

# 5<sup>th</sup> Asian Obesity Specialists & Endocrinologists Annual Meeting

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## Life after bariatric surgery: How do we detect and work with psychosocial issues to improve outcome?

Vanessa Snowdon-Carr

Musgrove Park Hospital Taunton, UK

There is extensive evidence that bariatric surgery can have a profound impact on not only weight and obesity related co-morbidities but also quality of life, mood, confidence, body image and social engagement. However, the way in which these issues change over time and the differences between individuals post-operatively are only relatively recently being investigated. Some of the early improvements noted are not always retained and can lead to disturbed eating patterns and weight regain. The expectations both patients and clinicians can have preoperatively will influence outcome particularly for those who anticipate a dramatic life change with weight loss. Healthcare professionals have an opportunity to support and improve outcomes for patients post-operatively but in order to do so it is essential that clinicians have a good understanding of the 'normal range' of post-operative disturbance as a transition to managing in the long-term, an ability to differentiate symptoms that have previously been considered as involuntary and secondary to the physical consequences of bariatric surgery and strategies for working with these different issues. This presentation will provide a brief summary of both empirical and practice-based evidence for post-operative difficulties in order to consider how to assess and intervene.

[Vanessa.Snowdon-Carr@tst.nhs.uk](mailto:Vanessa.Snowdon-Carr@tst.nhs.uk)

## Hepatoprotective potentials of nutraceuticals (Piperine, limonene, naringenin and zingerone) against diet and alcohol induced hepatic steatosis in an experimental model

Victor Antony Santiago Jesudoss

Asia Metropolitan University, Malaysia

Hepatic steatosis is rapidly becoming the most common metabolic liver disorder in the Western countries. Overfeeding either saturated fat or carbohydrate increases hepatic triglycerides. Our main aim of this study is first time documenting the hepatoprotective potential of nutraceuticals against diet and alcohol induced hepatic steatosis in experimental rat model. Young male Albino Wistar and Sprague Dawley rats fed with fructose enriched diet for 8 weeks to induce NAFLD and non-alcoholic hepatic steatosis (NASH). In addition, one group of fructose enriched diet fed rats was administered together with nutraceuticals (piperine, limonene, naringenin and zingerone). Liver pathology of group 3 showed marked changes which includes micro and macro vesicular steatosis, inflammatory cell infiltration, sinusoidal fibrosis and with a significant increase in the immunohistochemical expression of pro-inflammatory cytokines and fibrotic markers. Body weight, lipid profile and hepatic function indicators were increased and HDL reduced. Administration of nutraceuticals reversed the fructose enriched diet induced changes especially body weight, lipid profile, hepatic function indicators and restored pro-inflammatory cytokines and fibrotic markers as well as pathological alteration of liver. Thus consumption of nutraceuticals in the diet could prevent early hepatic damage in people prone to hepatic steatosis.

[jvictorbiochem@gmail.com](mailto:jvictorbiochem@gmail.com)