

## Euro Global Summit & Medicare Expo on **Weight Loss**

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### **Obesity, diabetes and metabolic syndrome in terms of preventive medicine and healthcare**

Preventive medicine engirds both the care of individual patients, and public health practice, and as is apparent in the term, focuses on the prevention of disease rather than treatment, per se. Although there is no general scientific agreement as to whether or not preventive healthcare measures are cost-effective, but they may enhance, at least in certain situations, the quality of life significantly. As in the case of every aspects of human health, World Health Organization (WHO) adheres to the subject of preventive medicine and healthcare of obesity and allied conditions. Experts participating in the first WHO Expert Consultation on Obesity in June 1997 recognized instantly that 'Overweight and obesity represent a rapidly growing threat to the health of populations and an increasing number of countries worldwide.' In addition, WHO has been accepting medicinal plants for many years as an integral part of healthcare by starting the publication of serial monographs on medicinal plants from 1996 to date. Obesity causes important health consequences as a risk for serious chronic diseases. According to a report on actual causes of deaths, poor diet and physical inactivity seem to be second leading cause among preventable deaths in the United States in the year of 2000 with 400,000 person/year and 16.6 % of all death cases. As obesity, diabetes and metabolic syndrome are closely related to poor lifestyle, i.e., poor nutrition, inadequate physical activity, etc., the solution seems to be evident: Changing life style with complementary measures. These speech, therefore, will focus on nutritional and OTC measures against these delaterious health conditions providing concise information on pretty good examples like garlic, thyme, oregano, spirulina, etc

### **Biography**

Yusuf Ozturk has completed his PhD from Ankara University in 1985. He was the Former Director of Graduate Institute of Health and is now the Head of Department of Pharmacology and the Dean of the Faculty of Pharmacy, Anadolu University. He has published more than 150 papers in reputed journals cited around 1600 times and has been serving as an Editorial Board Member of repute. Participating in many scientific juries, boards and commissions, he has various national and international awards and prizes, acknowledging top and distinguished review service.

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