

Proceedings of

21st World Obesity Conference

October 25-26, 2018 Budapest, Hungary



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47 Churchfield Road, London, W36AY, UK, Tel : +44 20 393 63178

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World Obesity-2018



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KEYNOTE FORUM
DAY 1

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Sex differences in the effect of high-fat diet on mouse white adipose tissue

Fibroblast growth factor-21 (FGF21) is a circulating hepatokine, favors white adipose tissue (WAT) glucose utilization and lipolysis in mice. Diet induced obesity (DIO) is potentially FGF21-resistant state: Increased circulating FGF21 levels are associated with decreased FGF21 signaling in obese mice. It is unknown whether DIO changes WAT FGF21 signaling and metabolic gene expressions in a sex-specific manner. Obesity was induced by high-calorie diet (10 weeks) in C57Bl mice of both sexes. Blood parameters and visceral WAT expressions of genes involved in FGF21 signaling (FGF21, PPAR γ , PGC1 α , KLB), glucose input (SLC2A1, SLC2A4), lipolysis (Hsl), lipogenesis (Lpl), fatty acid oxidation (Cpt1), and thermogenesis (Ucp1) were analyzed by RT-PCR. DIO increased WAT indexes and circulating FGF21 levels in mice of both sexes, but WAT content was much higher and FGF21 blood levels were much lower in obese females than in obese males. DIO induced WAT FGF21 gene expression only in male. There were signs of FGF21 resistance (reduced Pgc1 α and Slc1a expression) in WAT of obese males. However, increased circulating FGF21 levels and local WAT FGF21 expression seem to ensure adequate expression of other FGF21 target genes and reduced WAT accumulation in obese males as compared to females. There were signs of FGF21 resistance, insulin resistance, and dysregulation of lipid turnover (reduced PPAR γ , SLC2A4, HSL, and LPL expression) in WAT of obese females. These transcription changes in combination with low circulating FGF21 level could lead to pronounce WAT accumulation in obese females.

The study was supported by the Russian Science Foundation, Grant No 17-15-01036.

Biography

Bazhan N is currently a Chief Researcher at the Institute of Cytology and Genetics, Russian Academy of Sciences and Professor of Novosibirsk State University. She studied on molecular-physiological mechanisms underlying genetic melanocortin obesity, the role of central melanocortin system in the development of stress-induced anorexia; the role of hypothalamo-pituitary-adrenal axis in the food-intake regulation and the mechanisms of metabolic changes associated with age in mice.

bazhan-nm@yandex.ru



Nadezhda Bazhan

The Institute of Cytology and Genetics,
Russia, Federation

Co-Author

Yakovleva T, Dubinina A and Makarova E

The Institute of Cytology and Genetics,
Russia, Federation

Notes:

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Challenging physical impossibility: Finding your way to change using your body and spirit

Background: Obesity prevalence is rapidly increasing worldwide requiring a collaborative, innovative, new energy, new ideas, and a new passion. Every person worldwide should be given equal opportunity to be healthy and well and learn the dimensions of their own physical power of resiliency in building stamina, strength, dynamism, and enthusiasm to a new sense of self. The obesity epidemic is a fierce battle indeed requiring us all to dig deep and never before has there been a more pivotal time to not take our bodies for granted. Drastic times called for drastic measures, we must aim beyond what we are far capable of, develop a complete disregard for where our abilities end and do things we are incapable of. I provide a unique insight and details not seen or spoken about in such a mission. My secret weapon to this burden is operating as a “Mental Physical Coach Motivator” strategically maneuvering people to have a higher awareness of bodily sensations, confidence and new found reality. The conference theme: An initiative towards fat to fit is not just about pushing the body to new limits. It is awareness of the spiritual resources hidden deep within people testing both physical and psychological boundaries that remain largely untapped. The real epidemic is not just obesity, it is the need to educate on physical literacy, motivation, and adherence to exercise along with the personal reinvention of people and to challenge people's thoughts. So, few people ever champion themselves and win with the best version of themselves. If we are physically fit then we become more inspired. Physical activity is a critical component of weight management and maintaining weight loss by any treatment is the fight against obesity.

Biography

Renaë Cobley is a professional Life/Success Coach, Motivator and Speaker, empowering people to reach their goals, become successful and think beyond what most have dreamed possible. Including the medical profession, sales, management and athletics/life coaching arena, she has broad life experience, excellent listening skills and flexibility to shift to the demands of her work. She is working with people whom she believes have a considerable success factor, bringing hope to uncertain situations, encouragement to those discouraged and a real gift to those bewildered in achieving their dream. She is running a practice based in the Hunter Valley, NSW in Australia. She however, is working and helping people all around the world through seminars and video link up.

Mentalphysicalcoach@gmail.com



Renaë Cobley

Mindset Coach, Australia

Notes:

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Program adherence and effectiveness of a commercial nutrition program: The metabolic balance study

Objective: The objective of the study was to assess the effectiveness of a commercial nutrition program in improving weight, blood lipids, and health-related quality of life (HRQOL).

Methods: A prospective observational study with follow-up after 1, 3, 6, and 12 months with data from questionnaires and blood samples was conducted.

Subjects: After 12 months, we had data from 524 subjects (60.6% of the initial samples). Majority (84.1%) of the subjects were women. The average BMI at baseline was 30.3 (SD = 5.7).

Results: After 12 months, the average weight loss was 6.8 kg (SD=7.1 kg). Program adherence declined over time but was still high after 12 months and showed a positive linear correlation with weight loss. Relevant blood parameters as well as HRQOL improved significantly.

Conclusion: After 12 months, nearly two thirds of the samples had achieved >5% reduction of their initial weights. The high degree of program adherence is probably due to personal counseling and individually designed nutrition plans provided by the program.

Biography

Emil Hidayatli has graduated from Azerbaijan Medical University as Physician - general practitioner and trained at the Department of Anesthesiology during his internship. He has been practicing in the Department of Toxicology and Department of Anesthesiology-Resuscitation of City Clinic Hospital #1 in Baku since 2002. In 2014, he has earned the Level 5 Advanced Diploma in Nutritional Science from the International Register for Nutritionists (UK) and start to practice as Physician-Dietitian and Nutritionist. In 2016, he became a Vice Chairman and leading Trainer-Lecturer in Academy of Nutrition, Dietetics and Obesity Prevention (ANDOP), the Member of World Obesity Federation (WOF) and take an active role in solving the problems of obesity and related metabolic disorders, and lead the efforts to reduce, prevent and treat obesity in local and international level. In 2017, he passed the Metabolic Balance Training Course and became the Licensed Metabolic Balance Representative in Azerbaijan and lead the unique, German original weight management program with focus on patient's metabolism. He is practicing in Ganja International Hospital and "Macrobiosis" Antiage and Aesthetic Center in Baku as a Chief of Dietology and Obesity Care Department and holds SCOPE (Specialist Certification of Obesity Professional Education) certification from World Obesity Federation (WOF) and MBA degree from Azerbaijan State Economic University and continue contributes to prevention and treatment of obesity in the country via his lecturing activities.

emil.hidayatli@mail.ru



Emil Hidayatli

Ganja International Hospital,
Azerbaijan

Co-Authors

Cornelia Meffert^{3,4}
and Nikolaus Gerdes³

³Hochrhein-Institute for Rehabilitation Research, Germany

⁴Albert Ludwigs University of Freiburg, Germany

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