

Low intake of calcium and abdominal obesity in Brazilian adults- Ana Gabriella P Alves - Federal University of Goiás

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Obesity, especially abdominal, is one of the major public health problems in the world. In this regard, studies have observed protective effects of some nutrients on obesity, including calcium, due to its supposed action in the regulation of lipid metabolism in adipocytes. The aim of this study was to evaluate the association between calcium intake and abdominal obesity in Brazilian adults.

Methodology: this cross-sectional study was developed in March 2016 with 31 subjects from Santo Antônio de Goiás, Central-West region of Brazil. The waist circumference (WC) was measured with anthropometric inextensible tape (Sanny®, São Paulo, Brazil) at the midpoint between the lowest rib and the iliac crest. Women with WC \geq 80cm and men with WC \geq 94cm were classified with increased WC. To obtain average calcium intake, three 24-hour dietary recalls were collected on non-consecutive days, including one day of the weekend. Student's t-test for independent samples was used to evaluate the difference in calcium intake between adults with adequate and increased WC. Binary logistic regression was used to analyze the association between WC and calcium intake. P values $<$ 0.05 were considered significant. This research was approved by the Research Ethics Committee of Federal University of Goiás, Brazil. Findings: Of the 31 participants, 96.8% were female and the mean age was 41.39 (\pm 11,36) years. There was a higher calcium intake among subjects with adequate WC ($p = 0.002$). In addition, the lower is the calcium intake, higher is the chance of having increased WC ($p = 0.022$). Conclusion: Considering the association between calcium intake and waist circumference, the consumption of foods rich in this mineral needs to be encouraged, which may contribute to reduce public health problems like obesity and associated morbidities. In reaction to new circumstances or to changes, and to control their activities in their surroundings. Reorganization of the brain takes place

through processes like Axonal sprouting "axonal sprouting" Endings to reconnect neurons that have been damaged or severed in connections. Undamaged axons may also sprout and bind with other nerve endings. Nerve cells are undamaged, creating fresh neural pathways to achieve a Required feature. Neuroplasticity, also called plasticity of the brain, or Neural plasticity is the brain's capacity to withstand biological checks.

The aim of this talk is to reveal the biochemical and immunological mechanisms behind the brain aging and to address the best clinical orthomolecular protocols to prevent the neurodegenerative diseases and stimulate the neuroplasticity with the use of dietary substances, natural immune-modulatory molecules and bioidentical hormones. Particularly at an older age, the brain remains dynamic and may benefit from mental exercise. It is therefore important to consider the notions of positive neuroplasticity and negative neuroplasticity and how cognitive reserve is either helped or detracted by these mechanisms. Using four exemplary studies that clearly show the impact these neural mechanisms exert on cognitive reserve and cognitive functioning, this article offers a brief overview of these main concepts. A working knowledge of how neuroplasticity and cognitive reserve are expressed in patients, along with how this data can be integrated into nursing practice and study, will be given from this analysis. Positive and negative neuroplasticity both work in the environmental press spectrum. The more demanding and novel the environmental press, by establishing more neuronal ties and increasing cognitive reserve, the more optimistic neuroplasticity would be involved in adjusting to this press. Similarly, by not constructing and/or breaking down the neuronal ties that are required to respond to the environmental press, negative neuroplasticity works in the opposite direction. Illustrates these principles and contains

four outstanding findings from the literature on neuropsychology that clearly illustrate the impact of these neural processes on cognitive reserve and thus cognitive. To catch up on injuries and sickness, the neurons (nerve cells) inside the brain.