



Joint Event on
30th World
Psychiatrists & Psychologists Meet
and
3rd World Congress on
Pediatric Neurology & Pediatric Surgery

October 01-02, 2018 Osaka, Japan

Posters

30th World

PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Serum lipid profiling in individuals with and without depression

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Statement of the Problem: So far, studies on the association of serum lipid levels and depressive disorder are contradictory. Therefore, the objective of this study was to investigate possible associations between serum lipid alterations in a large sample of well-characterized patients including men and women over a broad age range sub-grouped by the presence or absence of major depression.

Methodology & Theoretical Orientation: A total of 246 participants aged between 18-70 years were recruited of whom 94 suffered from major depressive without any other psychiatric comorbidity. A total of 152 individuals with neither a depressive symptomatology nor a former history of psychiatric disorder served as healthy controls. All study participants filled out the Beck Depression Inventory (BDI-II) questionnaire and were investigated for their complete lipid status (i.e., triglycerides, total cholesterol, LDL/HDL-cholesterol).

Findings: 94 patients with major depression showed significantly higher median (interquartile range) serum triglyceride levels (108.0 [75.8-154.1] vs. 84.0 [63.0-132.2] mg/dL, $p=0.014$) and significantly lower HDL-cholesterol levels (55.0 [46.9-123.0] vs. 61.5 [47.4-72.6] mg/dL, $p=0.049$) compared to 152 individuals without depression. Significant positive correlation was found between triglycerides, total cholesterol and LDL-cholesterol concentrations and the BDI-II score ($p=0.027$, 0.048 and 0.018).

Conclusion & Significance: Depressive individuals were found with adverse serum lipid patterns of higher triglycerides and lower HDL-cholesterol levels compared to healthy controls. On this basis, the authors would suggest the implementation of routine serum lipid measurements in order to stratify these patients by their cardiovascular risk.

Biography

Gernot Kriegshauser has completed his PhD in Biochemistry from University of Vienna and his MD from Medical University of Vienna and is currently specializing in Clinical Chemistry and Laboratory Medicine at the General Hospital Steyr. He has a strong track record in R&D from ViennaLab Diagnostics GmbH before he started his studies to become a general practitioner. He has published more than 40 papers in reputed journals and has been serving as a Technical Consultant in Molecular Diagnostics for over 10 years.

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PEDIATRIC NEUROLOGY AND PEDIATRIC SURGERY

October 01-02, 2018 Osaka, Japan

Benign epilepsy of childhood with central-temporal spikesHastuti Sri¹ and Choong Yi Fong²¹Syiah Kuala University, Indonesia²University of Malaya, Malaysia

Background & Aim: Benign Epilepsy of Childhood with Central-Temporal Spikes (BECTS) is the most common focal epilepsy. It is more common in males and the onset between the ages of 3 and 13 years. Onset of the seizure is during sleep, the incident reaches until 80% of time. The clinical manifestations that mostly appear are secondary generalized seizure with a facial/perioral focal onset. The focal, perioral seizure will be reflected either in the aura or in the form of temporary postictal signs or symptoms. The typical features of this seizure include unilateral paraesthesia of the tongue, lips, gums or cheek; speech arrest, hyper salivation, poor swallowing postictally; involuntary movement of the tongue or jaw; or clonus affecting one side of the face. The feature of EEG is diphasic sharp waves in the central-midtemporal area and usually activated by sleep and unilaterally appears in any given EEG recording. The treatment is required if the seizures are frequent or long and typically respond well to carbamazepine, gabapentine, levetiracetam, sultiame or sodium valproate. Aim is to identify clinical features of signs, symptoms and characteristic of EEG pictures.

Method: Observational descriptive study of patient's medical records. Case report is of 11 years old girl who has got epilepsy from 9 years old. Seizures occur with facial twitching and eye blinking. Patient came in for breakthrough seizure which occurs upon sleeping during bedtime, sometimes upon awakening. No preceding aura, but her mother noticed the automatism (lip smacking) prior to seizure attack. Semiology shows generalized tonic clonic seizure with lip smacking, head version to right. No frank serotyped eye movement (sometimes uprolling of eyeballs/eye deviation).

Findings: EEG examination found during sleep showed occasional low voltage stereotyped sharp wave discharge was seen independently over the right and left central-temporal region. These discharges activated in sleep and become bisynchronous. The EEG indicates that the child has a liability to benign rolandic epilepsy (Benign Epilepsy with Centro-Temporal Spikes (BECTS)). No clinical events seen throughout recording.

Conclusion: The secondary generalized seizures that happen in childhood especially with perioral and facial signs and symptoms should be suspected as BECTS and should be confirmed by EEG examination. This seizures only need to be treated if its happen frequently. But 90% of these symptoms achieve remission within several years and most by the age of 16 years.

Biography

Hastuti Sri is a Lecturer and Neurologist in Aceh Province, Indonesia. She worked as Faculty of Medicine at Syiah Kuala Universit. She completed her Specialist Education at the University of Indonesia. She worked as a Neuropediatric Fellow at University Malaya Medical Center, Kuala Lumpur. She is a Staff of Neurology Department, Zainoel Abidin Hospital, Banda Aceh, Indonesia, Staff of Neuropediatric Division in Neurology Department, Zainoel Abidin Hospital, Banda Aceh Indonesia and Lecturer of Medical Faculty, Syiah Kuala University, Banda Aceh, Indonesia.

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12th International Conference on

ENDOCRINOLOGY, DIABETES AND METABOLISM

October 01-02, 2018 Osaka, Japan

The association between risk of metabolic syndrome and occupational, leisure-time and commuting physical activity in Korean workers: KNHANES 2014-2016

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While the relationship of leisure time physical activity (LPA) and metabolic syndrome (MetS) is well documented, effect of occupational physical activity (OPA) on MetS is conflicting. Aim of this study is to examine the relationship between different type of physical activity and risk of metabolic syndrome using a representative sample of South Korean adults. Study included 7057 workers (3795 men and 3262 women) aged 20 to 65 without cancer and arthritis at baseline, from the Korea National Health and Nutrition Examination Survey in 2014-2016. Information on OPA, LPA and commuting physical activity (CPA) were self-reported and blood pressure and biochemical determinations of the blood were also obtained. MetS was defined as the presence of three or more of the National Cholesterol Education Program-Adult Treatment Panel III criteria. Chi-square test and multiple logistic regression analysis were used to investigate relationship between different type of physical activity and MetS. The prevalence of MetS was 25.7 % in the study subject. The percentages of active OPA in MetS and non-MetS groups were 6.7% and 5.0%, respectively. Compared with inactive level of LPA, sufficient level of LPA showed a significantly lower risk of MetS (OR 0.73, 95% CI 0.60-0.89) after adjustment for confounding factors. Conversely, active OPA showed increased risk of MetS (OR 1.09, 95% CI 0.77-1.52), but not reaching statistical significance. CPA was not associated with MetS. LPA showed protective effect of MetS, but OPA showed marginal negative effect on MetS. This difference needs to be considered when recommendations for prevention of MetS are developed.

Biography

Si Nae Kang is medical doctor specialized in Family Medicine, currently has been research fellow in Department of Family Medicine, Seoul National University Hospital, with experience in research, evaluation, teaching. She has special interest in Health promotion and Public health and conducted research on Korean smokers last year. She has developed pilot project of visiting care system for elderly, that is operated successfully now.

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12th International Conference on

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October 01-02, 2018 Osaka, Japan

Effect of liquiritigenin on apoptotic beta-cell death by palmitate-induced lipotoxicity in *INS-1* cellsGong Deuk Bae¹, Hee-Sook Jun¹, Yoon Sin Oh²¹Lee Gil Ya Cancer and Diabetes Institute, Department of Molecular Medicine, Incheon, Republic of Korea²Department of Food and Nutrition, Eulji University, Seongnam, Republic of Korea

Objective: Activation of estrogen receptor signaling plays an important role to preserve functional beta-cell mass in treatment of diabetes. Liquiritigenin (LQ), a flavonoid isolated from *Glycyrrhiza uralensis*, is an estrogenic compound which acts as an agonist for the estrogen receptor β . In this study, we investigated protective effect of LQ on palmitate (PA)-induced apoptosis in *INS-1* cells.

Methods: To examine effect of LQ on beta cells, glucose stimulated insulin secretion (GSIS) by enzyme immunoassay (EIA) method and cell viability by MTT were measured in rat beta-cell line *INS-1* cells. To induce lipotoxicity, PA (400 μ M) was treated for 24 h and amount of apoptotic cells were analyzed using a flow cytometer with annexin-V staining. Expression level of apoptotic proteins and endoplasmic reticulum (ER) stress markers were analyzed by western blot analysis after LQ treatment. Tunicamycin and thapsigargin were used to ER stress inducer and AKT inhibitor (*AKTi-1/2*) was used to inhibit LQ-induced AKT phosphorylation at ser 473.

Results: Exposure of *INS-1* cells to 5 μ M of LQ significantly increased GSIS as well as cell viability. PA treatment increased annexin-V stained cells and apoptotic proteins such as cleaved caspase-3, cleaved poly (ADP-ribose) polymerase and bax, but these increases were significantly inhibited by LQ treatment. LQ treatment inhibited cell death by ER stress inducers and PA induced ER stress marker proteins such as CHOP and phosphorylated forms of PERK and eIF2 α was also significantly downregulated in LQ treated cells. LQ phosphorylated AKT at ser 473 via estrogen receptor element dependent pathway and blocking AKT signaling inhibited LQ induced decrease in level of phosphorylated PERK, consequently cell viability was not recovered.

Conclusion: Our data demonstrated that LQ has anti-apoptotic effect against PA induced lipotoxicity and AKT mediated ER stress inhibition was involved in the anti-apoptotic effect of LQ.

Biography

Gong Deuk Bae is a PhD course student in Gachon university. His research topic is The effect of natural products on the prevention and treatment of type 2 diabetes focusing on pancreatic beta-cells.

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PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Non-material nature of the psyche**Reshetnikov Mikhail**

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In this paper, traditional ideas of the relationship between psychic activity and brain activity are reconsidered and the hypothesis of the brain as the biological interface, which was suggested by the author earlier (2008), is developed. Approaches to research of psyche in psychology, physiology, psychotherapy, psychiatry and social sciences, as well as their applications to treatment of patients with mental disorders, are analyzed and summarized. The author considers two main models of mental disorders with clearer differentiation between organic (brain-related) pathology and mental disorders as such, which result from informational (non-material) influences on psyche as a specific informational system rather than on brain. Differences between nervous and mental functioning of organism and personality are clarified and conscious activity is viewed as an acquired (programmed) function that is formed in social informational environment. The question of the aim of psychopharmacological influence is raised.

Biography

Reshetnikov Mikhail is a Meritorious Scientist of Russia and Member of All-Russian Council for Psychotherapy and Consulting, Moscow, Russia.

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PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Correlation between anxiety and internet addiction among adolescents in Indonesia: A preliminary study**Engelberta Pardamean, Helenia Putri and Devita Widjaja**
University of Pelita Harapan, Indonesia

Statement of the Problem: Adolescent age is an important transition phase from childhood into adult. In this transition, they experience changes in physical and mental. This makes adolescents easily feel anxious. Majority of adolescents spend hours surfing the internet to relieve their anxiety. This might slowly become addiction and as they spend more hours in virtual life, more negative effects happen in real life. This vicious cycle of internet addiction continues and ruins the adolescent's future. Therefore, it is very important to determine the relationship between anxiety and internet addiction among Indonesian adolescents.

Methodology & Theoretical Orientation: A cross-sectional study was done in junior high schools from grade 1 until 3 on February 2018. Students aged 13 until 15 were asked to complete Internet Addiction Test (IAT) and Hamilton Anxiety Rating Scale (HAM-A). Baseline characteristics were presented using descriptive statistics and Spearman correlation analysis was used to determine correlation between anxiety and internet addiction.

Findings: A total of 88 students participated in this study and most were female (58.43%). The median of age was 14 (13-15) years old. From 70 students that had mild anxiety, 41 students (58.6%) didn't have addiction, 27 students (38.6%) had mild addiction and 2 students (2.8%) had severe addiction. Moreover, from 12 students that had moderate anxiety, 3 students (25%) didn't have addiction and 9 students (75%) had mild addiction. In addition, from 6 students that had severe anxiety, 4 students (66.7%) had mild addiction and 2 students (33.3%) had severe addiction. Anxiety and internet addiction was significantly correlated ($p < 0.001$) with moderate strength ($r = 0.431$).

Conclusion & Significance: There was a moderate relation between anxiety and internet addiction among adolescents aged 13 until 15 in Indonesia.

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PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Violence in fire stations: A study with Spanish firefighters**Jaime Senabre**
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Violence of any kind between humans is nothing new. In the last decades a great interest has been awakened by the study of violence developed in work environments. Variety, temporality and frequency are necessary criteria for diagnosis. Factors related to the organization of work and the work environment could facilitate this type of behavior. Likewise, personality factors of the aggressor and the victim could play a role in the whole process, as well as the type of response of the aggrieved person. For the analysis, three questionnaires will be used, one of personality factors, the LIPT-60, on perception and strategies of workplace harassment and a Spanish adaptation of the MBI conducted by Senabre (2005) for fire services. The sample is composed of 34 firefighters, of which 20 are forest firefighters. Preliminary results suggest that 8.82% of the participants in the study reported that they had the perception that they were being harassed in their work, compared to 91.17% who don't think that they have this work situation. Affability, age and emotional fatigue do seem to play their role in different ways. Younger professionals seem to be the most vulnerable to suffer this type of behavior, as well as those who are more emotionally exhausted. However, the more affable firefighters, that is, those who are more pleasant and friendly can be less affected by this type of aggression. Another important fact that emerges from this research is that there is a clear trend in these groups to deny any behavior of harassment, so the figures could be higher. Thus, we can conclude that workplace harassment is present in the fire services, being the strategies of job loss of prestige and intimidation manifested the most prevalent in the sample studied, followed by the obstruction of progress. The loss of prestige in the workplace is more frequently used by forest firefighters and the intimidation manifested among structural firefighters. According to the data provided in this study, we can notice that violent behaviors and harassment occur in fire stations, especially when working conditions are more precarious.

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PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Assessment of tryptophan metabolism and signs of depression in individuals with carbohydrate malabsorption**Gernot Kriegshaeuser^{1,2}, Dietmar Enkoo^{1,2}, Helga Wagner³, Wolfgang Brandmayr⁴, Gabriele Halwachs-Baumann¹, Wolfgang J Schnedl⁵, Sieglinde Zelzer², Harald Mangge² and Andreas Meinitzer²**¹Institute of Clinical Chemistry and Laboratory Medicine, General Hospital, Austria²Medical University of Graz, Austria³Johannes Kepler University Linz, Austria⁴General Hospital, Austria⁵Practice for General Internal Medicine, Austria

Statement of the Problem: It has been reported that Fructose Mal-Absorption (FMA) is associated with Lower Tryptophan (TRP) serum concentrations, which may play an essential role in the development of depressive disorders. However, study designs investigating the serum levels of TRP and TRP metabolites in large patient cohorts with Carbohydrate Malabsorption (CM) are still lacking. The aim of the present study was to investigate the association between primary adult Lactose Malabsorption (LMA), FMA, TRP metabolism and the signs of depression in a large cohort of adult patients presenting unspecific abdominal symptoms.

Methodology & Theoretical Orientation: A total of 251 patients, who were referred for lactase gene C/T polymorphism genotyping and fructose hydrogen/methane breath testing, were included. All participants filled out the Beck Depression Inventory (BDI II). Serum concentrations of TRP, Kynurenine (KYN), Kynuric acid (KYNA) and TRP competing amino acids (CAAs: Leucine, isoleucine, valine, phenylalanine, tyrosine) were measured by high-pressure liquid-chromatography. Logistic regression analysis was performed with LMA, FMA and all potential biomarkers of TRP metabolism to assess the effect on signs of depression, defined as a BDI II score >13.

Findings: Primary-adult LMA and FMA was detected in 65 (25.90%) and 65 (25.90%) patients, respectively. FMA was significantly associated with a BDI II score >13, whereas no such relationship was found for LMA. Serum levels of TRP and TRP metabolites were no predictors of depression.

Conclusion & Significance: Taken together, in the logistic regression model calculated here, FMA was shown to be associated with a BDI II score >13, however further prospective longitudinal studies are needed to fully elucidate the relationship between CM, TRP metabolism and depressive disorders.

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October 01-02, 2018 Osaka, Japan

Personality traits as a possible mediator in the relationship between childhood trauma and depressive symptoms in Chinese adolescentsMinli Zhang, Juan Han¹, Huisi Ding¹, Kaiqiao Wang², Chun Kang¹ and Jiangling Gong¹¹Huazhong University of Science and Technology, China²East Lake New Technology Development Zone, China

Childhood trauma has been found to be a critical risk factor for depression in adolescents. Personality traits have been linked with mental health. However, the relationship between childhood trauma, personality traits and depressive symptoms in adolescents is largely unclear. This study tried to examine the mediating effect of personality traits between childhood trauma and depressive symptoms among adolescents. Meanwhile, the possible bidirectional association between personality traits and depression was considered in the study. A group of community-based adolescents aged 10-17 years (N=5793) were recruited from nine schools in Wuhan city, China. The participants completed self-report questionnaires, including the Center for Epidemiologic Studies Depression Scale (CES-D), the Childhood Trauma Questionnaire (CTQ) and the NEO-Five Factor Inventory (NEO-FFI). Results showed that childhood trauma experiences were positively related with depressive symptoms and neuroticism and negatively related with extraversion and conscientiousness; depressive symptoms were related with high neuroticism, low extraversion and conscientiousness. The hypothesis model demonstrated partial mediation effects of personality traits (including neuroticism, extraversion and conscientiousness) between childhood trauma and depressive symptoms. And the hypothesis model showed better property than the alternative model of childhood trauma-depression-personality traits. The current study provides preliminary evidence for mediation roles of personality traits in the effect of childhood trauma to depressive symptoms in adolescents. These findings may contribute to better prevention and interventions for depressive symptoms among adolescents with childhood trauma via personality traits improvement.

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October 01-02, 2018 Osaka, Japan

Multiple case analysis using storytelling and child-directed play in addressing the self-esteem, moral reasoning and pro-social behavior of selected Filipino children with history of Marijuana use**Julla Katrina Jose, Ma Cristina Gacute, Christianne Joyce Dayda and Denise Angelica Panis**
Miriam College, Philippines

The study explored the influence of storytelling and child-directed play as modalities of expressive arts in addressing the self-esteem, moral reasoning and pro-social behavior of children with histories of marijuana use. Five male preadolescent and adolescents were purposively sampled from the two areas in Barangay UP Campus, Quezon City based on the measures assessing the three constructs. Data were gathered through the implementation of a program consisting of storytelling and child-directed play that lasted for seven to ten sessions conducted bi-weekly for a month. Results show that there were no trends seen on the scores of the participants. All of the participants obtained a low to normal range of self-esteem while majority of them had a decrease of scores on their moral reasoning and an increase of scores on their pro-social behavior. It is to be noted that while majority of the participants had a decrease on moral reasoning, all of them had an increase in their internalized type of moral reasoning indicating that the participants may have internalized the healthy norms and values while in the program. Thus, this allowed them to distinguish the right from wrong and reason the possible consequences of their actions and the responsibility that it entails. Storytelling and child-directed play had varying elements that influenced the improvement of the self-esteem, moral reasoning, and pro-social behavior of the participants. However, the most common element observed was the free and accepting environment of the program that enabled the building of a healthy relationship and experiences between the facilitators, participants and their peers. From the thematic analysis of the results, themes such as the role and influence of the facilitator, evoking component of the program and the individuality of the participants enriching the experiences in the program were used to create considerations for program development to further improve interventions intended to study similar modalities and constructs.

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October 01-02, 2018 Osaka, Japan

Differences in facial emotion recognition in alexithymia patients depending on emotional contentsJun-Young Lee^{1,2}¹Seoul National University, South Korea²SMG-SNU Boramae Medical Center, South Korea

Background & Aim: Alexithymia refers to a clinical condition that makes it difficult to recognize and express one's own emotions. A number of researchers have found that people with alexithymic characteristics are also deficient in processing affective facial information in others, resulting in many interpersonal challenges and low social competency. However, little research has been done on how to identify facial expressions for each specific emotion, although there is some evidence to suggest that recognition of individual facial expressions regarding the types of emotions may affect those who have been diagnosed with alexithymia. In this study, we investigated the differences of emotional recognition and intensity depending on emotional contents.

Method: A total of 115 adults (57 males, 58 females) participated in the current study. For the analysis, the groups were divided into two levels (i.e. low, high) of alexithymia measure based on the median as a cut-off point.

Result: Among the types of emotions, the ratio of subjects who were able to correctly identify disgust was lower in the high alexithymia group than in the low group ($p=0.022$). The ratio difference in sadness was marginally significant between the groups ($p=0.10$). Among the emotions, those who had a higher level of alexithymia (i.e., high group) were able to correctly perceive a lower intensity of happiness ($p=0.047$) and a somewhat significant lower intensity of sadness ($p=0.089$).

Conclusion: The study found that the more a person shows alexithymia characteristics, the less they are able to recognize disgust in others. This finding indicates that interpreting the emotions of others might significantly relate to the recognition of one's own emotions, considering that it has an influence on their social interactions.

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October 01-02, 2018 Osaka, Japan

Karify: Digital solution for better mental health**Joris Moolenaar**
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How can technology enable the best possible mental health care in Japan and help reduce stigma? It is by combining technology with psychology to reduce barriers to care and create behavior change. Karify is a digital platform that connects patients to healthcare professionals. In a secure environment, patients have live access to evidence-based interventions and information, are able to communicate with their therapists, can actively share their expectations and needs and do not need to worry by being condemned by others. Karify was developed in co-creation with therapists, patients and researchers. The Netherlands is at the forefront in eHealth research and practice. Karify is implemented in the 10 biggest healthcare organizations and now digitally connects over 100,000 clients to their health professionals. The digital platform is implemented for a variety of mental health problems, including depression, anxiety, eating disorders and substance addiction. Evidence-based used cases in routine care are example of a digital intake procedure, unguided self-help and blended therapy (combining face-to-face and online sessions). Added value in relation to quality of care, health benefit, patient empowerment and efficiency is evaluated with academic partners. Technology can increase the reach/impact of psychologists and psychiatrists. A digital platform can reduce barriers to care and to stigma, make psycho-education widely available and increases the flexibility of mental health care.

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PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Understanding the effects of trauma and abuse in childhood**Lillian Gui**

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Unfortunately, when things start to go wrong, people often despair of being able to repair the damage. The efforts of the United Nations and the International Community of Non-Governmental Organizations to promote and protect the rights of the child have generated a wealth of information on the many questions facing the children of the world. Therefore, let us generate an understanding of child trauma and abuse in the Philippines. What is Trauma? Trauma literally means wound, injury or shock. A given stressful event is not traumatic in itself but may be so in its effect on a particular child. Thus, not every child who experiences an extremely stressful event will actually be traumatized, although some types of events are so extreme that they are likely to be traumatizing to most children. Trauma overwhelms a person's coping capacity and has long-term effects on functioning and well-being. Normal, protective responses to threats (fight, flight, or freeze) are activated by the perception of a threat. A child who has experienced trauma may continue to experience this defensive response into adulthood, even in situations that are not threatening. Not all children or adults who are exposed to potentially traumatic events experience long-term health problems. This may be due to protective factors, which help shield individuals from the lasting effects of trauma. Protective factors include: Parental knowledge of child development; healthy parent-child attachment; social connections; and social and emotional competence. According to the national child traumatic stress network trauma can occur anytime a child experiences an intense event that threatens or causes harm to his or her emotional and physical well-being. Trauma affects children both physically and psychologically. Exposure to multiple traumas for a prolonged period of time can lead to complex trauma. This type of exposure can have persistent neurological and emotional effects. Complex trauma can affect children across a variety of domains. These domains may include: Attachment, behavioral control, cognition, self-concept, biology, affect regulation and dissociation (NCTSN). In this workshop, we discussed about the symptoms of trauma, unhealthy ways of dealing with trauma, dealing with traumatized children and others. The different types of abuse, its effect on the child, as well as PTSD or Post traumatic stress disorder will be discussed.

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The Monu-Mental Health Code: Vedic wisdom for millennium next**Mickey Mehta**

Global Leading Holistic Health Guru, India

For time immemorial we have been blessed with long lifespans owing to our Vedic inspired lifestyle habits. But over the last few hundred years we humans have deteriorated ourselves into paranoid humanoids and have wreaked absolute havoc on our physical and mental health and wellness in our relentless pursuit of all things money and success. But with the growing awareness and re-discoveries of the treasures of ancient knowledge and wisdom, today's leading scientists are once again accepting that our ancestors were truly enlightened beings when it came to holistic health and life sciences. The 'Monu-Mental Health Code' is created over three and a half decades of research and study of diverse ancient civilizations and cultural legacies from Vedas to Zen, from Greek to Oriental and from Tao to Tantra. There have been some beautiful common threads of holistic healthcare across these civilizations that span geographies and timelines. This code consists of ten monu-mental health commandments that will enrich and empower you to lead your life with this ancient wellness wisdom for the next millennium to come! It will delve deep into these commandments and teach you how you can imbibe and practice these life-transforming habits to experience perfect health. The Ten Commandments are: 1. Starting your day with breath for breakfast 2. Adopting cosmic nutrition to experience the real food for gods 3. Crafting wonder workouts for the body, mind and soul 4. Learning zen rituals to hone mental faculties and unleashing your mind-power 5. Using neurobics to perform par excellence 6. Growing out of paranoid humanoid syndrome 7. Mastering the art of response over reactions 8. Transforming from dis-ease to ease naturally 9. Experiencing super-to sound sleep 10. Comatose to Repose-Moving beyond mindfulness to mindlessness in shoonyam meditations. These Ten Commandments form the code of living a truly monumental life throbbing with physical and mental dexterity for the futuristic humans of this millennium next- who evolve beyond smart efficient machines to invincible wise beings once again.

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October 01-02, 2018 Osaka, Japan

Socio-demographic characteristics, clinical profile and prevalence of existing mental illness among suicide attempters attending emergency services at two hospitals in Hawassa city, South Ethiopia: A cross-sectional study**Moges Ayehu, Tarekegn Solomon and Kinfe Lemm**
Hawassa University, Ethiopia

Background & Aim: Suicide is a major public health problem worldwide. It contributes for more than one million deaths each year. Since previous suicidal attempt was considered as the best predictor of future suicide, identifying factors behind suicidal attempt are helpful to design suicide prevention strategies. The aim of this study was to assess socio-demographic characteristics, clinical profile and prevalence of existing mental illness among patients presenting with suicidal attempt to emergency services of general hospitals in South Ethiopia.

Methods: A cross-sectional study was conducted on patients presenting with suicidal attempt to emergency departments of two general hospitals in Hawassa city from November, 2014 to August, 2015. Data was collected using semi-structured questionnaire which contained socio-demographic and clinical variables. The Mini International Neuropsychiatric Interview version 5 (MINI PLUs) was used to assess the prevalence of existing mental illness among study participants.

Results: A total of 96 individuals were assessed, of whom 56 (58.3%) were females. The mean (SD) age of study participants was 21.5 (8.0) years. The majority, 75 (78.1%), of the study participants were aged below 25 years. Mental illness was found in only three (3.1%) of the study participants. Impulsivity (the time between decision to attempt suicide and the actual attempt of less than 5 minutes) was reported by 30 (31.2%) of the study participants, of whom 18 (60%) were males. Males were found three times more likely to attempt suicide impulsively than women (COR=3.0, 95% CI: 1.2-7.3). Psychosocial stressors were found as immediate reasons to attempt suicide by the majority.

Conclusion: The presence of stressful life events and impulsivity behind suicidal behavior of the younger generation implies that designing suicide prevention strategies for this group is crucial. Focus research is needed to systematically examine the relationship between the presence of mental illness and suicidal attempt with a larger sample size.

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PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

A classification of mental disorders based on temperament**Mohammad Nadi Sakhvidi¹, Fatemeh Hosseini¹ and Mohsen Naseri²**¹Shahid Sadoughi University of Medical Sciences, Iran²Shahed University, Iran

Statement of the Problem: Theories about psychiatric disorders ranging from personality disorders to neurotic and psychotic disorders continue to be developed; indeed, a variety of, sometimes paradoxical, theories exist. This research aimed to establish a more comprehensive overall approach by combining past views and present ideas in psychiatry.

Methodology & Theoretical Orientation: This basic study examined ancient medical books in an attempt to reveal significant features in the theory of temperament that may help to resolve the ambiguities that exist in new psychiatric theories. Given the large volume of literature available, we used more reliable, trusted, and newer sources. The Canon of Avicenna and Kaplan and Sadock's Comprehensive Textbook of Psychiatry were the most important and frequently consulted books in this study.

Findings: Based on bio-psychological activity and flexibility, four groups of temperaments were identified: High active, high flexible; high active, low flexible; low active, low flexible and low active, high flexible. When temperament deteriorates personality, non-psychotic and psychotic psychiatric disorders can develop.

Conclusion & Significance: Temperament can provide a basis for the classification of psychiatric disorders. Temperament, personality, non-psychotic and psychotic psychiatric disorders can be placed in a spectrum based on temperament.

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30th World

PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Effect of thyroxin treatment on carotid intima-media thickness reduction in patients with subclinical hypothyroidism: A meta-analysis of clinical trials**Aziz M^{1,2}, Kandimalla Y³, Machavarapu A³, Saxena A¹, Das S¹, Younus A¹, Nguyen M³, Malik R¹, Anugula D⁵, Latif M A¹, Humayun C¹, Khan I M¹, Adus A¹, Rasool A¹, Veledar E¹ and Nasir K^{1,5,6}**¹Baptist Health South Florida, USA²Benedictine University, USA³Ocala Regional Medical Center, USA⁴Creighton University Medical Center, USA⁵Florida International University, USA⁶Johns Hopkins University, USA

Aim: Research shows that Subclinical Hypothyroidism (SCH) is related to an increased Carotid Intima-Media Thickness (CIMT), a surrogate marker of subclinical Cardiovascular Disease (CVD). It is controversial whether or not SCH should be treated to reduce CVD morbidity and mortality. This meta-analysis aimed to determine whether SCH is associated with an increase in CIMT as compared to Euthyroidism (EU) and whether Thyroxin (T4) treatment in SCH can reverse the change in CIMT.

Methods: Two independent reviewers conducted an extensive database research up to December 2016. A total of 12 clinical trials discussed the effect of Thyroxin on CIMT values at pre and post-treatment in subjects with SCH.

Results: CIMT was significantly higher among SCH (n=280) as compared to EU controls (n=263) at baseline; the pooled Weighted Mean Difference (WMD) of CIMT was 0.44 mm [95% confidence interval (CI) 0.14, 0.74], p=0.004; I²=65%. After treatment with thyroxin in subjects with SCH (n=314), there was a statistically significant decrease in CIMT from pre- to post-treatment; the pooled WMD of CIMT decrease was [WMD-0.32; 95% CI (-0.47, -0.16), p<0.0001; I²=2%], and it was no longer different from EU controls [WMD 0.13 mm; 95% CI (-0.04, 0.30); p=0.14; I²=27%]. The total cholesterol (TC), triglycerides (TG) and Low-Density Lipoprotein (LDL) were higher in SCH as compared to EU controls and decreased significantly after treatment with thyroxin.

Conclusion: This meta-analysis shows that thyroxin therapy in subjects with SCH significantly decreases CIMT and improves lipid profile, modifiable CVD risk factors. Thyroid hormone replacement in subjects with SCH may play a role in slowing down or preventing the progression of atherosclerosis.

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30th World

PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Comparison between geriatric anxiety inventory and general health questionnaire-28 in screening anxiety in Iranian elderlySeyede Salehe Mortazavi¹, Mohsen Shati² and Seyed Kazem Malakouti¹¹Iran University of Medical Sciences, Iran²University of Social Welfare & Rehabilitation Sciences, Iran

Statement of the Problem: Anxiety is one of the important problems of aging. There are several tools for screening and diagnosing this disorder. Here we have compared two common instruments for screening this disorder in Iranian elderly.

Methodology & Theoretical Orientation: Based on the results of this study, both tools with a sensitivity of 100% can be used for screening anxiety disorders in Iranian elderly. But geriatric anxiety inventory (GAI) as a more specific questionnaire with less false positive results seems to require less cost, time and human resource due to fewer cases calling for diagnostic tests.

Findings: Mean age of the participants was 67.3±7.3 year old, 79.3% of whom being male and mostly married (89.8%). As for the educational status, most of them (31.5%) had finished the elementary school, only 8.7% being illiterate. Just 0.2% had full-time jobs and most of whom (74.8%) being retired. More than 97% were living with a companion. The prevalence of anxiety among participants was 21% based on GAI and 33.8% based on general health questionnaire-28 (GHQ-28). The prevalence of anxiety disorder was 2.7% based on SCID. The Pearson correlation coefficient of GAI and GHQ scores was 0.81 (P-value<0.001). Sensitivities of GHQ and GIA in comparison with SCID were 100% while their specificities were 68.6% and 80.6%, respectively.

Conclusion & Significance: In this cross-sectional study, 150 apparently healthy elderly (60 years and older) people have been selected from the general population of Tehran, the capital of Iran, by convenience sampling. They were assessed using the GAI and GHQ-28, anxiety subscale, as well as the Structured Clinical Interview for DSM Disorders (SCID-II). Interviews were conducted by a trained clinical psychologist under the supervision of a psychiatrist.

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PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Physical illness complicating the presentation of bipolar disorder in an elderly patient: A case report**Zhao Zhenru and Giles Tan Ming Yee**
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It is well known that psychiatric symptoms may be caused by a wide variety of medical as well as psychiatric illnesses and it can be difficult to determine the real underlying aetiology without longitudinal observation. It is a case report of a patient with no previous psychiatric history who presented with altered mental status. The diagnosis was revised from acute psychosis to acute delirium and subsequently to bipolar affective disorder. A 62 year old Malay gentleman presented with a brief two day history of disorientation, disruptive behaviors and persecutory delusions that people were spying on him. There was no significant past psychiatric history or family history of mental illness; he had never taken any psychiatric medications before and did not abuse alcohol or illicit drugs. He had an organic workup done which was unremarkable. He was initially diagnosed with acute psychosis and treated with haloperidol 15 mg at night. Over the next 5 days, his agitation worsened and he was found to have inflammation of his left knee which was due to a flare up of gout. He was treated with colchicine and paracetamol and the inflammation subsided and the psychiatric symptoms also resolved spontaneously. As a result, the diagnosis was revised to acute delirium and haloperidol was stopped. He represented again two weeks later with full-blown symptoms of mania which included elated mood, increased energy and goal-directed thinking and activity, pressured speech and grandiose delusions. Repeated investigations were normal. The diagnosis was revised to bipolar affective disorder according to DSM-V criteria. The medication haloperidol was restarted and the dose was increased to 5 mg twice a day. The manic symptoms remitted after two weeks of treatment. This report adds to the body of evidence suggesting that physical conditions and psychiatric illness can complicate each other. Close longitudinal observation and follow-up is recommended for the proper diagnosis and management.

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PEDIATRIC NEUROLOGY AND PEDIATRIC SURGERY

October 01-02, 2018 Osaka, Japan

Mozart's music in children with drug-refractory epileptic encephalopathies**Coppola Giangennaro**

University of Salerno, Italy

Statement of the Problem: Mozart's sonata for two pianos in D major, K448, has been shown to decrease interictal EEG discharges and recurrence of clinical seizures in both adults and young patients. In this prospective, open-label study, we evaluated the effect of listening to Mozart's K448, according to the Tomatis method, on sleep quality and behavioral disorders, including auto-/hetero-aggression, irritability and hyperactivity, in a group of children and adolescents with drug-resistant epilepsy. In a further, prospective, randomized, open label study, the effect on seizure recurrence and quality of life parameters, of two different protocols of music therapy was compared in the same kind of patients.

Method: During the first study 11 outpatients, aged between 1.5 and 21 years, all suffering from drug-resistant epileptic encephalopathy associated with a severe/profound intellectual disability and cerebral palsy had to listen to a set of Mozart's compositions 2 h/day for 15 days for a total of 30 h. In the second trial, 19 patients with epileptic encephalopathies, aged between 1 and 24 years, were randomized to listen to Mozart's K448 for 2 h/day for 2 weeks or to a set of Mozart's compositions (Mozart's set).

Findings: In the first study, 2/11 patients had a reduction of 50-75% in seizure recurrence, and 3/11 a decrease of 75-89%. Overall, 5/11 patients (45.4%) had a $\geq 50\%$ reduction in the total number of seizures. In the second trial, 22% of the K448 group had a $\geq 75\%$ seizure decrease, compared with 70% of patients in the Mozart set group.

Conclusion: The present study seems to confirm that music therapy may be an additional, non-pharmacological, effective treatment for patients with refractory epileptic seizures in childhood. The Mozart' set of different compositions can be better accepted and effective than the K448.

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October 01-02, 2018 Osaka, Japan

Thymectomy role in juvenile myasthenia gravis: A longitudinal case**Junita Elvira, Dwi P Widodo and Hardiono D Puspnegor**
University of Indonesia, Indonesia

Yasthenia Gravis (MG) is an immune-mediated Neuro-Muscular Junction (NMJ) dysfunction characterized by weakness and fatigability of ocular, bulbar and extremity striated muscle. The world prevalence was 125/1,000,000 and up to 50% in Asian population the first manifestation present at childhood. Some cases of pre-pubertal juvenile MG (JMG) that only presented by ocular symptom was spontaneous remission, in other hand some cases were developed into general MG. Aim of the study is to demonstrate a first case of JMG patient that was underwent thymectomy at Cipto Mangunkusumo Hospital (CMH). 2 years 3 months old boy with JMG was referred to CMH because of minimal improvement with optimal dose of Pyridostigmine and steroid. The first symptom was only left ocular sign and became worsening to general in less than 1 year. Acetylcholine esterase receptors (AChRs) binding and blocking autoantibodies were both increased and the imaging revealed of homogenous solid mass with relatively firm limits. Pathology examination showed hyperplastic thymus with thymus cyst. After thymectomy the clinical manifestations seem to be well improved but there was some episode of relapsed for about 2 years and the patient became steroid dependent. In the last 6 month, a very slow steroid tapering off was succeeded and remission occurred. Although there is a possibility for remission, early thymectomy may be considered for certain cases of JMG.

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October 01-02, 2018 Osaka, Japan

Quantify between the one minute walk test and physiological cost index in children with spastic little disease**Karthikeyan, Bhadri Narayan and Pradnya**

National Institute of Mental Health and Neurosciences, India

Background & Aim: It is non-progressive neurological disorder mainly affecting human locomotors system. Test-retest reliability of one minute walk test and its correlation with physiological cost index in children with spastic little disease. The aims of the study is to find out test-retest reliability of one minute walk test in cerebral palsy and to find out the correlation between one minute walk test and physiological cost index. The study is based on the pre and post-test experimental study and correlation study of 60 spastic little disease children consisting of 44 males and 16 females.

Method: 60 subjects with age group 7-12 years were included. A signed informed consent has been taken from the children's parents before participation of the study. Reliability of one minute walk test was measured by measuring the distance covered by the children in one minute. After 30 min rest distance covered in one minute was measured again. PCI was calculated by taking the heart rate which was measured by using fingertip oximeter.

Results: Descriptive statistical analysis has been carried out in the present study. One minute walk test showed 0.86 good test retest reliability and correlation between one minute and PCI showed moderate negative correlation ($r=-0.321$, $p=0.012$)

Conclusion: The results showed good test-retest reliability of one minute walk test and significant moderate negative correlation between one minute walk test and physiological cost index.

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October 01-02, 2018 Osaka, Japan

Knowledge towards antenatal care and service utilization among women in Fiche Town, North Shewa, Ethiopia**Rebik Shukure**

Salale University, Ethiopia

Maternal mortality is the highest in sub-Saharan Africa, where the life time risk of death from pregnancy related conditions is 1 in 16, compared with 1 in 2800 in developed countries. In Ethiopia, like other sub-Saharan Africa countries, maternal and infant mortality remains to be a problem of public health importance. There are 350 maternal deaths for every 100,000 live births. Antenatal care, the care that the women receive during pregnancy, helps to ensure healthy outcome for women and new born. A community based cross-sectional study design was conducted. Systematic random sampling technique was used. A total of 345 women who delivered in the 5 years before the date of survey were interviewed. 223 (64.6%) women were reported to have received antenatal care at least once during their last pregnancy. Of these, 89 (39.9%) had four or more antenatal care follow ups during their last pregnancy. This is low coverage compared to other developing country. The government sector and health worker need to give great attention for antenatal care.

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October 01-02, 2018 Osaka, Japan

Confirmation of brain death with positron emission tomography**Semra Ozdemir, Yusuf Ziya Tan, Fulya Koc Ozturk and Fatih Battal**
Canakkale Onsekiz Mart University, Turkey

After the recent developments in organ transplantation, brain death has gained importance as soon as it is possible to diagnose it. Brain death is the irreversible loss of all activities of the brain, brainstem and cerebellum, which are the parts of the central nervous system that remain in the skull. Clinical findings as well as some ancillary tests are important when diagnosing brain death. We present the scintigraphic imaging of brain death with both Tc-99m DTPA and F-18 FDG in an eight years old girl. A dynamic scintigraphic study was performed after the intravenous bolus administration of Tc-99m DTPA to an 8-year-old patient with the clinical diagnosis of brain death. In scintigraphic study, the activity of the scalp due to the circulation of the external cerebral artery can be misleading. For this reason to precisely determine the existence of brain death F-18 PET-CT study was performed. In PET-CT imaging, no significant intracranial accumulation of 18F-FDG was seen in our case. The absence of glucose uptake in the brain is an indirect indication of no cerebral blood flow. It is concluded that PET FDG imaging may be a useful technique in evaluating patients for brain death.

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October 01-02, 2018 Osaka, Japan

Instrumentation through interrupted trajectory in complex cervical spine cases**Walid Attia and Khalid Al Musrea**
King Fahad Medical City, Saudi Arabia

Introduction: Surgical challenges in complex spine cases include yet not limited to; limited exposure, decompression near vital or neural structures, decompression at a blind angle and difficult trajectories for instrumentation. Displaced bone pieces across the desired trajectory are a major challenge when it is the only available trajectory to use. The type and extent of image guided-surgery for spine disorders still lacks evidence-based medicine proof. It is up to the health care provider's sound judgment and expertise to do what is needed for the patient. The use of intraoperative CT-quality O-arm and neuro navigation are still tested as aiding tools in such operative modalities.

Method: We selected 2 cervical spine cases that were operated upon during the years 2009-2016 in our institute. Both represent complex traumatic spinal fractures. Both of them are major technical challenge in the trajectory jeopardizing the safety of instrumentation. In both cases the Medtronic O-arm and Medtronic Stealthstation were used as intra-operative mapping tools.

Result: Intraoperative navigation tools were so useful in securing neural and vascular tissue safety, surpassing the trajectory difficulty, together with tough bony purchases of the hardware from the first and only trial of application when needed. Intraoperative CT taken by the o-arm was a useful confirmatory intraoperative test of proper hardware placement.

Conclusion: The intraoperative use of the O-arm and stealthStation is very useful in this modality of spine surgeries.

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October 01-02, 2018 Osaka, Japan

Progressive myoclonus epilepsy without renal failure in a Chinese family with a novel mutation in *SCARB2* gene and literature review**Wo-Tu Tian, Xiao-Li Liu, Xing-Hua Luan and Li Cao**
Shanghai Jiao Tong University, China

Statement of the Problem: To describe the clinical and genetic features of a Chinese progressive myoclonus epilepsy (PME) patient with *SCARB2* mutation without renal impairment and review 27 *SCARB2*-related PME patients from 11 countries.

Method: The patient was a 27-year-old man with progressive action myoclonus, ataxia, epilepsy, dysarthria and absence of cognitive deterioration. Renal functional test was normal. Electroencephalography showed progressively slowed background activity and sporadic generalized spike-and-wave discharges. Electromyography showed slowed motor and sensory nerve conduction velocities and distal motor latency delay accompanied by normal Compound Motor Action Potential (CMAP) and amplitudes of Sensory Nerve Action Potential (SNAP). The amplitude of cortical components of Brainstem Auditory-Evoked Potential (BAEP) was normal with slightly prolonged latencies. Generalized atrophy, ventricle enlargement and white matter degeneration was observed in brain magnetic resonance imaging. Open muscle biopsy and genetic analysis were performed. 200 healthy individuals were set for control. qPCR, western blotting and immunofluorescence were carried out to evaluate the fate of the *SCARB2* mRNA and lysosomal-membrane type 2 (LIMP2) protein level.

Findings: One homozygous mutation in *SCARB2* gene (c.1187+5G>T) was identified in the patient. Each of his parents carried a heterozygous variant. This mutation was not detected in healthy controls and predicted to be disease causing by prediction tools. qPCR revealed a significantly lower level of *SCARB2* mRNA in peripheral blood cell of the proband compared with his parents and healthy control. Muscle biopsy showed mild variation in fiber size. Western blotting and immunofluorescence detected an extremely weak signal of LIMP2 protein from skeletal muscle of the proband.

Conclusion: In this study, we identified a *SCARB2*-related PME patient with normal renal function and a novel homozygous splicing mutation. *SCARB2* gene should be analyzed in patients with progressive action myoclonus, epilepsy, peripheral neuropathy, without cognitive deterioration or renal failure.

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October 01-02, 2018 Osaka, Japan

How to deal with complexities in contemporary medicine: Algorithmic elaboration and etiopathogenetic clusters**Zdenko Kovac**

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Scientific medical understanding of a nature of human biology has been enriched by new insights into genomic, transcriptomic and proteomic machinery. Molecular data of post-genomic era has brought a new light into physiology of health and disease. Some discoveries have a direct clinical application. A majority of data has a potential - whose role is yet to be tested within integral body reactivity. How to mold the big data into a comprehensive practical perspective in medicine has become a tantalizing challenge. Scientific integration in medicine requires a maximal insight into available data and consensual validation of their role in integral system. These two steps are critical for reliable integration in medicine. They tackle two remote epistemological standpoints, equally relevant for integration, the reductionist analytic simplification and the holistic patient problem at clinical level. They help to interconnect properly a clinical macro-scale reality with molecular/biophysical nano-scale world and to put together both systemic and local body events. Method of matrix based algorithmic workout is usable, practical and efficient tool to bridge basic science-clinical application gap. Graphic symbolic representation outlines positive and negative feedback controls; feed forward mechanisms, as well as, parallel and contextual pathways. Its comprehensibility comes from horizontal, vertical and longitudinal interconnectivity of human body reactivity. The method successfully fuses together variability, redundancy, non-linearity and complexity of disease manifestations. Algorithmic workout opened a new insight in natural networking of etiopathogenetic pathways. Namely, heterogeneous types of diseases tend to group together at certain elements of reactivity. The crossing points of natural reactivity were named the Etiopathogenetic Clusters (EPCs). Etiopathogenetic pathways spontaneously converge to the EPCs, as common units of pathogenesis. 91 EPCs are formed at multiple hierarchy levels and often are working spots of disease therapy. Nosological entities (diseases, disorders) are elements of networks-the heterogeneous processes adjoining to a common EPC.

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ENDOCRINOLOGY, DIABETES AND METABOLISM

October 01-02, 2018 Osaka, Japan

The most significant risk factors for type 2 diabetes in Uzbek populationAnna Alieva V¹, Ismailov S I² and Rakhimova G N³¹Republican Specialized Scientific and Practical Medical Center of Endocrinology, Uzbekistan²Tashkent Pediatric Medical Institute, Uzbekistan³Tashkent Institute of Doctors' Postgraduate Education, Uzbekistan

Background & Aim: Early diagnosis of type 2 Diabetes (DM) is both medically and cost-effective. But each population needs specific risk groups to be revealed to establish at the national level and improve the effectiveness of DM screening programs. Our aim was to reveal the most significant DM risk factors for Uzbek population.

Material & Methodology: We performed multifactorial analysis for the most common DM risk factors among 696 Uzbek men and 1413 women without known DM. Findrisk questionnaire was modified to include national reference data for waist circumference. Oral glucose tolerance test was performed to all participants. DM and prediabetes were diagnosed according to IDF recommendations. Statistical analysis was performed using Shigan's method based on Bayes' method of probability.

Results: The most significant DM (prevalence 7.9%) risk factor was age>45 (OR 12.33; 95% CI=2.34-64.87). DM was revealed in 9.15% of people aged>45. The next important risk factor was Arterial Hypertension (AH) (OR 4.18; 95% CI=2.89-6.05). Of all patients with AH (28%), 11.8% had DM and 56% of all patients with newly diagnosed DM had AH. 60% of patients with newly diagnosed DM had abdominal obesity (OR 2.27; 95% CI=1.42-3.63); 9.98% had family history of DM (OR 2.48; 95% CI=1.86-3.30). Analysis of combination of risk factors revealed that the most significant was co-existence of hereditary, age>45, AH and obesity. DM was newly diagnosed in 32% of this group of patients. Physical inactivity (OR 2.2; 95% CI=1.08-4.5) found in 9.7% of people with DM) in combination with above mentioned factors increased DM prevalence only by 3-5%. There were no significant differences between men and women.

Conclusion: Co-existence of hereditary, obesity and AH in Uzbek people aged>45 leads to DM in 32%. Program of early diagnosis of DM in groups of patients with these risk factors and their combination should be developed at the national level.

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October 01-02, 2018 Osaka, Japan

Type 2 diabetes in Indians: How different than the Western World?

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Type 2 Diabetes Mellitus (T2DM) is one of the leading causes of morbidity and mortality globally. Although other racial groups are affected, the prevalence of T2DM in Indians is extremely high and continues to rise rapidly. India is considered the diabetes capital of the world with over 70 million people with diabetes and more than 70 million people with pre-diabetes. The most probable explanations are genetic susceptibility, fast urbanization, diet pattern and change in lifestyle. Indians get diabetes at a lower body weight, with around 20-30% people not being overweight. Other distinctive features in Indians compared to western population are excess visceral fat, pancreatic fat and fatty liver. In addition, Indian diabetics have increased insulin resistance and early deterioration in β -cell function compared to other ethnic groups. In conclusion, Indian diabetics are quite different than the western population in terms of pathophysiology, clinical profile and getting diabetic complications, therefore the need to take account of these aspects while interventions are planned.

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12th International Conference on

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October 01-02, 2018 Osaka, Japan

In vivo* evaluation of thiazolidinedione derivatives as euglycemic agents*Diana Aleman**

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Introduction: Diabetes Mellitus (DM) is a chronic metabolic disease which can be treated either by decreasing blood glucose by the improvement in insulin secretion or by decreasing insulin resistance in peripheral tissues which is a characteristic effect of Thiazolidinediones (TZDs). TZDs are complete agonists of the Peroxisome Proliferator-Activated (PPAR) γ receptor, which are able to promote the transcription of genes involved in the metabolism of lipids and carbohydrates, but these drugs present undesirable effects such as increase in body weight, hepatic toxicity, plasma volume expansion and heart failure. The aim of this study was to elucidate whether our previously designed compounds, known as C#40, C#81 and C#4, may serve as euglycemic and antioxidant agents.

Material & Methodology: Healthy male Wistar rats were randomly divided into 6 groups, each containing 7 animals as-Control, DM, DM+Pioglitazone, DM+C#40, DM+C#81 and DM+C#4. DM was induced by a single intra-peritoneal injection of streptozotocin (45 mg/kg). After the injection, each animal was weighted and monitored for blood glucose levels weekly. At the end of the study, blood and hepatic tissue samples were collected in order to determine glucose, insulin, triglycerides, total cholesterol, antioxidant enzymatic activity, antioxidant non-enzymatic activity and liver enzymes.

Results: The treatment with C#40 was able to produce euglycemia better than Pioglitazone, while C#81 was able to reduce glycemia by 300 mg/dl, even though it did not produce euglycemia. The three derivatives increased the values of total cholesterol, while triglyceride levels decreased. C#4 exhibited a better antioxidant activity rather than C#40, C#81 and Pioglitazone, by increasing SOD, CAT, GSH levels by diminishing TBARS levels.

Conclusion: C#40 was effective for the decrease of blood glucose and triglycerides. It was found that C#4 is an effective antioxidant compound, rather than C#40, C#81 and Pioglitazone.

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October 01-02, 2018 Osaka, Japan

Ageing population challenges and its stress on the patient and society: How the medic, society, government and advanced country can resolve?**Ling Sien Ngan**

Institute of Diplomacy and Foreign Relations, Malaysia

Statement of the Problem: People who are retired early at 58-65 year old depending on country brings more harm than good the patient, society and nation. They are difficult to get re-employment, couldn't meet the rising living expenses in the inflationary world, also doubled up with many illnesses that require more budget for the hospital visit and medication. This is compounded with higher longevity with expected life expectancy of around 80+ years. These 20 over extra years of living post-retirement incurred a lot of financial burden challenges personally, on the society and national economic level with inadequate worker leaving the workforce or skill mismatch. This problem faces mankind for the first time never seen before.

Methodology & Theoretical Orientation: Utilizing a subjective analysis reviewing books, articles, clinical history taking, charity function observation, interview and focus group to gather data. It is used for the security framework of the social sciences to understand the interaction between the ageing patient and the socio-economic factor relationship and context.

Findings: The post-retirement patient group were actively seeking new employment despite skill mismatches to find their personal worth, meeting financial obligation, relieving physical, social, mental and spiritual boredom. Those left unemployed faces mental stress, judgment and memory deterioration faster, physical body regression, withdrawn and ages faster. One interesting finding is that more would like to do charity work and attend religious prayer. Society tends to face GDP decline without government policy interventional help.

Conclusion & Significance: Retired patient faces tremendous burden on financial, stress and ages faster with less priority given to health consequently. Therefore, they end up with severe medical complication. Timely and adequate support from the medical, socio and government intervention will improve their employment, health and economic security. All need to start early with financial planning to allow adequate buffer zone cushioning the impact after retirement. They need to be health savvy to maintain healthy body or comply with medication to avoid complication insuring higher cost. Social welfare and geriatric support and peer group support are essential.

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12th International Conference on

ENDOCRINOLOGY, DIABETES AND METABOLISM

October 01-02, 2018 Osaka, Japan

Illness Perceptions and Hemoglobin A1c among Type 2 Diabetes patients**Li-Yun Lee and Yu-Ju Yu**
CMUB Hospital, Taiwan

Aim: Diabetes is a chronic , potentially life-threatening illness which affects many aspects of an individual's life. This study explored Illness Perception and Hemoglobin A1c in type 2 Diabetes patients.

Methods: Research was conducted using a cross-sectional study. Patients (n=99) were recruited from the outpatient department of a metabolism clinic in a teaching hospital in southern Taiwan. Eligible subjects assessed using the Illness Perception Questionnaires (IPQ-R), Hemoglobin A1c (HbA1c) testing and background Information Form. Stepwise regression was applied to explore the predictors of Hemoglobin A1c percentage. The data analysis was conducted with descriptive statistics, t-test, chi-square and linear regression. All calculations were made using SPSS for Windows, version 20.0(Chicago, IL, USA).

Results: Among the Ninety-nine type 2 Diabetes patients participated in this study. The results showed that patients had 54 male and 45 females, mean age was 60.36years, had 35 smokers and 64 non-smokers, meals prepare by Self was 37.4%, Exercise habit over 90 minutes per week was 30.3%, HbA1c percentage was 8.08%. The Body mass index and the illness perception - Timeline cyclical subscale scores were the most significance factors in HbA1c percentage.

Conclusions: Type 2 Diabetes patients experienced illness perceptions. Body mass index and Timeline cyclical affect HbA1c percentage. Illness perceptions changes can impact on glycaemic control.

Implications for Practice: Study findings can provide of illness perceptions in eastern population. Future research may further intervention to improve the illness perceptions and HbA1c percentage control of the disease.

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12th International Conference on

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October 01-02, 2018 Osaka, Japan

She was trapped in a man's body: A case of Virilizing Adrenocortical carcinoma**Ralph Jefferon Ramos, Maria Luisa Cecilia Arkoncel, Ryan Joe Dungca and Francis Raymond Arkoncel**
JBLMRH, Philippines

Background: Adrenocortical carcinoma is a rare malignancy with an annual incidence of 1-2 per million population. Adrenal tumors exclusively secreting androgens are extraordinarily rare most commonly presenting with hirsutism, acne, and clitoromegaly.

Case: A 33 year old female came at the IM-OPD due to amenorrhea for 1 year, accompanied by receding hairline, mustache, hirsutism more on the hypogastric area and lower extremities, right-sided abdominal pain and deepening of voice, hence, consulted. Prior to onset of symptoms, she was admitted for UTI where KUB ultrasound was requested however, was not done. She was discharged with advice to consult at the OPD, however, was lost to follow up. Upon this consultation, she brought the result with an impression of adrenal mass. Whole Abdominal CT scan was requested and revealed right adrenal mass, 5.6x6.5cm, with downward displacement of the ipsilateral kidney. DHEA-S and TESTOSTERONE were done with elevated results. She was referred to Urosurgery for surgical intervention. She underwent laparoscopic adrenalectomy, right, with finding of right adrenal mass, 8.0x7.0x5.0cm, 80 grams, well circumscribed. On follow up, repeat DHEA-S and TESTOSTERONE were normal. Biopsy showed adrenocortical carcinoma with extracapsular invasion. Three months post-operation, the patient followed up with amenorrhea. She was referred to OB confirming her pregnancy. She has no regular prenatal check-up and is expected to deliver a baby boy on July 17, 2018.

Discussion And Conclusion: Majority of adrenal tumors are metastatic, hence, identification of the origin is important in the diagnosis and management. History, physical examination, imaging, DHEA-s and Testosterone are the cornerstones in the diagnosis.

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12th International Conference on

ENDOCRINOLOGY, DIABETES AND METABOLISM

October 01-02, 2018 Osaka, Japan

Evaluation of self-efficacy educational interventions in patients with diabetes: A systematic review**Xinjun Jiang**

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The purpose of this study is to evaluate the effectiveness of diabetes self-efficacy educational interventions in patients with diabetes and to determine the effective components of the interventions. 6 databases were systematically searched for studies on the metabolic controls, diabetes self-efficacy, behavior, knowledge, psychological indicators and quality of life of diabetes self-efficacy educational interventions for patients with diabetes. 16 studies published between 2006 and 2017 met the inclusion criteria. Glycosylated hemoglobin A1C, fasting blood glucose, diabetes self-efficacy, behavior and knowledge were identified as positive results in most studies. Only five studies used the complete four sources of information and eight studies assessed both the self-efficacy and behavior of participants based on self-efficacy theory. Performance accomplishments, vicarious experience and verbal persuasion were predominantly employed. Such strategies as goal setting, practicing self-management skills, participants' return-demonstration, behavior recording, peer modeling, verbal persuasion by nurses and face to face delivery were preferred in the included studies. Individuals with diabetes are likely to benefit from diabetes self-efficacy educational interventions. The four sources of information and outcome assessments based on self-efficacy theory were insufficient in most studies. Future work is required to develop an effective diabetes self-efficacy educational intervention and further determine the effects.

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