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Normal weight obesity

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An excess in adiposity has been clearly associated with more than 30 comorbidities, including insulin resistance, altered lipid metabolism, and endothelial dysfunction. Recently, a new syndrome named normal weight obesity (NWO) has attracted growing attention. This syndrome is defined as a normal body mass index (BMI) associated with increased body fat. Available evidence indicates existence of an association between NOW and risk factors of a few chronic diseases; but some practical issues (including the limited number of published studies and defining the exact cut off point for NOW) make it very difficult to reach convincing conclusions. The aim of this review is to present current evidence about NWO.

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Conditioned intake and fattening/diabetes

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Obesity, diabetes, asthma, autism, birth defects, dyslexia, attention deficit-hyperactivity disorder, schizophrenia have increased in children in the last half century. The will to eat develops often erroneously. This error is widespread and may be responsible of health deterioration in children as well as in adults. The imbalance factor consists in a lack of a proper, reproducible, although subjective, limit in intake, i.e. in the incomplete exhaustion of previous energy intake at each meal. By synchronous blood glucose (BG) measurements, we taught patients to distinguish hunger sensations that are conditioned from those that arise after meal suspension. This hunger (after meal suspension) was the proper signal for meal onset. This pattern has been termed the Initial Hunger Meal Pattern (IHMP), to obtain meal-by-meal fasting nutrient levels and low BG prior to the next meal. We report here the subjective limits of meal energy intake, the adjustment to the limit for weeks and months, the diffusion of the error in untrained child and adult population, and the validations of the assessments. We will eventually show the association of this unbalancing will to eat with insulin resistance/fattening and its suppression by the reacquisition of the proper, reproducible, although subjective, limit.

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