

1705th Conference
Obesity & Fitness 2018



International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA

Keynote Forum

Day 1

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Teddy Rothstein

OJW Protocol, USA

Providing orthodontic jaw wiring weight-control (OJW®: weight control) as part of a “healthcare team”- A new service in the dental professional’s office

My work demonstrates that Dental Professionals (DPs) are welcomed by the public and as providers of weight control services as part of a Healthcare team that includes dietitians, physicians, psychotherpists and baritric surgeons. OJW is a fixed intra-oral, bio-mechanical appliance and protocol for controlling compulsive overeating in carefully selected patients who are obese/heading toward obesity, that help them start regaining control over compulsive eating habits with potentially grave health consequences. Patients are wired into the physiologic rest position thereby limiting the extent they can open their jaw. Permission to begin a liquid diet is obtained from their phsician. The clarity of speech is unaffected. Seemingly extreme, after seventeen years providing OJW, it is arguably rather a benign non-invasive, safe and effective method, when using my protocol. Under my protocol, the DP is responsible for maintaining the health of the TMJ, Dentition and Gingiva. The patient is responsible for losing weight by dint of their passionate dedication and adherence to a long-term, low-calorie, liquid diet authorized by their physican or proxy (psychotherapist) with guidance from dietitians and nutritionists. Today I will enumerate the myriad consequences of obesity, and the DPsfuction as a member of a Healthcare team. I will describe the appliance and how-why it works. Then demonstrate how to wire the jaws and tell you about the position the jaw is wired into. I will outline the scope of the service. I will address safety and effectivness by referencing a questionnaire I mounted in 2009. Documents will include the Informed Consent, Poor candidates; how to address problems, and a list of the ten most important elements of the OJW Service.

Biography

Having practiced every phase of Orthodontic-Orthopedics for thirty-seven years, I moved from Brookyn, NY to Portland, OR in August '16 where on Dec.16, 2016 I petitioned the OR Board of Dentisty to sanction OJW: Weight control services for Dental Professionals. On June 26, 2017 “Weight control” services were approved. I invented the appliance and developed the protocol for providing OJW: Weight-control. I provide OJW in Brooklyn NY. I have treated 200+ patients most of whom come from everywhere in the United States simply because I am the sole provider. My dedicated OJW website: www.ojwforweightcontrol.com See youtube.com Ted Rothstein DDS to view some of the videos I posted on providing the OJW service.

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Sharon Phelan

Institute of Technology, Ireland

Fitness through folk dance

This paper identifies folk dance as a means through which people can increase their fitness levels, psychologically and physically. It will use Irish dance as a case study and recordings and live demonstrations during the presentation will validate the academic theories presented. The first section of the paper will focus on the use of dance as a physical fitness tool. Then, the paper will focus on the impact of dance from psychological perspectives. Specific areas receiving attention include Self-Expression, Identity, Authenticity and Isolation. Then the paper addresses methods of teaching dance which facilitate optimum levels of fitness. The paper argues that dance can increase fitness more intensely if it is approached from artistic perspectives. In an artistic context, there is a mind-body connection. There, both physical and psychological fitness levels are being challenged simultaneously. This approach is in direct contrast to the popular dancercise class. There, the experience is skills driven and the participants often move in isolation to each other. In this superficial context, there is little room for socio-emotional expression.

Biography

Sharon Phelan lectures in Physical Education and Dance at the Institute of Technology, in Tralee, Co. Kerry, Ireland. She has danced with Siamsa Tire, the National Folk Theatre of Ireland, for over twenty-five years and she is a National Facilitator in Dance with the Department of Education. Sharon was responsible for the first dance syllabus at second level in Ireland and she has also published internationally on dance, from educational, artistic and cultural perspectives. In 2014, her book, 'Dance in Ireland: Steps, Stages and Stories' was published by Cambridge Scholars Press. Her current areas of interest include supervision of dance research at masters and at doctoral levels and the use of distance learning in dance in third level. She is also completing another book, which focuses on dance-in-education from an all-inclusive perspective.

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John Ebnezar

Wholistic Orthopedic Expert, India

Exercises for modern life style backache – Conventional v/s mind body, which is the better option?

Low backache is known to affect 80% of the world population and 80% of it is caused by mechanical factors like poor posture, weak back and abdominal muscles and a poor modern day life styles. Muscles, ligaments, disc related problems are responsible for 5% of these low backaches. Hence to prevent and treat common low backaches, maintaining a back healthy life style is of paramount importance. Among other measures, back exercises that stretch and strengthen the core muscles involving the back, abdomen and thigh muscles, are the most important. While today's exercise regimen followed all over the world involving warm-up, stretching and strengthening exercises have shown to be quite effective in keeping our backs healthy, the emergence of modern day life styles and stress both as a cause and effect of low backache has made the conventional exercises and back healthy regime less effective. The need of the hour is a set of exercises that restores this imbalance and helps tackle stress as well. We need a paradigm shift from the body based exercises to mind body exercises. Yoga based integrated exercise approach seems to be the perfect choice when it comes to this form of exercise. The effectiveness of this yoga based approach over the conventional back care approach has been proved by RCT's conducted by Dr Ebnezar et al and Dr Padmini et al, at SVYASA Bangalore. They have in their study shown that patients of common low backache who were treated with Yoga based approach showed a significantly better ($P < 0.001$) results in all the variables like pain, spinal flexibility, Oswestry Disability Index, and most importantly reduction in stress scores and overall improvement in the quality of life over the patients who underwent the conventional therapeutic approach for modern day life style lower back pain. Yoga based exercises provides the missing link in the present day healthy back regime and apart from maintaining all the benefits of the previous therapeutic exercises adds a new dimension of mental and emotional control making this exercise program more complete and thereby effectively fulfills the lacunae of the earlier treatment methods for common low backache. Thus Yoga based exercises is emerging as the new gold standard in the conservative management of this most common malady afflicting the mankind since time immemorial and is undoubtedly the new mantra in keeping your back healthy, fit and fine.

Biography

John Ebnezar is an internationally renowned orthopedic surgeon, passionate about creating, conceptualizing, implementing preventive new orthopedic health awareness modules with an aim to propagate low cost orthopedic health care. He is specialized in trauma, spine, geriatric orthopedics and sports medicine. He holds Guinness World Records both for academics (2010) and social service (2015), only orthopedic surgeon in the world to do so. He is a PhD in yoga, involved in 6 original-yoga researches, won Best Research Award from SVyasa Yoga University (2012) for his work on knee arthritis and role of yoga in fracture healing (2010). He has pioneered a new treatment method, WHolistic Orthopedics, by blending modern orthopedics with Indian Yoga, which is simple, cheap, effective alternative for patients for whom knee replacement is not an option and also for patients with modern life style orthopedic problems and has redefined the way orthopedic ailments are treated across the globe.

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Kranthi Sitammagari

Methodist University, USA

Obesity-The neglected epidemic

Obesity is a global epidemic which is most blatantly visible, yet most neglected public health problem. Obesity is a chronic, relapsing, multifactorial, neurobehavioral disease resulting in adverse metabolic, biomechanical, and psychosocial health consequences, that affects virtually all age and socioeconomic groups and threatens to overwhelm both developed and developing countries. Worldwide prevalence of obesity nearly tripled between 1975 and 2016. In 2016, more than 1.9 billion adults (≥ 18 years old) were overweight. Of these 650 million were obese. 39% of adults (39% of men and 40% of women) were overweight and 13% of adults (11% of men and 15% of women) were obese. 2.8 million people die each year as a result of being overweight or obese. 41 million children under age of 5 were overweight or obese in 2016. Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016. Obesity increases morbidity, all cause mortality and healthcare costs. Despite all these facts, Obesity is not being perceived and treated as a serious problem like other common chronic diseases like diabetes or hypertension by community and clinicians. Obesity is a multifactorial disease that requires comprehensive evaluation of the patient with individualized treatment plans. Obesity management requires interdisciplinary approach including Nutritional intervention, Physical activity, Behavioral therapy, Pharmacotherapy, referral to a obesity medicine specialist and bariatric procedures to improve patient health, body weight and composition and quality of life. A special emphasis on latest advancements in diet and pharmacotherapy will be discussed as well.

Biography

Kranthi Sitammagari is a board certified Internist, board certified Physician Advisor, Faculty at Campbell University School of Osteopathic Medicine an Associate Professor of Clinical Medicine at Methodist University in Fayetteville, NC, USA. He is an editorial board member of Society of Hospital Medicine's official magazine "The Hospitalist", Editor-in-Chief of Quality Assurance and Utilization at "StatPearls" online database publishing peer-reviewed, PubMed indexed articles and review books. He is also a Scientific reviewer for multiple peer-reviewed journals including Annals of Internal Medicine, Journal of Hospital Medicine, Journal of Preventive Medicine etc. and has published peer reviewed articles and actively involved in research and clinical teaching.

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