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# **Obesity Medicine**

October 30-31, 2017 Bangkok, Thailand

## **Special Session (Day 1)**



15<sup>th</sup> International Conference on

# OBESITY MEDICINE

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## *Patsama Vichinsartvichai*

Navamindradhiraj University, Thailand

### **The influence of obesity and body fat distribution on the quality of life in peri-and postmenopausal women living in urban area of Thailand**

During the menopausal transition, changes in the hormonal milieu are associated with changes in body fat composition leading to abdominal obesity and predisposing metabolic syndrome. These transformations make a significant contribution to the shift of body fat from the gynoid to the android pattern, and hence the type of body pattern might affect the quality of life. We investigated the influence of patterns of body fat distribution and body mass index on menopause-specific quality of life (MENQOL) in peri-and postmenopausal women living in Bangkok. A total 214 peri-and postmenopausal women, mean age 55 years, with intact uterus and no history of hormonal treatment were recruited. Anthropometric measurements were conducted as standard techniques. The Thai version of MENQOL questionnaire was used to evaluate menopause-specific quality of life. According to the body fat distribution patterns, 53.3% were women of the android type and 46.7% were of the gynoid type. The android body pattern was associated with worsening of vasomotor and psychosocial domains ( $p < 0.05$ ). However, overweight and obese women had slightly better scores in the sexual domain of the MENQOL. Peri-and postmenopausal women with android body pattern have lower quality of life in the vasomotor and psychosocial domains while women with normal BMI have the slightly lower quality of life in the sexual domain. The maintenance of premenopausal body proportion might mitigate the menopause-specific quality of life.

#### **Biography**

Patsama obtained his MD degree in 2004. After completion of fellowship in reproductive medicine, he practices as a consultant at Vajira hospital. During 2016, he completed Master in Clinical Embryology from Monash university. His area of interests includes metabolic syndrome in menopause, reproductive endoscopy, fertility preservation and fertility awareness promotion.

[patsi109@gmail.com](mailto:patsi109@gmail.com)

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## **Scientific Tracks & Abstracts** **(Day 1)**



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## Effect of continuing nursing model on blood glucose control in Chinese diabetic mellitus patients

Wang Lingying and Hu Xiuying  
Sichuan University, China

In view of the situation that the fluctuation of blood glucose and the quality of life of diabetic patients were decreased after discharge from hospital and to investigate the effect of continuing nursing model on blood glucose control in Chinese diabetic patients. Through the retrieval of relevant papers in CNKI, VIP and Wanfang databases, the data were analyzed and compared by retrospective method. Comparison of the data shows that after the implementation of continuing nursing intervention, the experimental group of fasting blood glucose, 2 hours postprandial blood glucose, glycated hemoglobin and glycemic standard time were lower than those in control group 13%-33%, the difference was statistically significant ( $P < 0.05$ ). Continuing nursing has a positive effect on the improvement of blood glucose control in diabetic patients and it is suitable to promote in patients with diabetes mellitus.

### Biography

Wang Lingying is currently pursuing her Master's degree in West China School of Medical, Sichuan University, China.

598120029@qq.com

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## Literature review and analysis of the nursing researches of elderly patients with obesity in China

Xu Xiaofeng and Hu Xiuying  
Sichuan University, China

To analyze the present situation and problems in the field of the nursing of elderly patients with obesity by reviewing literature and to provide evidence for the improvement, the CBM, VIP, CNKI and Wanfang databases were used to retrieve the studies describing nursing of elderly patients with obesity. There were 298 articles. Then we screened the literature according to the inclusion and exclusion criteria. Main results and characters of the literature were described. A total of 56 articles were included from 2003 to 2016. And the articles developed with increasing trend year by year. The study design use in nursing of elderly patients with obesity was mainly investigative research (33.93%) followed by quasi-experimental study (30.36%). The research topics mainly focused on the relationship between obesity and other diseases (28.57%), followed by the nursing intervention of elderly patients with obesity (25.00%). Studies focused on nursing of elderly patients with obesity develop relatively late in China and are with low quality. The research is mainly about the elderly patients with obesity complications such as diabetes, high blood pressure and lack of specific nursing care in elderly patients with obesity. We need more researches to improve it.

### Biography

Xu Xiaofeng is currently pursuing Postgraduate in Nursing at Sichuan University, China. She has published some articles in different journals.

1037024235@qq.com

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## Exploring health obesity in Fiji

**Adi Miriama Drauna**  
University of Tokyo, Japan

**D**iabetes and obesity are major public health problems in the Fiji Islands. Till now, policies, projects and research have rightfully targeted the areas of nutrition and physical inactivity to decrease obesity and then to control diabetes. Among such obese persons, metabolically healthy obese individuals do not present the complications commonly associated with obesity. In high and upper-middle income countries, its prevalence ranges from 2-51% among obese populations, but little is known about its prevalence and its sociodemographic factors in Fiji. This study aims to examine its demographic and adiposity predictors. Utilizing data from the NCD Risk Factor STEPS survey 2011 (n=2,688) that was conducted by the Ministry of Health in Fiji, a complex survey data analysis was done. In this study, metabolically healthy obese individual was defined as an obese individual who meets only one out of the four characteristics of metabolic syndrome recorded (waist circumference, fasting blood glucose, diastolic and systolic blood pressure). As a result, raised fasting blood glucose and obesity prevalence were found to be 28.8% and 30.7%. However, 61.7% of the obese group did not present raised fasting blood glucose. Prevalence of metabolically healthy obesity was 23.5% among the obese population and 7.2% overall. Waist circumference was the strongest independent predictor (OR 0.92 95% CI 0.89 – 0.94; P=<0.001). One in four obese adults is metabolically healthy and they are at a lower risk of diabetes. Identifying such healthy adults can help improve the tailor-made interventions to obese adults in Fiji.

### Biography

Drauna is currently a first year PhD student of International Health at the University of Tokyo. She completed her Masters in Public Health at the University of Tsukuba in Japan. Her Masters thesis investigated the trends of sociodemographic risk factors of diabetes in Fiji. Her Bachelors degree in Public Health was completed in Fiji in 2012; her thesis was on the unhealthy food advertisements on the radio which contributed to a larger study on mass media and junk food in Fiji.

m\_dee6474@hotmail.com

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## ***Diospyros kaki* fruit and *Citrus unshiu* peel mixture (PCM) enhances fecal lipid excretion through the inhibition of fat absorption**

Seong-Soo Roh<sup>1</sup> and Hae Jin Park<sup>2</sup><sup>1</sup>Onbiotec Inc., South Korea<sup>2</sup>Daegu Haany University, South Korea

This study aimed to investigate the action of *Diospyros kaki* fruit (young persimmon) and *Citrus unshiu* peel mixture extract (PCM) on the excretion of dietary triglyceride in high fat diet induced obese mice. The inhibitory activity on pancreatic lipase of PCM was evaluated *in vitro* and its anti-obesity effects were studied based on the serum, liver and fecal triglyceride level analysis from high-fat diet (HFD)-fed mice *in vivo*. Moreover, we measured the protein expressions of AMP-activated protein kinase alpha (AMPK $\alpha$ ), the fatty acid oxidation and thermogenesis-related genes (e.g., *PPAR $\alpha$* , *CPT-1* and *UCP-2*) and lipogenesis-related genes (e.g., *SREBP-1*, *SREBP-2*, *ACC*, *SCD-1* and *HMGCR*) with western blot in the liver. Hepatic functional parameters were analyzed in the serum. PCM exhibited the inhibitory effect on lipase activity with an IC<sub>50</sub> value of 428.9  $\mu$ g/ml. Moreover, the dietary TG by the PCM200 treatment was significantly excreted through the feces. Furthermore, PCM200 treated mice increased significantly the level of phosphorylated AMPK $\alpha$  in obese mice. Lipogenesis-related protein expressions in PCM200 were marked reduced compared to these of HFD control mice, whereas the PCM administration did not show any effect on fatty acid oxidation and thermogenesis related protein expressions. Thus, the PCM treatment produced no obvious adverse effects on the liver function. Taken together, PCM promoted fecal lipid excretion by inhibiting intestinal absorption of dietary fat and improving lipid metabolism *via* activation of AMPK. Accordingly, these data clearly show that PCM possess an anti-obesity function in mice fed with HFD. Accordingly, PCM may be a promising herbal formula in the prevention or treatment of obesity.

### Biography

Seong-Soo Roh has lectured and studied Pharmacology and Toxicity in Korean Medicine at Daegu Haany University, South Korea. In addition to natural drug research, he also has focus on research of functional food ingredients and natural cosmetic materials. Presently he is the Editor-In-Chief of The Korea Association of Herbiology and serves as an Academic Member and Editor of internationally renowned journals.

ddede@dhu.ac.kr

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## Knowledge, attitude and practice of life style modification in the management of hypertension

Md Zahid Hasan Khan<sup>1</sup>, Most Luthy Begum<sup>2</sup>, Satya Prio Dhar<sup>2</sup>, Arif Mahmud<sup>2</sup>, Md Firoz Abedin<sup>3</sup> and Lobaba Sultana Lima<sup>4</sup><sup>1</sup>University of Development Alternative, Bangladesh<sup>2</sup>Northern University, Bangladesh<sup>3</sup>Jagannath University, Bangladesh<sup>4</sup>American International University of Bangladesh, Bangladesh

**Statement of the Problem:** Hypertension remains as one of the most important public health challenges worldwide because of the associated morbidity, mortality and the cost to the society. Despite the availability of safe and effective antihypertensive medications and the existence of clear treatment guidelines, hypertension is still inadequately controlled in a large proportion of patients worldwide. Unawareness of lifestyle modifications and failure to apply these were one of the identified patient-related barriers to blood pressure control.

**Methodology:** It was a cross-sectional study, was conducted to assess knowledge, attitude and practice of life style modification in the management of hypertension among 100 conveniently selected study subjects.

**Result:** Mean±SD age of respondents was average, of the patients was 36.96±13.04 years. More than half of the respondents (56%) passed SSC level of education. Almost 99% of the study subjects knew that smoking is associated with hypertension. About 94% respondent told excessive salt intake is bad for health. Almost all of them knew that excessive salt intake results in high blood pressure. About 93% told that physical exercise has effect on blood pressure. Three-fourth of the study subjects told that physical exercise decrease cholesterol. About 40% took part physical exercise regularly. The study found levels of knowledge on non-drug control of hypertension was quite good but practice level was poor.

**Conclusion:** Knowledge regarding hypertension is an important measure used for decreasing the prevalence of hypertension. Life style modification is the easiest way to prevent or control high pressure. The increase level of knowledge on life style change will help to have desired intervention goal in people who are most motivated. This study was an attempt to assess knowledge, attitude and practice of life style modification in the management of hypertension.

### Biography

Md Zahid Hasan Khan is a post graduate student in the department public health from Northern University Bangladesh. His international experience includes various programs, contributions and participation in different countries for diverse fields of Public Health study. His research interests reflect in his/her wide range of publications in various national and international journals.

zahidkhanbangladesh@gmail.com

### Notes: