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Development and nutritional analysis of multigrain mixture to improve nutritional status of obese individuals

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Obesity is a major nutritional problem in India. Junk food, sedentary lifestyle, alcohol are majorly responsible for self-destruction, making one in every fifth Indian male and female either overweight or obese. India is on 3rd number in obesity after US and China. Keeping this in view multigrain nutritious health mixture was developed from roasted seeds of pumpkin, jackfruit seed, mango kernel seed flour, glucose powder, brown sugar and cereal grain like corn, bengal gram, peanut, rice, pulses etc. The multigrain mixture was evaluated for their physicochemical, microbial and sensory properties. Results showed that various nutrients like protein 5.35(% by weight), carbohydrate 80.25(%by weight), dietary fibers 4.67(% by weight), calcium 73.25(mg/100), Iron 2.94(mg/100g) and energy was found to be 404.32Kcal. In microbiological analysis different parameters like TPC, Coliform count, E. coli, Salmonella sp., S.aureus, yeast & mold count were tested. In which E. coli, S.aureus, Salmonella sp. was not found. The multigrain mixture was free from aflatoxins. All the heavy metals were under permissible, only zinc and tin were found in very less amount. The study revealed that such coarse cereals and seeds of fruits and vegetables which are less consumed by the people can be used to prepare such type of multigrain mixture which is very high in nutritional value. The product was also subjected to shelf-life analysis for one and a half month for various parameters like sensory value, free fatty acid, peroxide value, water activity. Since the multigrain mixture has been made without frying, by roasted and puffed cereals, seed etc. it may be better alternative than the snacks like bhujiya, namkeen etc. which are generally fried in oil, a mixture made by us does not use the frying in oil, which is beneficial for health of obese persons, as well as cost effective, it also has the longer shelf-life at room temperature which makes them safe and suitable for consumption.

Biography

Meenakshi Garg has completed her PhD degree from CCS Haryana Agricultural University, Haryana, India in 2003. She is working as an Assistant Professor in Food Technology department at Bhaskaracharya College of Applied Sciences, University of Delhi, New Delhi. She has completed four major research projects and published more than 25 papers in reputed journals. She wrote two chapters in books of international publisher. Her area of interest is nutrition and food processing.

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The effect of gender on proprioception accuracy in mechanical low back pain

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Mechanical low back pain is one of the most common disorders affecting the young age population. The affection of proprioception can lead to worsening of the back pain. The effect of gender on the proprioception accuracy in the back did not have enough attention. The purpose was to know the difference of proprioception accuracy in the back region between males and females who suffer from mechanical low back pain. in case of proofing, there is a difference in proprioceptive accuracy between them, a new standard of physiotherapy programs suiting every gender would be provided for their rehabilitation. A representative sample of one hundred seven patients was included and subdivided to Group A (17 females and 36 males) with mechanical low back pain. The mean ± SD age, weight, height were 22.56±6.2years, 74.28±13.410kg, 172.92±8.546cm and Group B(11 females and 43 males) who were normal individuals. The mean ± SD age, weight, height was 22.66±3.34years, 72.92±13.54kg, 174.01±7.73cm respectively. Active repositioning error was calculated 3 times the Biodex Isokinetic Dynamometer. Results revealed that there was a significant increase in active repositioning error in females regarding males who suffer from mechanical low back pain in Group A as (P=0.002) while there was no significant difference in Active repositioning error between females and males in group B (p=0.16). So it is recommended to perform an intense proprioceptive training for young females regarding males for rehabilitation of the back.

Biography

Dr. Dina Al Hamaky had graduated from the faculty of physical therapy in 2007 and had her master degree in 2014 then discussed Ph.D. in October 2018 in Cairo University.she is teaching in Cairo University as assistant lecturer .she taught in Sharjah university in the United Arab Emirates in 2017. she did publish in international journals about proprioception, its assessment and correlation with the intensity of pain.she is interested in research related to back pain in young age.

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Research on regional equity measurement of government health expenditure in China

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With the rapid growth of total health and medicine expenditure in China, the significant difference in health expenditure among different regions is becoming outstanding. The equity of Chinese government health expenditure (GHE) has been a hot topic in the field of public health care service. The scholars all over the world think that fair medical and health services are very important. Scholars use different methods to measure the GHE equity, among which the Gini coefficient and Theil index are the most widely used. Based on the research methods of most scholars, the Gini coefficient and Theil index are used to measure the GHE equity in this paper. The results show that the overall GHE tends to be fair from 2005 to 2014. However, from 2015 to 2016, the GHE equity declines slightly. After decomposing the Theil index of national GHE, this paper finds that the intra-regional differences are greater than inter-regional differences, and the intra-regional and inter-regional difference results in the inequity of the national GHE. The contribution rate of increased inequity of intra-region is greater than that of inter-region. This paper continues to decompose the regional disparities of government health expenditure in China and finds that the GHE equity in eastern, western and central provinces has increased year by year, while it in northeastern provinces has declined, and it in eastern areas has the greatest impact on the equity of national GHE.

Biography

She has been pursuing her PhD degree since 2018 in School of Statistics, Jiangxi University of Finance and Economics. Her interestes mainly include public health economic statistic, public health service equity, public medcine and health care.

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Safely teaching quality bariatric surgery

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Aims: The learning curve for bariatric surgery can deter surgical trainees and fellows from learning procedures such as Laparoscopic Sleeve Gastrectomy (LSG) and Laparoscopic Mini Gastric Bypass (LMGB). We hypothesize that bariatric surgery can be taught safely without compromise in quality, at a moderate volume center.

Methods: a Retrospective collection of prospectively collected data was performed using electronic databases. This included basic demographics, operation type and identification of primary operator (consultant vs trainee), defined as the operator who completed ≥50% of the operation, including gastric staple application. Primary outcomes included 1year mean %BMI change over one year, 30day morbidity and mortality. Secondary outcomes included 30day and 1year readmission rates.

Results: All 251 bariatric surgeries performed or supervised by a single bariatric surgeon between May 2011 and November 2018 (228 LSG and 23 LMGB) were included. 87/251 (35%) were consultant-led and 164/251 (65%) were trainee-led. There were no staple line leaks, anastomotic leaks or 30day mortalities. 8/251 (3%) had 30-day morbidity, with 2/87 (2%) occurring with consultant-led cases and 6/164 (4%) with trainee-led cases. 4/251 (2%) were readmitted within 30-days, 1/87 (1%) was a consultant-led case and 3/164 (2%) with trainee-led cases. 1year mean %BMI change was 36% for consultant-led operations and 35% for trainee-led operations. No outcomes exhibited statistical difference based on primary operator status.

Conclusions: Bariatric surgery can be taught safely at a moderate volume center, without a reduction in quality. This data could help promote higher trainee primary operator rates in bariatric centers around New Zealand.

Biography

Preekesh Patel completed his Bachelor of Medicine and Bachelor of Surgery from The University of Auckland in 2014. He has a Post-graduate Certificate in Surgical Sciences from The University of Edinburgh. He is currently working at Waikato Hospital as a General Surgery Registrar.

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Effect of aerobic exercises versus natural extract on leptin level in obase women

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Background: In clinical practice the prevalence of obesity and overweight is steadily increasing in most of human populations, and because leptin play an important role in the regulation of energy intake and expenditure so, any change in its level can assist in regulation of body weight and obesity.

Purpose of the study: to assess the effect of aerobic exercises versus natural extract on leptin level in obese women. Methodology: sixty obese women were included in this study. Their age ranged from 30 to 40 years, and their BMI ranged from (30-39.9)kg/cm2, assigned into three groups: group (A) they performed the designed program of aerobic exercises three times per week for 12 weeks duration, group (B) they performed the designed program of drinking green tea 3 cups (each cup about 150 ml of water) of green tea every day for 12 weeks, and group (C) they performed the same aerobic exercises program as group (A), plus drinking green tea as the study group (B) for period of 12 weeks. The measurement were done before the study, after 6 weeks, and after 12weeks of treatment for each group by using serum leptin level, BMI, and body weight.

The results: this study provides data showing that a 6-weeks and 12-weeks of drinking green tea, exercises training or a combination of green tea drinking and exercises caused significant reduction in body weight, BMI, and serum leptin level in obese women.

Conclusion: green tea drinking and aerobic exercises were found to decrease the elevated leptin level in obese women.

Biography

Talaat Ahmed is a physical therapist specialist, he is interested in obesity and diet management and control, has been working in the field of physical therapy since 2006, graduated from faculty of physical therapy at Cairo university in 2006, got the master degree in physical therapy from the same faculty in 2014, his master degree was in obesity management with natural extract, enrolled in DPT. Program of Cairo university in 2017. Has been worked as a physical therapist manager of Royal medical care center for physical therapy and rehabilitation at Cairo-Egypt in the period between 2010 till 2014, now working as department manager for Jeddah branch of international Fizik centers at KSA. He is very interested in the field of obesity management and diet control. Talaat Ahmed lives in Jeddah, KSA.

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Genomics of the obese patient before and after bariatric surgery

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Obesity is today a worldwide clinical and public health burden. It is associated with an increased risk of type 2 diabetes, cardiovascular disease, cancer, metabolic syndrome, nonalcoholic steatohepatitis, and mortality. The identification of multiple genetic defects responsible for monogenic syndromic and non-syndromic, oligogenic and polygenic forms of obesity over the last 20 years confirm an inherited component. A partial genetic overlap has been demonstrated between BMI variation in general populations and extreme forms of obesity. However, little is known on the genetic determinants of BMI variation among obese people. For this study, clinical data were extracted from the CHRU Lorraine's patient database. Blood was collected during the surgery for DNA extraction. The genotyping was performed using 240k SNPs Illumina BeadChip. Quality control was performed using GenomeStudio 2.0, Plink considering a callrate ? 99%, and callFreq ?95%. The results show that 169(48%) of patients are carriers of at least 1 of these mutations predisposing to obesity, and 182 are non-carriers, which explains that carriers for these mutations present 1.3 unit of BMI more than in the general population before the surgery. The variants do not have effect on weight loss in response to the modifications due to lifestyle and the surgery after 2, 7, and 12 months. In summary, the results suggest that rare and low frequency genetic variants associated with BMI in a general population have six times more effect on BMI in the morbidly obese cohort. and different genetic variants control the response to obesity lifestyle modification and surgery.

Biography

She currently pursuing a PhD degree at Lorraine University Faculty of Medicine, Nancy, France. I'm a second year PhD student. She currently writing 2 papers based on my PhD project: Genomics of the obese patient before and after bariatric surgery. In the past, during my masters she worked in Cardiovascular Diseases at the University of Ottawa Heart Institute, and for that project I have 2 publications in reputed journals.

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Effects of berberine on high fat/high sucrose induced non alcoholic steatohepatitis (NASH) in experimental rats

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Non-alcoholic steatohepatitis (NASH) is the most common chronic liver disease in the world, characterized by the hepatic steatosis, inflammation, hepatocyte injury with or without fibrogenesis, which might lead to cirrhosis. Berberine (BBR) is a natural isoquinoline alkaloid with very impressive health benefits.

The aim of this study: To evaluate the protective effect of BBR in experimental NASH induced by high fat/high-sucrose diet in male albino rats.

Methods: 60 male albino rats divided randomly into four equal groups: group I (normal control group), group II (BBR treated control group), group III (NASH group) and group IV (BBR treated NASH group). Levels of PGC-1α in hepatic nuclear extract were measured by ELISA, while the activity of cytosolic glycerol 3 phosphate dehydrogenase (GPDH1) in liver tissue homogenate, liver enzymes, lipid profile and plasma FRAP were measured spectrophotometrically.

Results: There was a statistically significant decrease of hepatic PGC-1α, plasma FRAP, serum HDL-C along with significant increase in the activity of GPDH1, liver enzymes as well as hyperlipidemia in NASH group compared to both normal control and BBR treated control groups. These pathological disturbances were significantly ameliorated by BBR supplementation.

Conclusion: The present study provided unequivocal evidence that disturbed hepatic PGC-1α and altered redox status acted as major contributing factors for the pathogenesis of high-fat/high-sucrose induced NASH in rats. It also shed some light on the potential therapeutic value of BBR in NASH; partly accredited to its hypolipidemic and antioxidant effects, in addition to upregulating the levels of PGC-1α in hepatic nuclear extracts.

Biography

Eman Elrefaei has completed her bachelor degree in medicine and general surgery at age of 25years from Tanta University, school of medicine Egypt. Then got her MD in medical biochemistry and molecular biology at age of 28years.

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Role of nonalcoholic fatty liver disease fibrosis score in overweight and obese nonalcoholic fatty liver disease

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Non-Alcoholic fatty liver disease can occur in obese and lean patients. Diabetes, obesity, and hypothyroidism are major treatable risk factors which can prevent the progression of NAFLD to NASH and CLD. liver biopsy is considered as the gold standard for diagnosing NASH. Fibroscan a noninvasive technique is now being routinely used to detect the fibrosis of the liver. However, this facility is not available at every hospital. NAFLD fibrosis score and novel biomarkers cytokeratin 18 are being investigated as a marker of fibrosis. In this observational cross-sectional study, we tried to find out the NAFLD fibrosis score, fibroscan values in 30 overweight (BMI> 23.5kg/m2) and obese (BMI >28.5kg/m2) NAFLD patients out of total 50 NAFLD patients diagnosed on the basis of ultrasonography. Blood tests including hemogram, KFT's, LFT's, lipid profile and ultrasonography and fibroscan were done in all cases. A value of > 0.676 was taken as significant fibrosis,-1.455 to ≤ 0.675 as intermediate fibrosis, <-1.455 as absence of fibrosis. The mean age was 46.50±12.33years. There were 8 (26.7%) males and 22 (73.3%) females. The mean BMI was 30.08±5.27. The mean ALT and AST was 54.17±27.49IU/L and 47.0±21.92IU/L respectively. The mean total cholesterol and triglyceride were 181.67±49.13 and 199.63±34.67 respectively. The mean TSH was 5.87±5.09mIU/L. The prevalence of hypothyroidism and diabetes was 11(36.6%) and 20(66%) respectively. Mean NAFLD score was -1.144±1.47 and the fibroscan score was 7.5067±2.25. Based on the NAFLD fibrosis score significant, intermediate and no fibrosis was observed in 6.7%, 56.7%, and 36.7% respectively.

Biography

Sandeep Garg has completed his MBBS and MD Internal Medicine from Delhi University. At present, he is Professor of Medicine in Maulana Azad Medical College looking after the Endocrine clinic. He is also involved in undergraduate and postgraduate teaching of MBBS and BDS students, Resource person for the HIV Fellowship, PG diploma in Geriatrics, Hemophilia training programme, Elsevier Clinical Key and National Board of Examination. He has published more than 50 research papers, delivered many lectures and chaired sessions at national and international level. Along with many National affiliations and awards, he is Fellow of Royal College of Physician, Edinburgh, and Fellow of American College of Physician. He is also an elected member of Physician Research foundation of the Association of Physicians of India.

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GC-MS and molecular docking studies for identification of anti-diabetic compounds in methanolic extract of *hunteria umbellata* seeds

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The purpose of this study was to investigate the diabetic effect of phytocompounds synthesized from *Hunteria umbellata* using GC-MS analysis and molecular docking studies. Peroxisome proliferator-activated receptor gamma (PPAR-γ) agonists are beneficial in the treatment of diabetes by stimulating insulin sensitivity and antagonizing hepatic gluconeogenesis. The aim of the present study was to investigate PPAR-γ agonist property of phytocompounds from *Hunteria umbellata* using in-silico approach. Molecular docking of *Hunteria umbellata* on human PPAR-γ protein was determined by Auto/Vina in Pymol 4.2 and compared with Gilbenclamide, a known agonist of PPAR-γ. Our present study reports the phytochemical analysis of the extracts of the seeds and leaves of *Hunteria umbellata*. 21 compounds were revealed through GC-MS analysis and screened using Autodock/ Vina against PPAR-γ. Docking studies recommended that 2,2-Benzylidenebis (3-methylbenzofuran) an existing phytochemical from the seed of *Hunteria umbellata* had the highest fitness score of-11.3 Kcal/mol and hence could be a potent antidiabetic drug. *Hunteria umbellata* seed extract and its compound 2,2-Benzylidenebis (3-methylbenzofuran) have a significant antidiabetic activity against PPAR-γ. Molecular binding interaction of an in-silico data demonstrated that 2,2-Benzylidenebis (3-methylbenzofuran) has more specificity towards the PPAR-γ binding site and could be a potent antidiabetic compound.

Biography

Olusola Abiola Ladokun is a Professor of Nutritional Biochemistry in the Department of Biochemistry, Faculty of Sciences, Lead City University, Ibadan. She holds a PhD in Agricultural Biochemistry and Nutrition from the University of Ibadan, Ibadan, Nigeria. She is the current serving Dean of the Faculty of Basic Medical and Applied Sciences. She has to her credit several articles in both local and international journals, chapters in books and conference proceedings. Her areas of research include but not limited to Food Chemistry, Ethnopharmacology, and Functional Foods. She has attended and presented papers in conferences and workshops in Nigeria and Internationally.

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A net structure bariatric surgery device with silicone materials

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Introduction: Silicone rubber has excellent biocompatibility and good mechanical properties, which makes it a valuable candidate for the implantable medical device. Bariatric surgery is considered the most effective treatment option for morbid obesity. This paper tests the feasibility of designing a net-shaped device to control stomach capacity.

Methods: The net-shaped bariatric device is custom made for each patient by 3D printing using silicone based on a physician's assessment of height, weight, and energy consumption of obese patients. The device is placed on the outer wall of the patient's stomach by laparoscopic surgery. Due to its good elasticity and toughness of the silicone rubber, a patient's stomach is getting constrained gradually by the device during the feeding process, until the constrain reaches a threshold to achieve the purpose of weight control. The function of the net-shaped device was tested by simulation experiments using a balloon as the model for the stomach. The pressure pump inflates to simulate feeding process. Our experiment uses a control group with balloons only and a testing group with a basket over the balloons. For both groups, the balloon was injected with air at a constant pressure stream. When the pressure reached a certain level, the volume of the balloon w/o the device was recorded. The relationship between the volume and pressure for different hardness, thickness and braid density of the device was measured.

Results: In the control group, the balloon tripled in size when the pressure pump stopped filling; while the volume of the balloon in the control group increased by 0.5 times. The hardness, thickness, and braid density have a lot effect on the expanding volume, and the silicone with 25D (shore hardness), 0.2mm in thickness and 35 PPI seems to be optimal in performance.

Discussion: A net-shaped bariatric surgical device made of silicone were designed and prepared. The preliminary function of the device was tested using a simulation system, and the design parameters of the device were optimized.

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Innovation in children's health: How cross sector collaboration can address health inequity

Kathy Higgins
Alliance for a Healthier Generation, USA

When it comes to ensuring that all children and families have the chance to live healthier lives, we believe that everyone has a role to play. Healthier Generation drives strategic collaboration with the business sector at the national and local levels to shape supply, build demand, and improve access to healthier foods and beverages. In cooperation with corporations, industry associations, and national governing organizations, we leverage our expertise in cross-sector collaboration to drive bold change against entrenched barriers to public health such as availability, accessibility, and affordability of healthier options, with a focus on addressing health inequity. Healthier generation negotiates and implements voluntary evidence-based industry agreements that are in ambitious pursuit of supporting youth and families as well as shifting behavior towards choosing more balanced, healthier food and beverage options. To date, these collaborations have shown meaningful progress in children's health, including reducing the consumption of calories from beverages, increasing provision, and marketing of fruits, vegetables, and healthier beverages and providing access to healthier products that meet the USDA's Smart Snacks in School and the CACFP meal pattern guidelines. Healthier generation will discuss the value of cross sector collaboration and dive deeper into the impact of those relationships as they relate to children's health.

Biography

Kathy Higgins has been named both an Eisenhower Fellow and Fulbright Senior Scholar, for which she was selected to study health care and philanthropy in New Zealand and Australia. She is the chief executive officer of the alliance for a Healthier generation and is considered a national expert on health care and philanthropy. In her previous role, she led the strategic investment of more than $150million into North Carolina communities to improve the health of vulnerable populations, as well as support physical activity and nutrition programs. She holds a bachelor's degree in education from West Virginia Wesleyan College and completed her master's work in community health education from Virginia Tech University.

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The effect of 20 hydroxyeicosatetraenoic acid antagonism on myocardial infarction of metabolic syndrome rats

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New York Medical College, USA

20-hydroxyeicosatetraenoic acid (20-HETE) is an eicosanoid metabolite of that has a wide range of effects on the vascular system such as collateral cell growth, the vascular rebuilding of the heart. Metabolic syndrome and 20-HETE have been shown to be correlated together. There is a higher concentration of 20-HETE in Metabolic Syndrome patients. With a higher concentration of 20-HETE patients with metabolic syndrome have symptoms that are more severe. The effect of elevated 20-HETE is negative and can influence cell growth after a myocardial infarction. Myocardial Infarction (MI) is another term for a heart attack. In previous studies, it shows an MI size increases with an elevated level of 20-HETE. During the study, the metabolic syndrome rats and a control group of rats will be induced with an MI for about 30minutes. After rats from both groups are given an MI and 20-HETE antagonist named 20-SOLA which counteracts 20-HETE levels will be given. 20-SOLA treatment was given to the rats at 48hours, 1 week and 8 weeks. The results indicated that the AMPK antibody for both total and phosphorylated showed a significant decrease in 48hour samples. 20-SOLA was found to create equilibrium in 20-HETE levels in all tissue samples and significantly more in JCR MI rats. 20-SOLA aided the decrease in ischemia for both rats, but again results indicate a more reliable significance in JCR MI rats. These findings are relevant to the epidemic of cardiovascular diseases plaguing populations globally.

Biography

Corinna Lozano is a junior and a second year in the Science Research program run through SUNY Albany. She is a member of peer leadership in which she is the secretary and the town of Pawling's interact club. She is an active participant in soccer and dance team. When Corinna is out of school she enjoys spending time with her family and volunteering in her community. She is very dedicated to working hard in school and in her sports. She is very friendly and enjoys meeting new people through school programs. Pawling High School is a great environment in which has been bettered by her bright and cheery spirit. The teachers of Pawling High School all enjoy having her as she is super helpful when her fellow peers have a problem. She is currently working with her mentor on her research project that focuses on the effects of 20-HETE.

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An integrated approach can curb obesity and unhealthy lifestyles: The role of religious leaders on health promotion in Southern Africa

Ngwako Daniel Sebola
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The growing obesity epidemic, unregulated lifestyle resulting in deteriorating health, the premature and avoidable onset of disease, including excessive health care costs are among major crisis in Southern African communities. This paper argues that religious institutions have been isolated from taking part in health promotion for ages. Religious centers have been strictly regarded as the place for people who needed spiritual fulfillment and not for environmental and health education. While the notion is valid, whoever, such perception has limited the true essence of religion(s). The global community, with its diverse fields of disciplines, professionals, and experts in every field of endeavor has been working partially or total isolation from one another. Lack of integration in addressing individuals and communities' calamities are equally to blame on the scourge of ill-health. The paper further argues that in order to eliminate the epidemic, an integrated approach by concerned stakeholders, including health care sectors and faith-based organizations are crucial. Religious leaders have more credibility for influencing behaviors than other leadership structures in a given society. By addressing matters of health, nutrition, and fitness from their respective places, faith-based leaders can be effective agents in promoting critical change in South African communities.

Biography

Ngwako Daniel Sebola is an ordained priest in the Anglican Church of Southern Africa, and serves as a self- supporting priest at the parish of Zoutpansberg, Diocese of St Mark, Limpopo, South Africa. He is married, and his wife is Takalani. The couple is blessed with four children, two daughters, Rachel (aged 19), Abigail (aged 14) and twin boys, Michael, and Gabriel (aged 8). He is a member of the South African Police Service, holding a rank of Chief Chaplain and is stationed at the National Head Office, Pretoria.

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