

1705th Conference
Obesity & Fitness 2018



International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA

Scientific Tracks & Abstracts

Day 1

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To study the effectiveness of Cyriax manual therapy versus muscle energy technique in subjects with tennis elbow on pain, grip strength and functional disability

Avnee Sarin

Dav Institute of Physiotherapy and Rehabilitation, India

Introduction: Tennis elbow is a syndrome characterized by an insidious onset of elbow pain brought on by wrist extension with pronation or supination and aggravated by gripping. Tennis elbow affects 1-3% of the population.

Objective: To compare the effectiveness of Cyriax manual therapy and Muscle Energy Technique in pain, grip strength and functional disability in subjects with tennis elbow.

Methodology: A minimum of 45 subjects were taken for the study. Study was done in the D.A.V Institute of physiotherapy, Jalandhar and affiliated hospitals. Total duration was one and half year. Convenient sampling technique was done, with three equal groups of 15 subjects i.e. Group A (control) received ultra sound, static stretching, eccentric exercises. Group B received ultrasound, Cyriax manual therapy, static stretching and eccentric exercises. Group C received ultrasound, Muscle Energy Technique, static stretching, eccentric exercises. Treatment was given for 8 sessions within two weeks. Data was collected on 1st (pre-treatment), 4th and 8th (post-treatment) session. Total of 8 treatment sessions were given to each group within 2 weeks.

Result: The result showed significant improvement in Grip Strength, VAS and PRTEE within three groups. Intergroup analysis showed that there was non significant difference between the effectiveness of Cyriax Manual Therapy and Muscle Energy Technique in patients with tennis elbow.

Conclusion: Cyriax Manual Therapy and Muscle Energy Technique are equally effective in decreasing pain, functional disability and increasing grip strength in subjects with tennis elbow.

Key Words: Tennis elbow; Cyriax Manual Therapy; Muscle Energy Technique; Patient rated tennis elbow evaluation questionnaire; Visual Analogue Scale; hand dynamometer.

Biography

Avnee Sarin (PT,MPT ortho), completed her bachelors in physiotherapy from Christian medical college Ludhiana, india and her masters degree from dav institute of physiotherapy and rehabilitation in 2014. She has also done certification course in diet and nutrition. She has been working as assistant professor and consultant physiotherapist at Dav Institute of physiotherapy and rehabilitation. She has been guide to undergraduate and post graduate students of physiotherapy for their dissertations and 3 of her articles have been published in reputed journals and few are under the process of publication.

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Challenges in combating obesity and importance of counseling for good dietary compliance among patients

Chaya P Mishra

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A successful case study of transformation of a morbidly obese (BMI-53kg/m²) to obesity Gr-III (BMI-37kg/m²) with total reduction of 43kg (94.6lbs) achieved in a span of 10 months with dietary approach and minimal activity (5 to 40 minutes of walk) in ten months, thus majorly attributable to diet therapy and successful counseling. An individual male aged 27 yrs, height-170cms, weight-149.7kg (329.3lbs) BMI 53 kg/m², abdominal girth 142 cms with hypertension (on medication since two years Telmesarten 80) with a history of several episodes of yo-yo effect of weight loss and poor self esteem. He was explained about diet therapy and the time required for achieving weight reduction of 80 kg (176 lbs) with emphasis on regular follow ups. In each follow up different types of 10 days menu plans were prescribed (high protein-low fat-adequate CHO, complex CHO adequate protein and high fiber diets) according to the likings of the patient for better compliance. With each follow up body weight and abdominal girth were measured which showed a reducing trend motivating him further to adhere to the diet. With every follow up challenges like, over enthusiasm to shed more weight, urge to work out more, inadequate compliance to diet, social and emotional bingeing, greedy diet, lack of interest due to unsatisfactory weight reduction were all dealt with appropriate counseling and involving the family and friends for support. By the end of eight months his hypertensive drugs were totally withdrawn by the consultant physician after tapering and the parameters like VLDL and Triglycerides were well within normal limits with satisfactory general well being.

Biography

Chaya P Mishra, BSC Medical Technology in Radio diagnosis with distinction from Bangalore University, MSc Dietetics & Nutritional Sciences with distinction from Allahabad University, NET qualified for Assistant Professor in 2013. Formerly served in scientific posts for Indian Council of Agriculture Research- Nainital and Bhabha Atomic research centre Hospital- Mumbai. Presently Consultant Nutritionist and Clinical Dietitian at Allahabad, India.

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Hypolipidemic and cardioprotective effects of *Tabebuia impetiginosa* (Lapacho Tea) extract in wistar rats fed a high fat and fructose diet

Beatrice N Kiage-Mokua

Jomokenyatta University of Agriculture and Technology, Kenya

In earlier studies *Tabebuia impetiginosa* extract inhibited lipase and slowed the increase of postprandial triglycerides in rats given a fat load. Therefore we investigated its triglyceride lowering and cardioprotective effects in Wistar rats fed a high fat and fructose diet (HFFD). In a dose-effect trial three groups of 21 rats each were fed for 74 days only HFFD (controls), or HFFD, to which either 0.3 (HFFD+lowL) or 0.6 mg dry *Tabebuia impetiginosa* extract per kg food (HFFD+highL) was added. Fasting blood samples were drawn before and at the end of intervention. *Tabebuia impetiginosa* extract lowered dose-dependently and significantly ($p < 0.05$) plasma triglycerides (TG), total cholesterol (TC), atherogenic index (AI), cardiovascular risk index (CRI) and liver TG, as well as fasting blood glucose (FBG) and glycated hemoglobin (HbA1c), with correlation coefficients (R) between ± 0.288 and ± 0.519 (General Linear Model (GLM) procedure). Fat malassimilation was not observed. In conclusion, *Tabebuia impetiginosa* extract might be a promising adjunct in the management of hypertriglyceridemia and other risk factors of cardiovascular disease, common in obesity and diabetes.

Keywords: *Tabebuia impetiginosa* extract (lapacho tea); high fat and fructose diet; lipase inhibitor; triglycerides; cardiovascular disease; diabetic obese rats.

Biography

Beatrice Nyanchama Kiage Mokua has completed her PhD at the age of 37 years from Christian Albrechts University (CAU), Kiel, Germany. She is a lecturer at Jomokenyatta University of Agriculture and Technology at the Department of Food science and Technology. She has papers in reputed journals.

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Milk: There's more to it than meets the eye

Jaymar Saniatan
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Research includes Discuss basic information regarding Milk, Review studies involving Milk and Fitness and Review the Outcomes/results of studies involving Milk and Fitness

Origin of Milk: Founded in 9000-7000 BC in SW Asia, First bottled milk used in 1870's US is the top producers of Milk worldwide. The Following components of milk contains Casein makes up 76-86% of protein Whey makes up around 20% of protein, Carbohydrate: lactose, glucose, galactose, Calcium and Vitamin D. muscle hypertrophy: protein 1.2-2.0 grams/kg, calories 44-50 kcal/kg maintenance, Protein 0.8 grams/kg, Calories 25-30 kcal/kg

ELLIOT, T: 24 untrained men and women. 237 gm fat free milk v/s 237 gm whole milk v/s 393 gm isocaloric fat free milk. Results: whole milk increased utilization of available amino acid for protein synthesis.

TIPTON, K: 23 untrained men and women. Each given 20 gram casein, 20 grams whey, or artificially sweetened water 1 hr after leg resistance exercise.

Results: participants given milk protein showed increased protein synthesis.

HARTMAN, J: 56 young untrained males. 500ml fat free milk vs soy protein beverage vs isocaloric carbohydrate beverage 1 hr after workout.

Results: Milk intake showed increased lean body weight and decreased body fat.

WILKINSON, S: 8 weight trained men 500ml skim milk vs soy protein beverage

Results: Both increased protein syntheses and muscle mass. Skim milk had greater impact on muscle mass.

JOSSE, A: 20 untrained women 12 wks 5d/wk exercise, 500ml fat free milk vs Isocaloric Maltodextrin,

Results: Milk increased LBM, had a greater fat mass loss, and a greater strength gain.

KARP, J: Trained endurance athletes. Chocolate milk v/s carbohydrate drink. Participants performed a ride to exhaustion after 4 hours of consumption and recovery.

Results: the time to exhaustion were similar for both beverages.

Biography

Jaymar is a Nutrition Expert who has a history with personal training and physical fitness. He has been consulting in the Los Angeles area for 12+ years. He is a Registered Dietitian, so legally he is allowed to give nutrition advice. His clients come from every part of the world and come in many shapes and sizes. He has consulted with kids to the elderly, athletes to the common Joe, and everyone in between. Any issue that has to do with Nutrition and or Fitness will be resolved by Jaymar and his Nutrition Phitness Team.

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Unhealthy weight control practice among female high school adolescents in addis ababa, Ethiopia

Tigest Ajeme Tuffa

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Unhealthy weight control practices are a serious concern with clinical implication as a potential risk factor for eating disorder. Despite recent epidemiological studies indicate a high prevalence of unhealthy weight control practices in developing countries, there is lack of such knowledge in Ethiopia. This is the first Ethiopian study aimed to determine the magnitude of unhealthy weight control practice among female high school adolescents in Addis Ababa, Ethiopia. We conducted a school based cross-sectional study among randomly selected 721 adolescents in private and government schools. We used a nine item question to measure engagement in unhealthy weight control practice. We also used an eight item body part satisfaction scale to measure body part dissatisfaction. The body part satisfaction scale was translated into the local Amharic language and tested for face validity. Logistic regression was used to calculate odds ratios for predictors of unhealthy weight control practice. The magnitude of engagement in unhealthy weight control practice at least once a week in the last one month was 232 (33.8%). The overall prevalence of purging and non-purging behavior was 10 (1.5%) and 222 (32.3%), respectively. Factors that were significantly associated were perceived overweight [AOR=2.88, 95% CI=1.08-7.69], being overweight [AOR=2.84; 95% CI =1.31-6.17], severe depression [AOR=1.98; 95% CI =1.17-3.35], family influence to lose weight [AOR=1.59; 95% CI= 1.03-2.45] and being wealthy [AOR=2.09; 95% CI=1.24-3.52]. This study revealed a high prevalence rate of unhealthy weight control practices including both purging and non-purging behaviors among female adolescents in Addis Ababa, Ethiopia. Such findings imply that public health systems should pay attention to these behaviours and design prevention and intervention strategies.

Biography

Tigest Ajeme is working in Addis Ababa University, Ethiopia. My research includes weight management and unhealthy weight control.

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A suggested strategy for aerobic gymnastic in the Egyptian federation of gymnastics

Mohamed El sayed Ahmed Elhabashy
Benha University, Egypt

The researcher studied under the title "A Suggested Strategy for Aerobic gymnastic In The Egyptian Federation Of Gymnastics." and use descriptive method survey manner, was the research sample way intentional random from the research community and the number of choice (40) members, including 27 members of the faculty, (8) members of the members of the board of the Egyptian Federation of Gymnastics management, (5) members of the training of experts in the field of gymnastics and the researcher to apply the basic study during the period of 10 | 5 | 2014 m to 30 | 5 | 2014 m on the core sample of (30) one of them (7) members of the Council of the Egyptian Federation of Gymnastics Management, (20) a member of the faculty members, (3) experts in the field of training of gymnastics, then the researcher to apply the research project proposed on the sample number questionnaire (20) expert of them (7) individual members of the Board of Directors Egyptian Federation of Gymnastics (13) of faculty members, and (3) training of experts and gymnastics during the period from 11/15/2014 to 12/01/2014 AD.

Biography

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Energy drinks intake modulates motor cortical excitability, plasticity and motor performance

Fortunato Battaglia
Seton Hall University, USA

Energy drinks (EDs) containing caffeine, taurine and glucuronolactone are very popular. In the field of athletic training, previous reports showed that consumption of caffeinated EDs might affect motor behaviors and performances. The physiology of cortical circuitries can be investigated in humans by using transcranial magnetic stimulation (TMS). I will discuss the use of TMS as a tool to investigate the effects of EDs intake on motor cortical circuitries to further understand the mechanisms underlying the putative ergogenic and performance-enhancing effects of EDs. Furthermore, I will discuss the effects of EDs intake on sensorimotor integration, cortical plasticity, movement preparation and exercise-induced cortical plastic adaptations in humans.

Biography

Fortunato Battaglia is an MD, PhD neurologist who specializes in clinical neurophysiology. He graduated from the University of Messina, Italy. Currently he is a Professor at Seton Hall University where he teaches neuroscience, clinical neurology and motor control. He is interested in exploring cortical synaptic plasticity to better understand the pathophysiology of neuropsychiatric diseases and to develop treatments for these conditions. His current research focus on integrative health and wellness, motor control and cognition and he is conducting studies using non-invasive brain stimulation techniques such as transcranial magnetic stimulation (TMS) and direct current stimulation (tDCS). He published over 70 papers on high-impact journals that have been extensively cited by other researchers.

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Non-Exercise Activity Thermogenesis: A NEAT approach to weight loss

Ayaz Virji

Georgetown University, USA

Non-exercise activity thermogenesis (NEAT) refers to calorie burn associated with non-volition exercise and lifestyle activity. NEAT plays a significant role in energy expenditure from daily physical activity, often times greater than that of exercise. Quantitative enhancements of NEAT activity includes taking the stairs, avoidance of moving platforms, and parking far from destination. Qualitative enhancements of NEAT include the utilization of exogenous weights such as ankle and wrist weights during activities of daily living. Studies show that maintenance of energy expenditure from NEAT activity has greater sustainability than that of exercise activity for most patients.

Biography

Ayaz Virji received his MD from Georgetown University Medical School and completed residency at Duke University Medical Center. He is board certified by the American Board of Family Medicine and American Board of Obesity Medicine, and American Board of Physician Nutrition Specialists. He practices bariatric medicine in Southwest Minnesota as part of Johnson Memorial Health Services. Dr. Virji has written numerous scientific and layman publications in the field of obesity research and prevention.

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Quality attributes of cakes incorporated wheat with legumes flour

Amira Rasalan Sabry
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Background: legumes flours, due to their amino acid and fibre content are ideal ingredients for improving the nutritional value of bread and bakery products.

Objective: This study the influence of the partial replacement of wheat flour by legumes flours (chickpea, lentil and white bean) the study was to investigate the effects of wheat flour substitution with legume flour in cake in terms of the sensory and nutrition properties of the prepared cake samples were evaluated. Cake samples were prepared from (a) Control (100% wheat flour), Chickpea (b) (wheatflour 80% + chickpeafLOUR 20%), (c) (wheatflour 80% + ChickpeafLOUR 40%), Lentil (d) (wheat flour 80% + Lentil flour 20%), (e) (wheat flour 80% + Lentil flour 20%), White beans (f) (wheat flour 80% + white beans 20%) and (g) (wheat flour 80% + white beans 20%). The sensory and quality attributes of the seven types of cakes were evaluated. Result showed all products were found to be acceptable as recorded the panelist in terms of color, odor, texture, taste, and over acceptability. The study showed an increase in amino acids composition of the cake as compared to the control. In addition, the high trend in the essential amino acid increased in samples cake prepared from wheat with legumes in 20% compared with the wheat control.

Conclusions: From the present investigated work, it can be concluded that replacement of wheat flour with chickpea, lentil and white beans flour at (20-40%) can be followed without any adverse effect on sensory characteristics of cake. Legumes flour supplementation significantly caused improvement in cake's composition of amino acid score. It can be recommended that the technology of using composite flour should be encouraged among food industries to make economic use of local raw material and produce high quality food products such as cake particularly for the populations of development nations.

Biography

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Effect of vacuum massage therapy on the post-burn scar: Single blind randomized controlled study

Mahmoud Elshazly
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Introduction: post burn scar is a chronic, debilitating problem that is frequently has negative effect on the patient function and psychology.

The aim: this study was conducted to investigate the effect vacuum therapy on the post burn scar.

Methods: 48 adult patients suffered from lower limb post-burn hypertrophic scar with age between 20-40 years were recruited by from the Out-Patient Clinic of burn and surgery in the South Valley University Hospitals between December 2016 and July 2017. Patients were randomly assigned into either control or study group, using block randomization, with blocks of four and six stratified by sex. Control group received 20 minutes session of friction massage on the scar area for 10 minutes and stretching of the lower limb muscles for 10 minutes. Study group received vacuum treatment on the scar in a session of 10 minutes. Sessions in both groups repeated 3 times per week for 4 weeks. The main outcome measure was the ultrasonographic assessment of scar thickness.

Results: results of scar thickness for 48 patients were analyzed (study group N= 24 and control group N=24) with follow up measure after 4 weeks showed significant within groups improvement with 19.1% and 34.9 % percentage of improvement in control and study group respectively with no significant difference between both groups. Also, there is no considerable adverse effects are noted during or after intervention in both groups.

Conclusion: vacuum therapy was an effective modality for treatment of the post burn scar but not superior to traditional physical therapy program, in form of friction massage and stretching.

Biography

Mahmoud has completed his PhD at the age of 30 years from Cairo University, Egypt and postdoctoral studies from south valley university, Egypt. I am lecturer and the manager of physical therapy and rehabilitation center at south valley university.

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Prevalence of overweight and obesity among adolescents in public and private school in two senatorial district of Osun State, Nigeria

Oyetunji Akinola

Federal Polytechnic Institute, Nigeria

The study finds out the prevalence of overweight and obesity among adolescents in public and private school. Obesity is the most serious long term health problem currently facing adolescents and its prevalence increasing worldwide including developing countries. Adolescent is an important growth and development period which has implication for future nutritional status and food consumption. Cross sectional study was carried out among age 11-19 years in both public and private school in urban area of the state. The data was collected using pretest self-administered questionnaire, Anthropometric measurement was also used to examine their nutritional status. Obesity status were determined using BMI cut off point, the overweight was found to be 3.06% among female and 0.6% among male whereas prevalence of obesity was 0.46% in female and non among male. 62.6% snack daily, fruit consumption pattern was low 84.9 % take fruit once daily, 14.4% twice daily while only 0.6% take fruits thrice daily especially after meal, Majority of the respondents mothers had secondary education (13.26%) while 9.53% had tertiary education which was a good pointer that mothers of the respondents were literate. 43.7% spend between 4-5 hours watching television daily after school. Positive association exists between the lifestyle and nutritional status of the respondents. Education effort to improve nutrition knowledge can be incorporated into course curriculum and as well as physical and health education should be made compulsory in all primary and secondary schools and also focus on various components within the system when implementing preventive measure on obesity.

Biography

Oyetunji Akinola is working in Nutrition and Dietetics Department, Federal Polytechnic Institute, Nigeria.

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