 lbs of weight? A case report

Zarnain Shah, Liaquat University of Medical & Health Sciences, Pakistan

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Impact of nutrition policy in preschools – A Caribbean perspective

Anisa Ramcharitar-Bourne, Selby Nichols and Neela Badrie
The University of the West Indies, Trinidad and Tobago

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

Biography

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

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Prevalence of obesity in Iranian adults, since 2000

Enayatollah Bakhshi

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Aim: Rates of obesity are rising alarmingly in most regions of the world, and this trend is not restricted to developed countries. The objective of this paper is to present the data for the prevalence of adult obesity in Iran, since 2000.

Methods: The prevalence of obesity among Iranian adults aged 20 years or older were determined using data from the national surveys. Height and weight were actually measured rather than self-reported.

Results: The prevalence of adult obesity nearly doubled from 12% in 2000 to 20% in 2007, and it remained high. Among adults (ages 20+), female obesity rates are higher than male obesity rates. Our results provide the national data on obesity prevalence by sex, age, and place of residence, since 2000.

Conclusions: A concerted effort must be made by the government to focus on the prevention and treatment of obesity in Iran.

Biography

Enayatollah Bakhshi has completed his PhD in Biostatistics from Tehran University of Medical Sciences and has taken a sabbatical at University of Auckland, New Zealand. He has published 25 papers in journals that are indexed in Pub Med.

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Body weight changes during the induction of DOCA-salt hypertension

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

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

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

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

Biography

Behjat Seifi has completed his PhD of Physiology at Tehran University of Medical Sciences. She is now Associate Professor in Physiology department at Tehran University of Medical Sciences. She has published 40 papers in journals that are indexed in PubMed in nephrology, hypertension and obesity.

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High prevalence of overweight and obesity in Asians and Arabs living in United Arab Emirates: UAEDIAB study

Nabil Sulaiman

University of Sharjah, UAE

Background: Obesity is a major public health problem worldwide and represents a significant risk factor for non-communicable diseases (NCD) including diabetes and heart diseases. The Prevalence of overweight and obesity is increasing in both males and females in countries of the Gulf Cooperation Council (GCC) including the UAE. This paper describes obesity prevalence and related NCD in expatriates living in UAE during 2013/2014.

Methods: The study is part of Large National UAE Diabetes and Lifestyle Study- a cross-sectional survey designed to investigate the prevalence of diabetes and associated risk factors in Expatriates living in UAE for at least four. The study was conducted during 2013 and 2014 using innovative, cost effective, random, representative sample of residents in Dubai, Sharjah and Northern Emirates. In summary a sample was drawn by the UAE National Bureau of Statistics based on actual data of expatriates visiting the preventive medicine clinics and fitness centers for visa renewal the year before the survey. Medical check-up for visa renewal every 2-3 years is a legal requirement in UAE. A systematic random sample of every 10th visitor was recruited for face-to-face interview, measurements of weight, height, waist and hip circumference and blood pressure. A sample of blood was collected and sent to one reference laboratory to test for blood glucose, cholesterols, lipids as well as insulin.

Results: A total of 2722 expatriates were recruited and has full set of data. Expatriates were mainly from South East Asia (70.7%), non-local Arabs (25.9%) and (European/ Africans 3.4%). The mean Body Mass Index (BMI) was 27 (\pm SE =5.383). Only 1% was underweight. The prevalence of overweight and obesity was 41.9% and 22.3% respectively. The prevalence of Obesity (BMI 30+) was more in females (30.9%) than males (20.3%) ($p < 0.001$) The highest prevalence of obesity was amongst 51-60 years in both males (32.7%) and females (53.3%) and in those doing moderate and vigorous physical activity in both males and females. Diabetes (FBS ≥ 7 mmol/L) is more common in obese females (22%) than obese males (16.6%), similarly high cholesterol (≥ 5 mmol/L) is more in females (64.8%) than males (60.2). However hypertension ($\geq 140/90$ mm Hg) is more prevalent in obese males (37.8%) than obese females (26.8%). Also triglycerides (≥ 1.7 mmol/L) are more in males (50.2%) than females (39.6%). Snoring and sleep apnea was more in males (36.9%, 6.6%) than females (32.3%, 3.8%) respectively.

Conclusions: Overweight and Obesity is a major health problem in expatriates living in UAE, it is associated with diabetes, hypertension, high lipids and cholesterols as well as snoring and sleep apnea. A longitudinal follow-up study with individual, household and community-level information is needed to determine the trends in obesity and associated factors and to measure impact of health interventions.

Biography

Nabil Sulaiman has completed his PhD from University of Dundee and his FRCP (Glasgow). He is the HOD of Family and Community Medicine and Director of Sharjah University Clinical and Surgical Training Centre. He has published more than 40 papers in reputed journals and has been serving as an Editorial Board Member of several journals.

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Nutritional status of women of reproductive age in a selected char of Rangpur district**Zahid Hasan Khan**

Northern University, Bangladesh

An observational cross-sectional study was carried out at Rangpur district in Bangladesh to assess nutritional status of reproductive aged women residing in char area with a sample size 200. Face to face interview was carried out with the semi-structured questionnaire. Convenient sampling technique was used to collect data on the basis of inclusion and exclusion criteria and written consent was taken prior to interview. Nutritional status was determined according to BMI cut off value for Asian population. Descriptive as well as inferential statistics were used to present data. Mean±SD age of respondents was 34.27±8.60. More than half (67%) of the respondents were illiterate and housewife (84%). Mean±SD income of respondents was 5700.71±282.89 per month. Underweight, normal and overweight were 67%, 30% and 3% respectively. Most respondents took rice 2-3times/day. Vegetables and soybean were taken randomly. Lentil was taken daily. Arthritis, headache, skin disease was more common. Statistical significant association was found between nutritional status and age group ($p<0.05$), education ($p<0.05$), occupation ($p<0.05$) and monthly income ($p\leq 0.05$). Half of the respondents suffered from underweight and most of them income was very low. Income generating capacity should be increased as well effective nutrition education program must be instituted.

Biography

Zahid Hasan Khan has completed his Graduation and PG from Northern University, Bangladesh.

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How did an albino patient lose 148 lbs of weight? A case report

Zarnain Shah¹, Samaneh A Motanagh² and Syed Wajih Rizvi³¹Liaquat University of Medical & Health Sciences, Pakistan²Ankara University School of Medicine, Turkey³R-Endocrinology, USA

Introduction: Obesity is a highly prevalent and yet the most neglected disease. The number of overweight and obese people reached 2.3 billion and 700 million worldwide respectively, by the year 2015. Obesity is not a social disgrace but an actual disease with a major genetic component to its etiology. Obesity treatment is a lifelong task. Weight reduction medications should be used as an adjunct to diet restriction, exercise and behavioral modifications, when these measures alone have not resulted in adequate weight loss. We hereby present a case of a morbidly obese male patient with oculocutaneous albinism who has lost 148 lbs of weight. Furthermore, the report highlights the genetic link between oculocutaneous albinism and obesity.

Case Presentation: 28-year-old male with oculocutaneous albinism presented with 361.8 lbs of weight (BMI: 62.1) and complaint of difficulty in losing weight. Physical examination revealed hypertension, low intelligence, gynecomastia and infantile testicles. Lab investigations showed unregulated hyperlipidemia and hypotestosteronemia. The patient was prescribed Xenical (Orlistat) 120 mg. Over the period of five years, he lost 83.8 lbs. After this time, Xenical's effectiveness was significantly reduced. Consequently, the patient was started on Victoza (Liraglutide) on which he lost 64 lbs in three years. Thus, a sum of 147.8 lbs of weight was lost without any side effects of the drugs.

Discussion: Obesity needs to be treated within the healthcare system as any other complex disease. We observed Xenical and Victoza to be safe and effective in reducing obesity. Substantial literature has emerged to show that in both Oculocutaneous albinism and Prader-Willi syndrome (the most common genetic cause of obesity) the P-gene is mutated on Chromosome 15. This highlights the genetic susceptibility of our albino patient for developing morbid obesity.

Conclusion: Obesity develops from the interplay of both genetic and environmental factors. This case clearly illustrates that Xenical and Victoza can be safe and efficient for weight loss in a morbidly obese patient. Furthermore, scientific research in the genetic aspects of obesity can help develop new strategies towards its prevention and treatment.

Biography

Zarnain Shah is a fourth-year Medical student at Liaquat University of Medical and Health Sciences, Jamshoro. Along with her extraordinary academic record, she holds a keen interest for scientific research..

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