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SCIENTIFIC TRACKS & ABSTRACTS

DAY 1

Monica Marques Telles et al., J Obes Weight Loss Ther 2018, Volume:8
DOI: 10.4172/2165-7904-C10-084

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Beneficial effects of *Ginkgo biloba* extract on hippocampal oxidative stress and serotonergic system of ovariectomized rats

Menopause is associated to the development of physical and psychological alterations which arise in consequence to reduction of circulating estrogen levels. In cerebral structures involved in cognition and memory as hippocampus, hypoestrogenism may impair synaptic signaling, contributing to emergence of cognitive disturbances. Furthermore, cognitive impairment is also associated to accumulation of oxidative damages to different cell compounds. *Ginkgo biloba* extract (GbE), a widely used herbal supplement, present many benefits associated with its antioxidant and anti-inflammatory effects. Furthermore, we have previously demonstrated a stimulatory effect of GbE on the hypothalamic serotonergic system of ovariectomized rats. Therefore, the aim of this study was to evaluate GbE action on oxidative stress and 5-HT receptors expression in hippocampus of ovariectomized female rats. 2-month-old female Wistar rats had their ovaries surgically removed (OVX) or not (SHAM) and, sixty days after, was started the treatment with 500 mg/Kg of GbE for 14 days. Rats were then euthanized, and hippocampi were removed. Thereby, protein expression of 5-HT1A and 5-HT1B receptor and 5-HTT transporter quantification were performed, as well as glutathione (GSH), superoxide dismutase (SOD) and catalase (CAT) activities. Although no significant differences 5-HTT levels were observed, both 5-HT1A and 5-HT1B expression were diminished in OVX rats (P=0.0471 an P=0.004, respectively) in comparison to SHAM rats, while no differences were observed among OVX+GbE and SHAM groups. In addition, OVX rats also presented higher SOD activity (P=0.017) in comparison to SHAM group, while no differences were observed in the OVX+GbE group. However, no differences were observed in GSH and CAT activities. In summary, GbE extract played an antioxidant effect as it reduced SOD activity and also was able to protect against 5-HT1A and 5-HT1B reduction generated in hippocampus of ovariectomized rats. These findings point to a promising therapeutic use of GbE to improve life quality of post-menopausal women, especially in relation to cognition.

Biography

Monica Marques Telles graduated from Mackenzie University in Sao Paulo, Brazil, with a BSc in Biological Sciences, followed with a Master's degree and a PhD in Nutrition from Sao Paulo Federal University in Brazil. She currently works at Sao Paulo Federal University, Diadema Campus, being a Senior Lecturer in General Pathology and Pathophysiology for the Undergraduate Program, and also supervises research students in the Chemical Biology Post-graduate Program. Her area of expertise is around Human Physiology, Pathophysiology and Pharmacology, and her research focuses on central control of food intake, hypothalamic activity, serotonergic system, leptin secretion and activity, obesity, insulin resistance, cerebral microdialysis, proteomic analysis, high fat diets and phytotherapic diets.

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Association between fat distribution and iron status among Qatari obese adults

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Background: The prevalence of obesity in Qatar has reached an alarming rate. In addition, high prevalence of iron deficiency (ID) and iron deficiency anemia (IDA) was observed in Gulf countries. In the early 1960's an inverse relationship between plasma iron and adiposity was reported. To date, no data exist to elucidate the relationship between iron status and obesity among Qatari population.

Objectives: The objectives of the study were to examine the relationship between fat distribution (waist circumference (WC), total body fat percentage, and trunk fat percentage) and iron status biomarkers in Qatari adults.

Methods: Secondary data was obtained from Qatar BioBank. Two hundred (200) samples of Qatari obese (male and female) aged 21-50 years free of chronic diseases were randomly selected. Collected data included anthropometric measurements (weight, height, BMI, WC, percentage of total fat and percentage of trunk fat) and iron status biomarkers (iron, ferritin, TIBC, Hgb, RBC). IDA was defined as Hgb<12 g/100 ml for female and Hgb<13 g/100 ml for male. Data analyses were performed using SPSS software version 24.0. The values were expressed as mean±SD. The Pearson Chi-square test was used to describe the categorical variables. T-test and ANOVA were used to describe differences between groups. A p-value<0.05 was considered as statistically significant.

Results: A high statistically significant association (P<0.05) was observed between IDA and the increase in trunk fat (low class: 3.0%, medium: 10.1%, and high class: 10.6%). Results revealed a decrease in ferritin, Hgb, serum iron and RBC with an increase in percentage of fat. There was a statistically significant correlation between the trunk fat percentage and iron status indicators: ferritin (r= -0.48), Hgb (r= -0.64), serum iron (r= -0.29) and RBC (r= -0.51). Moreover, a positive significant correlation was noted between WC and all iron status biomarkers.

Conclusion: The present work is the first to demonstrate the association between iron status and fat distribution among Qatari. The results of this study reported a high prevalence of IDA among obese. Abdominal obesity determined by WC was statistically correlated iron biomarkers.

Biography

Abdelhamid Kerkadi has obtained his PhD in Human Nutrition from Department of Nutrition, College of Medicine, University of Montreal, Canada in 1999. He joined Qatar University in 2006 and he was Program Coordinator from 2009-2012. He is currently an Associate Professor in Human Nutrition Program, Department of Health Sciences, College of Arts and Sciences, Qatar University. His research is manly oriented to community nutrition and nutrition intervention especially in obesity prevention. He recently received a grant (NPRP-Exceptional) from Qatar National Research Fund. He has published peer-reviewed articles in many journals. He serves as the Editorial Board Member of Current Research in Nutrition and Food Science, Journal of Food, Journal of Agriculture and Environmental and International Journal of Nutrition.

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The impact of obesity on seminal fluid in patients with male infertility

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Background & Aim: Data on the effect of obesity on seminal fluid and men fertility are inconsistent. The aim of this study was to evaluate the impact of body mass index (BMI) on semen characteristics.

Methods: A cross-sectional study was conducted on 74 infertile men. Semen sample were collected, and sperm concentration, progressive motility, total motility and normal sperm morphology were assessed in accordance with WHO 2010 criteria. For each patient, weight and height were measured and patients were divided by BMI into normal weight (BMI: 18.5–24.9 kg/m2, n=30), overweight (BMI: 25–29.9 kg/m2, n=30) and obese (BMI: ≥30 kg/m2, n=14). Seminal fluid parameters were compared among the three groups.

Results: Although sperm concentration was lower in obese men, sperm concentration, progressive and total motility and normal sperm morphology did not significantly differ among normal weight, overweight and obese groups (P>0.05).

Conclusions: Our findings suggest that BMI may have no influence on sperm concentration, motility and normal morphology in infertile men.

Biography

Ahmed T Alahmar is currently a professor at College of Pharmacy, University of Babylon, Iraq. He has done several publications related to health science.

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Association between birth weight and some metabolic syndrome arameters among medical students in Al-Neelain University Faculty of Medicine

Introduction: Epidemiological evidences suggest a strong relation between birth weight and some diseases in adult life (hypertension, diabetes, cardiovascular diseases (CVD)). It is thought that an adverse intrauterine environment provokes adaptive response to ensure fetal survival which if persist into adulthood may cause metabolic and CVD disease.

Aim: The aim of the work was to study association between birth weight and metabolic syndrome parameters among medical students, aiming to avail information to build the natural history of weight gain during early adulthood.

Methodology: This descriptive cross-sectional study was conducted at Al-Neelain Public University; which was done as part of a larger study that examined the prevalence of obesity among medical students (50) whose birth weight data were also involved in this study. Ethical approval was obtained and data (collected by questionnaire, blood pressure, anthropometric measurements and blood sample) were analyzed using SPSS (version 23).

Results: In this study metabolic syndrome (MetS) prevalence was 2% and 4.1% using IDF and ATPIII definitions respectively. MetS risk factors were highly prevalent; 32.6% for obesity and overweight, 48.1% for hypertension and pre hypertension. The relationship between birth weight and adulthood obesity show inverted J shape relation with a tendency for higher BMI among lower birth weight. LBW show statistical significance in relation to uncontrolled eating habit P value=0.004 when compared to appropriate birth weight. Mean value for BP was higher among large for gestational age LGA and low birth weight LBW compared to appropriate birth weight individuals.

Conclusion: High prevalence of overweight/obesity as well as pre-hypertension/HTN and an inverted J shape relationship between birth weight and adulthood obesity was found.

Biography

Tasabeeh Alnoor is a Teaching Assistant and Associate Professor of Physiology in Al-Neelain University, Associate Professor in International University of Africa and also a Medical Student in Al-Neelain University, Sudan

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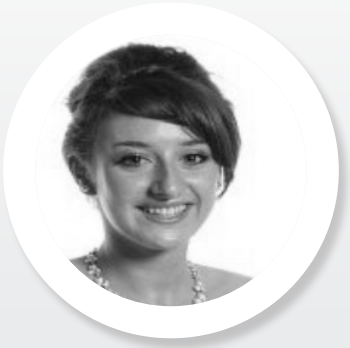

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Why the weight? A qualitative analysis of interactions between patients with morbid obesity and the Irish healthcare system

Sixty percent of Ireland's adult population is overweight or obese. Evidence to date has shown that the causes of obesity are multifaceted, requiring a range of different solutions at various levels. This qualitative study aimed to explore the opinions of 15 patients with morbid obesity regarding the effectiveness of specific individual and population-based nutritional and lifestyle interventions aimed at tackling obesity. A representative sample of 15 patient with morbid obesity (BMI >40 kg/m2) was selected from three general practices in the greater Dublin area. Participants took part in a semi-structured face-to-face individual clinical interview. Questions focused on participants' experiences of discussing their weight with their general practitioner (GP) and other healthcare providers, and their perceptions of the usefulness of various public health interventions aimed at reducing national obesity levels. Thematic framework analysis was undertaken, to identify the dominant and subdominant themes. Results indicate that many patients with morbid obesity have either never discussed their weight with their GP or have had negative experiences. Stigma and embarrassment were identified as common issues which prevent patients discussing their weight with their GP. Poor motivation, medical comorbidities and denial that excess weight is a problem were also identified as barriers. Opinions regarding the effectiveness of specific public health measures were mixed. Strengths of this study include its topical subject matter, and the fact that there has been limited qualitative research into obesity in Ireland to date. Limitations include its small sample size, an excess of female participants and unavoidable selection bias, as only patients comfortable with their weight and willing to articulate their views on this sensitive and emotive topic in a formal interview setting were included.

Biography

Katie Maher is a final-year Registrar in General practice (family medicine), training under the auspices of the Trinity College Dublin/HSE Specialist Training Program in General practice. Upon graduation, she hopes to gain employment as an Assistant General Practitioner and to increase her involvement in academic general practice.

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The effect of high body mass index on maternal and fetal outcome in North Lebanon

Increased rates of obesity among pregnant women are a public health concern. Studies have reported an association between maternal overweight, obesity and adverse pregnancy outcomes. This study aims to assess the maternal risk and fetal outcomes in correlation to early pregnancy high body mass index (BMI) in North Lebanon. A retrospective cohort study was conducted in North Lebanon in five hospitals and health care centers. Data were collected between 2016 and 2018. Anthropometric, maternal and fetal health data were obtained from the medical records' of 1308 women and their fetuses. Anthropometric data at the beginning of pregnancy and gestational age were collected through two private clinics and one primary health care center. Socio-demographic and lifestyle data were gathered by a questionnaire through a telephone call to each woman. Maternal and fetal outcomes were compared by univariate, bivariate and logistics analysis through SPSS 13.0. This study shows a significant association between early pregnancy, high BMI and pre-eclampsia (p-value<0.0001), eclampsia (p-value<0.024), C-section, gestational diabetes, induction of labor, hemorrhage and severe hemorrhage (p-value<0.0001). Women with excess weight gain, older women 25-34 years old, smokers and women with sedentary lifestyle were more likely to undergo complications (p-value<0.0001). Women living in village had more complications than those who live in cities (p-value<0.0001). Low social level was significantly associated with maternal complications (p-value<0.0001). Concerning fetal adverse outcomes, there is significant association between high maternal BMI and macrosomia (p-value<0.0001).

Biography

Mayssa Traboulsi had completed her Master's degree in Nutrition and Public Health from the Holy Spirit University of Kaslik, Lebanon. Currently, she is pursuing her PhD in Caddy Ayyad University, Morocco. She was responsible of Nutrition Department at Dar Al Zahraa Hospital for two years. She was an Instructor at Lebanese International University since 2013 and has her own private diet clinic.

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