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Poster Presentations

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Periconceptional antioxidant micronutrient intake on fetal growth and maternal blood pressure in obese and overweight women

Frey Gugs

University of Pittsburgh School of Medicine, USA

Background: Reactive oxygen species are normally generated during the development of maternal-placental system, which are removed by antioxidant defenses such as copper/zinc superoxide dismutases (Cu/Zn SODs) and selenium-dependent glutathione peroxidases. These process is influenced by maternal diet and inadequate maternal antioxidant intake can lead to poor pregnancy outcome. We propose that an especially important time to assess maternal diet is the periconceptional period (4 wk before the last menstrual period (LMP) through 8 wk. after the LMP). We believe this time period is conceptually relevant exposure time since it relates with spiral arteries remodeling timeline. Based upon literature review, we selected six antioxidant micronutrient: vitamins C, vitamin E, copper, zinc, selenium, and magnesium, that act as precursor, essential cofactors for or themselves act as antioxidants. The aim of our study is to examine the interaction of maternal antioxidant micronutrients intake with fetal growth and maternal blood pressure (mean arterial pressure (MAP)) during periconceptional time in obese and overweight underserved women.

Methods: Study subjects were recruited as part of the Prenatal Exposures and Preeclampsia Prevention 3 Study, a longitudinal cohort study of preeclampsia mechanisms in obese and overweight women. Food Frequency Questionnaire (FFQ) (Berkeley Nutrition Services, Berkeley, California) was used to assess the usual dietary intake during periconceptional period. 286 women completed early-pregnancy (first trimester) FFQ. Linear regression model adjusted for maternal race, age, marital status, prepregnancy BMI, education, household income, parity, smoking, and periconception vitamin use was used to assess the association between maternal antioxidant micronutrients intake with fetal growth and MAP.

Results: Low birth weight was higher in younger (<20) or older (>30), non-hispanic black, not married, less educated, low-income, and smokers, overweight at the start of pregnancy. Vit E (P value=0.014) and Magnesium (P value=0.045) intake was positively correlated with birth weight. There was no significant association between antioxidant micronutrient and change in MAP.

Conclusion: Magnesium and Vitamin E intake were significantly associated with birth weight. Overall, our study population had lower intake of antioxidant nutrients compared to the Recommended Dietary Allowance (RDA). Dietary assessment, including appropriate supplementation, and intervention to improve antioxidant micronutrient intake during the periconception time may be indicated in underserved pregnant women to decrease the risk of fetal growth restriction.

Biography

Frey Gugs is a 4th year medical student at University of Pittsburgh School of Medicine. She has completed M.Sc in Global health from UCSF, and has earned B.A in Molecular cell Biology, from UC Berkeley. She has published one paper in reputed journal and was contributing author on a second paper.

frg16@pitt.edu

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An examination of class rank and lifestyle habits among YSU undergraduate students

Lindsey Swanson

Youngstown State University, USA

Recent research demonstrates that 35% of college students are overweight or obese with the majority of weight gain and obesity occurring in individuals between ages 18 and 29 (Mokdad, et al., 2001). This suggests that college campuses can be a setting for health-related interventions. Weight also increases in the freshman year, continuing into the sophomore year, and possibly beyond (Huang, et al., 2003). Students at Youngstown State University (n= 100) were surveyed to determine health behaviors and dietary habits. Students were compared by rank using a one-way ANOVA. Results showed no significant difference between rank and weekly fast food consumption ($F(3,96,99)=1.240, p=.299$). Rank and weight change were also examined using Fishers Exact Test. Results indicated that there was no significant difference in weight patterns across academic rank ($p=0.369$).

Biography

This study was conducted by five, Youngstown State University, Senior Dietetic students along with advisement from their Professor.

lmswanson@student.ysu.edu

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Youngstown state university students comprehension of old and new label designs

Jonathan Francis

Youngstown State University, USA

Food labels provide nutrition information for consumers to make informed food purchases. In May 2016, the FDA redesigned the food label to assist Americans in making healthier choices (2017). Seventy-five students at Youngstown State University were randomly surveyed regarding serving sizes, calories, saturated fat and specific nutrients on the old and new food label designs. More students were able to correctly identify added sugars on the new food label compared to the old food label ($t(74)=-7.302$, $p<.001$). Using a frequency test, results indicated that 80% of students struggled to identify the amount of saturated fat content on both the old and new labels. Students scored higher overall on the new food label (77.52%) design compared to the old food label design (70.03%). This was also significant ($t(74)= -5.465$, $p<.001$).

Biography

Jonathan Francis is a student at Youngstown University, USA

jdfrancis@student.ysu.edu

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Accepted Abstracts

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Obesity in pediatric primary care: Provider approach to the early childhood and adolescent patient population

Anna Marie Nass

The State University of New Jersey, USA

Obesity is a nationwide epidemic. Obesity in the early childhood and adolescent populations is on the rise resulting in long-term adverse health outcomes. Primary healthcare providers need to utilize evidence-based research interventions in order to assess, educate, and treat this devastating disease process. Though current guidelines, recommendations and programs exist like 5-2-1-0, providers continue to struggle. At Children of Joy Pediatrics, healthcare providers have noted similar problems to what other healthcare providers report in the literature. The purpose of this DNP Project is to evaluate how the 5-2-1-0 evidence-based message is utilized in the COJP practice for children in the 2 to 5 and 12 to 18 year old age groups diagnosed with obesity, defined as having a BMI greater than or equal to the 95th percentile according to the CDC guidelines, to establish if the 5-2-1-0 message is being utilized and to what extent it is documented in the EMR. Retrospective data will be collected to determine the number of obese patients in each of the respective patient populations with additional data to be gathered to include age, gender, height, weight, BMI percentile and current interventions specifically focused on the 5-2-1-0 components. Recommendations for future quality improvement protocols may be proposed at the conclusion of the project.

anass@sn.rutgers.edu

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Physical observation for nutritional deficiencies: Therapeutic assessment of sub-clinical symptoms and organ health

Keri Brown

Tallas Health, USA

Physical Observation for Nutritional Deficiencies: Learning how to observe physical features can help one determine nutritional deficiency patterns and health needs prior to disease occurring. This information is imperative in today's health care and in the "sub-clinical" patient, before disease progresses to outright symptoms and blood changes. Traditional doctors used physical observations of our body to confirm our health issues. They did not and could not rely on testing or blood work. Physical observations enable one to take the guess work out of nutritional deficiencies and organ health patterns. This class insures a measurement of patient evaluation as a critical tool in the medical toolbox. If pre-and post-nutritional evaluations and sound patient observations are added, the practitioner can confirm the findings while creating a recordable and even visual benchmark for patients to see the change and progress. This approach heightens the practitioner's ability to identify root causes, target priorities, and integrate patient interaction, while improving understanding, retention and compliance. Using functional assessments of the digestive system, thyroid, adrenals, and more, the health and direction of care becomes more obvious to see, treat, and monitor. While correlating specific observations and testing procedures, one can determine organ health, utilization of nutritional factors, and what direction is best for the client. We will look at the tongue, face, nails, reflex points, simple office testing procedures and holistic care to determine how to help our patients through physical observations for nutritional deficiencies.

keri@drkeribrown.com

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Does fitnessgram® promote mediocrity? using fitnessgram's® standards to raise the fitness bar

Tara B Blackshear

Towson University, USA

FitnessGram® is the national fitness test endorsed in the United States but may not meet the needs of American students. Physical education teachers can use FitnessGram's® fitness criterion as a baseline to establish and assess more vigorous fitness standards, develop fitness testing complementary to physical education curricula, and use evidence to bring value back to physical education. Presented and discussed are examples of how teachers can use data to establish fitness standards for programming, evidence of student fitness data exceeding FitnessGram's® healthy zones, and assessment and grading approaches that may lead to improved fitness.

Keywords: Processed Food, Adolescents, Factors of Consumption, Advertisement, Affordability, Availability.

tblackshear@towson.edu

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Mifflin St. Jeor Equation versus Indirect Calorimeter: What is the accuracy of the Mifflin St. Jeor Calculation?

Tara Joyce

Russell Sage College, USA

There are many ways to calculate resting metabolic rate (RMR) and indirect calorimetry is considered the “gold standard” in calculating caloric needs. However, when indirect calorimetry is unavailable, dietitians and healthcare professionals need to rely on calculations to estimate caloric needs. When it comes to obese female patients, estimating caloric needs becomes increasingly complicated due to the metabolic activity of muscle mass versus fat free mass and fat distribution. This research examines the literature on the accuracy of the Mifflin St. Jeor equation as it compares to indirect calorimetry focusing on obese females. The goal of this research is that dietitians and health professionals can make the best clinical judgment when recommending caloric needs.

taraj64@yahoo.com

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Identification of bifidobacterium animal ssp.lactis based on 16s-23s rrna gene and using in fermentation dairy products

Ali M Awaad

Al-Azhar University, Egypt

Bifidobacterium represent one of the major genera of the intestinal tract of human and animals used as probiotics in dairy and nondairy foods for restore the intestinal microflora which confers a health benefit. The identification of Bifidobacterium by phenotypic features is commonly unreliable, time, money, and effort consuming. We sought to improve the Bifidobacterium identification method based on molecular level to identify probiotic bacteria in complex microbial communities. The application of 16S-23S rRNA oligonucleotide primers is the best and most reliable, rapid, and precise species and sub species identification approach. The ribosomal intergenic spacer region (ISR) located between the highly conserved 16S rRNA and 23S rRNA shows a high degree of variation in length and sequence and potential for intra species discrimination and providing the phylogenetic Relationship of the Genus Bifidobacterium spp. Results showed that one of the two primer sets Bflac2-Bflac5 species specific gives positive results differentiating between B. animalis ssp. Lactis isolated from breast fed infants milk of human and that isolated from feces of breast fed infant and detecting reference strain for B. animalis ssp. Lactis DSM10140. DNA sequences of the two strains were submitted to the Genbank NCBI under accession number (KT758845) named as B. animalis ssp. Lactis Egm1 (Egyptian milk) and accession number (KT758846) named as Egf1 Egyptian feces while the second primer give false positive result. Also, we aim to obtain patent protection under Intellectual property rights (IPRs) for B. animalis ssp. Lactis which was isolated from Egyptian resources to be used for a better and healthier food and dairy products.

ali.maged2010@gmail.com

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Effect of dairy products intake and some physical activities in body mass index and bone mineral density: A survey at sohag university

Mohamed A Kelany
Sohag University, Egypt

This study designed to determine the effects of dairy products (milk, yogurt and cheese) intake and some physical activities (walking, running and using elevators) on bone mineral density (BMD) and body mass index (BMI) which are used as indicators of Osteoporosis and Obesity respectively. BMI was calculated by dividing weight (kg) by the square of height (m²) and classified as following: Underweight (< 18.5 BMI), Normal weight (18.5-24.9 BMI), Overweight (25-29.9 BMI) and Obese (>30 BMI) considered as Obesity degrees. BMD was measured for the right foot with a pDEXA densitometer with a dual-energy X-ray absorptiometry (DXA) and expressed as a T-score index then divided as following: Normal (T ≥ 1), Osteopenia (T (-1) - (-2.5)) and Osteoporosis (T < -2.5). The correlation has been done according to Pearson Correlation Coefficient Formula. Results showed that the average of BMI, BMD and dairy products intake were 27.3±0.98, 0.79±0.76 and 62±0.43 respectively. Findings revealed that the most of respondents used to consume insufficient amounts of dairy products which led to high rate of osteoporosis (21%) and osteopenia (37%). Correlation value of physical activities was negative with BMI (-0.073) and it was positive with BMD (0.053). Findings conclude that dairy products consumption and daily physical activities may enhance bone mineral density and prevent obesity.

Keywords: Dairy Products, Bone Mineral Density, Body Mass Index, Osteoporosis.

mk144@hw.ac.uk

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The relation between the sports trainer development and the machine development

Mostafa Mohamed Ali Salman
Kafr El-Sheikh University, Egypt

In the last period I have noticed that most of the clubs depend on machines more than humans that happen because the trainer doesn't want to develop himself or his work, and he doesn't want to work harder. When it comes to the machines, it can work for a long hours without any problem, but it doesn't develop itself as a mindset, it follows instructions which we set up before, and as trainers the question for us is, do we develop ourselves enough. Let me give an example: 10 years ago, the trainer was thinking, was working, was giving new ideas, and he was developing himself. When the trainer stopped developing himself, machine and mobile developed quickly, and people depend on mobile in gym training more than the gym coach. We don't need to stop developing our skills, because gyms are depending now completely on mobile and computers only, because the trainees can use the technology on their own. So they don't depend on us or music any more. I made an experiment on three different people, the first one, I played music for him only, but he tired so fast, and the second one I played music and gave him a motivational speech, he started to work a bit harder. Due to my speech to the third one, I gave him a motivational speech only, and I separate that kind into two different types, one of the I used to use a high voice with him, but he got annoyed, and the other type I used to use variety types of voice, there is one question here, is the tone of voice very important? Yes, it is, because you will make the trainee feel that you will benefit him through my motivational words which affect his effort. The most important part is a motivation to training, and a professional trainer, I have to make the trainee on fire. I have to back to light again, we all took workshops, but we should develop ourselves in our field. You as a gym trainer, you can't say that I can depend on YouTube during the training; we have to work hard, because if we don't work hard on developing our skills, we will lose our jobs. I hope that I delivered my message clearly, and on another side, we have to care of human developing courses, to grow the sense of humor between us and our trainees. The last but not least, we should control tools, sorry no tool can't control me either a trainee, I work for money, so I won't lose my job, because I didn't do what I have to do in front of tools such as smartphones, because most of people went towards mobile and its apps, and get their information through it. Finally, on one day you became past because you didn't develop yourself, there is a huge growing technology development that we have to follow as humans, to avoid losing our chances in front of some mobiles, and we should lead that process to restore our role again, and control both of the tool or our clients. We as humans are more important than any other tools or technology, because we made that technology, and we don't want it to beat us. Thank you for listening, and have a wonderful day.

roony_20062002@yahoo.com

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Efficacy of polarized light versus shock wave in the treatment of pressure ulcer

Ehab Abdelhafeez Abdealmaged
Cairo University, Egypt

Background: In clinical practice many wounds are slow to heal and difficult to manage and so, this study was performed to compare the efficacy of Polarized light versus Shock wave in the treatment of pressure ulcer.

Methodology: thirty patients were included in this study. Their ages ranged from 40 to 60 years were selected randomly and divided into two groups each group contains 15 patients: Group (A) received traditional medical treatment and polarized light, 3 days/week for 8 weeks. Group (B) received treatment with shock wave therapy plus traditional medical treatment, one session/week for 8 weeks. The measurements were done before the study and after 8 weeks of treatment for both groups by using wound surface area tools (Tracing method) and epithelialisation rate (ER).

Results: It showed reduction in wound surface area after treatment for group (A) and (B), with percentage of 50 %, 40.58 % respectively and for epithelialisation rate there was a significant increase in ER of group (A) post treatment compared to group (B) as 52.14 %, 42.24 % respectively. Conclusion: Both polarized light and shock wave had the same significant effect on pressure ulcers healing with high significant improvement in epithelialization rate using polarized light than shock wave therapy.

Key words: polarized light, shock wave Therapy, pressure ulcer.

ali.maged2010@gmail.com

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Wet cupping therapy (Hijamah): Sports & physical therapy through suction

Ifrikhar Ahmad Saifi

Sports & Physical Therapy Doctor, United Arab Emirates

Wet cupping is a form of bloodletting that involves first making superficial incisions on the skin, then applying the suction cups to suck out small amount of blood. It is the application performed to draw out stagnant, congested blood and Vital Force, as well as other stagnant or morbid humors. Cupping therapy is an incredibly ancient and universal practice that spans both East and West. In the East, the Chinese have been practicing the art of cupping for at least three thousand years. Cupping is applied to the acupuncture points to relieve the stagnation of Qi and blood, both locally and in the organ(s) activated by the point. Traditional healers have long recognized the association between pain and conditions of congestion, stagnation and blockage. An old Chinese medical maxim states: Where there's stagnation, there will be pain. Remove the stagnation, and you remove the pain. Not only pain, but the vast majority of all illness and disease including a number of psychiatric conditions come from stagnation, congestion and blockage - of energy, like the Vital Force, or of vital fluids or humors, like blood, phlegm or lymph. The suction applied by cupping sucks out and breaks up that congestion, stagnation, or blockage, restoring a free flow to the vital energies and humors of the organism. After falling out of favor with medicine in the modern era, cupping therapy is enjoying resurgence in popularity, promoted by acupuncturists, Unani (Greek) medicine physicians and other holistic healthcare practitioners. New and exciting variations on this ancient technique, like cupping massage, are also being developed. One secret of cupping's perennial popularity is its great ability to promote a state of deep pleasure and profound relaxation. Hopefully, cupping is here to stay.

driasafi@gmail.com

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The comparative analysis of obesity risk factors among Indian and Ukrainian adolescents

Navneet K

Odessa National Medical University, Ukraine

Childhood obesity is one of the most serious public health challenge affecting many low- and middle-income countries. The aim: to analyze and correlate various factors of daily life that may result in general health disorders in children and their parents. Materials and methods. The study was held in four schools, two schools from each country, with total number of 202 observations. The 1st part of investigation included questionnaires, the 2nd - was general examination (anthropometry, blood pressure and pulse recordings, orthostatic test). Correlation was done with Odds Ratio(OR). Results. The orthostatic complaints correlate with sedentary lifestyle OR 5.9 95% CI(2.0-17.1), headache OR 2.8 95% CI(1.1-6.5), dizziness after playing OR 3.4 95% CI(1.4-8.0) in Indian children on contrary stomachache OR 5.2 95% CI(2.0-13.3) in Ukrainian. Particularly in Indian population complaints after playing correlates with less visit to sport section OR 2.8 95% CI(1.2-6.4) and orthostatic complaints OR 2.35 95% CI(1.0-5.3). Obesity in parents highly correlates with good social status of family in both populations, in Indian OR 4.2 95% CI(1-14.7), in Ukrainian OR 4.1 95% CI(1.5-11.3). High magnitude of correlation was found between less episodes of respiratory illness and good intake of fresh food among both populations, in Indian OR 6.3 95% CI(1.6-25.7), in Ukrainian OR 18.2 95% CI(4.8-69.3). Conclusion. The sedentary lifestyle of parents is a major factor behind inactive life of their children, which in turn results in childhood obesity in both populations.

navi.boparai7@gmail.com

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Three-year analysis of changes in lifestyle behaviors and health status of the health science community of Kuwait University

Nowall Al-Sayegh

Kuwait University, Kuwait

Health professionals who adopt healthy lifestyles are more likely to promote healthy living practices in their community and with their patients. We aimed to evaluate health indicators of students, and staff of the Health Sciences Center of Kuwait University. We extracted data on health behavior profiles related to smoking, physical activity, stress and sleep and objective measures such as systolic and diastolic blood pressure (SBP and DBP), heart rate (HR), random blood sugar (RBS), Body mass index (BMI), and waist-to-hip ratio (WHR). 206 participants (107 staff, 99 students) attended three academic-years. Pairwise analysis showed significant changes from unhealthy in 2014-15 to healthy in 2016-17 among all participants in WHR (4.4%, $p=0.001$), HR (27.3%, $p=0.001$), and stress (15.3%, $p=0.020$). Subgroup analyses reported similar changes among female and student participants. Male participants remained unhealthy in BMI (74.2%), SBP (81.2%), and WHR (72.7%). Amongst female participants, healthy to unhealthy changes were in sleep (83.5 %) and BMI (74.2%), while unhealthy to healthy changes were observed in HR (67.6%), Stress (18.8%), and DBP (82.0%). Three-year analysis showed significant improvements in WHR, HR and stress. Health indicators that were a concern for males were BMI and blood pressure while for females they were sleep and BMI. We shall continue to encourage participation in annual health assessments and take advantage of individualized health coaching, advice and follow-up. In this way, the baseline of student and staff health will be expanded and evaluated in terms of change over years.

nowall@hsc.edu.kw

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Comparative study of depression and health seeking behaviour in geriatric population in pokhara - A community based study

Priyanka Shakya

Manipal College of Medical Sciences, Nepal

Objective: To compare the degree of depression and health seeking behaviour among elderly residing in the old age home and the community in Pokhara.

Design: Community based Cross-sectional study (Qualitative and Quantitative)

Study Area: Pokhara, Nepal

Methodology: Face to face interview was conducted with the elderly aging 60 years and above in Institutional care and in the surrounding community. They were recruited in the study by purposive sampling technique. The instrument used to measure the depression score was internationally approved 30 question items Geriatric Depression Scale (GDS) and self-structured questionnaire.

Results: The study showed that the depression among the elderly living in Old age home was 93.8% and those living with their respective family in the community was 57.5%. Among the total population mild depression was seen in 43.6% and severe was 30.7%. Due to the lack of the caregivers 33.1 % were residing in the old age home and 70% seek health through the faith healers. There was association of depression with the duration of stay in old age homes, physical illnesses, loneliness, lack of family and social support.

Conclusion: Depression was seen mostly among elderly population residing in the old age homes. Majority of respondents were found to be living with varying level of depression. Poverty, presence of physical illness and lack of social and family support contributes to depression.

psakya86@gmail.com

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Factors associated with processed food consumption among school-going adolescents in Karachi

Samia Ahmed Khan

School of Public Health Dow University of Health Sciences, Pakistan

Nutrition transition may have influenced processed food consumption, particularly in middle-income countries like Pakistan. Rise in consumption of processed food items is observed due to ongoing nutritional shift. The excessive consumption of processed food and lack of physical activity is associated with obesity and other diet-related non communicable diseases. To find out contributing & promoting factors towards processed food consumption and frequency of consumption among school-going adolescents in Karachi, a cross sectional survey was conducted with sample n=478. Of the total, 92% of adolescents consumed processed food on weekly basis due to taste (64%) and diversified range of items (41%). Out of these, 59% were males and 52.3% older adolescents (15 to 19 years) consuming more. Affordability (98%) and availability (94%) were found as the two main contributing factors for the high consumption, whereas print and electronic media advertisements (91%), peer pressure (83%) and women employment (59%) were found as the major promoting factors for excessive consumption of processed food. Most consumable items included cold drinks (76%), breads and buns (68%), Banaspati ghee (67%), butter (64%), tetra pack sweetened milks (60%), ready to eat parathas (44%), jams and marmalades (43%), crisps and snacks (42%), fruit juices (40%), and chocolates (39%) weekly. Convenience, affordable prices, peer influences, and heavy marketing has increased processed food consumption and its major impact on health are commonly seen in adolescent group.

Keywords: Processed Food, Adolescents, Factors of Consumption, Advertisement, Affordability, Availability.

khansamia804@gmail.com

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Evaluation of a new therapeutic sacroiliac joint manipulation technique for patients with sacroiliac joint dysfunction

Ujitha Bandara

Teaching Hospital Kurunegala, Sri Lanka

Purpose: The sacroiliac joint (SIJ) can be a cause of low back pain and sciatica. The aim of this study was to assess and introduce a new physiotherapy manipulation intervention for SIJ-related back and leg pain.

Methods: As a double-blinded, randomized trial, we evaluated the short-term therapeutic efficacy of a new intervention therapy against the current traditional practice. In this study, 60 patients with SIJ-related leg and back pain were studied. Following the initial assessment of each patient with respect to their perception of pain and quality of life (QOL), the effect of the treatment was evaluated. Using the visual analogue scale (annexure 1), perception of pain was assessed before and after the 1st, 2nd and 5th day (3rd day) of treatment. The instrument used for evaluation of quality of life was SF-36 (annexure1). At the outset of the study, QOL status was determined using this instrument. After the course of treatment by the assigned treatment method, each patient was reassessed using the SF-36 at the 5th week following a lapse of 4-week treatment free period. Except for having to drop out one patient for his failure to keep to the appointment, another 59 patients were treated successfully.

Results: The results show that the effect is highly significant at $\alpha = 0.001$ (CI 4.3+0.7) for pain reduction and $\alpha = 0.001$ (CI 1447.5+24.2) for QOL improvement. Of the 59 patients, 100% (n=30) have recovered from pain with the new treatment after the 3rd visit, while the recovery rate among patients who received the traditional treatment is 6.8% (n=29) after the 3rd visit.

Conclusion: In this double-blinded intervention study, the new manual therapy technique appeared to be the choice of treatment and more beneficial to the patients with back pain due to sacroiliac dysfunction than the traditional treatment. Further study to investigate its benefits with larger population should be encouraged.

Keywords: Sacroiliac joint, Treatment, Manual therapy, Physiotherapy, Heat therapy, Exercise therapy, Joint mobilization, Quality of Life.

ujithaphysio@gmail.com

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The association between cardiorespiratory fitness, and physical activity levels of central obese adults in Enugu state (eastern part), Nigeria

Iwezu Happy Nonso

University of Nigeria, Nigeria

Central obesity and its implicated adverse health conditions are a major concern of some people. Central obesity is one of the predisposition factors to cardiovascular disease, respiratory conditions, type 2 diabetes mellitus, cancer and others. The purpose of this study was to determine the relationship between central obesity, cardio respiratory fitness and physical activity level among adults in Enugu State. Three hundred and seventeen subjects (158 obese and 159 non obese) who met the inclusion criteria and gave their informed consent participated in the study. Their waist to hip ratio was determined using measuring tape. Body Mass Index measured with stadiometer and weighing scale. Cardio respiratory fitness was determined using Harvard Step Test and International Physical Activity Questionnaire (IPAQ) was used to determine their physical activity level. Data collected was analyzed descriptively and inferentially using correlation test. The level of significance was set at $p = 0.01$. The physical activity level of obese adults in Enugu state increases in an ascending order of vigorous, low, moderate while the cardiorespiratory fitness decreases in reverse direction as low, average, good, excellence and very low. There was a significant relationship between cardio respiratory fitness and physical activity ($r = 0.146$, $\text{sig} = 0.009$). There was also a significant relationship between waist-hip ratio and cardiorespiratory fitness ($r = -0.221$, $\text{sig} = 0.000$) keywords: obesity, cardiorespiratory fitness, physical activity level, adults.

iwezuhappy@yahoo.com

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Effectiveness of an eight-week low impact aerobic dance programme on the management of osteoarthritis

Adeogun John Olufemi

Lagos State University, Nigeria

Pain and major physical disabilities are major symptoms of osteoarthritis. How patients cope with a chronic disorder greatly affects their quality of life. Randomised controlled trials clearly shows that regular moderate-level exercise does not exacerbate osteoarthritis pain or accelerate the pathological process of osteoarthritis. The study therefore examined the effectiveness of eight week low impact aerobic dance in the management of osteoarthritis. Thirty (30) osteoarthritis patients from the Physiotherapy Clinic participated in the study. Joint flexibility of the participants improved as well as cardiovascular fitness. BMI of patients did not improve like other variables and this might be attributed to the short duration of the study. The study concludes that low impact exercises especially the ones involving dance can be an adjunct in the management of patient with osteoarthritis. For those who enjoy being with others, exercise dance classes for people with osteoarthritis are a safe and effective way to learn and enjoy exercise. Keywords: osteoarthritis, physical activity, low impact aerobics.

femiadeogun1@yahoo.com