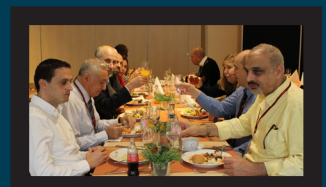
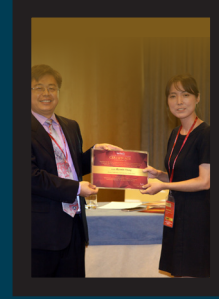
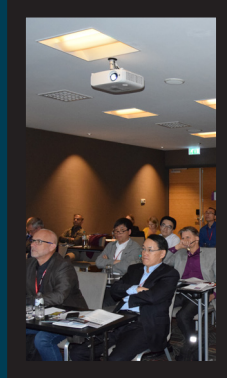
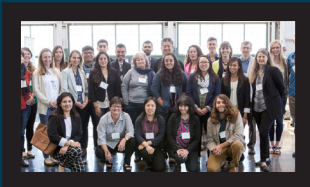


DAY 1

Keynote Forum

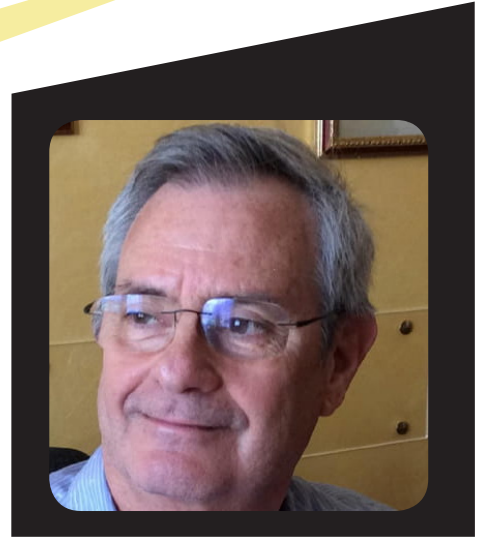


3rd World Congress on
**NUTRITION, DIETETICS AND
NUTRACEUTICALS**

February 25-26, 2019 | Prague, Czech Republic

Piergiorgio Bolasco

Conservative Treatment of Chronic Kidney Disease Study
Group of Italian Society of Nephrology, Italy



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Nutrition, Dietetics and Nutraceuticals
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THE PROTEIN ENERGY WASTING: THE “SWORD OF DAMOCLES” ON THE PATIENTS AFFECTED BY CHRONIC KIDNEY FAILURE

The protein energy wasting (PEW) is a real and unavoidable threat in patients affected by advanced chronic kidney failure (CKD3-5) but above all patients undergoing dialysis (CKD5D). The report discusses the classification of PEW and about the triggering causes and its maintenance and/or worsening. Almost all the CKD3-5 show one or more signs of PEW due to inflammation and retention of toxic molecules that produces malnutrition and speeds up the progression of renal failure towards dialysis treatment. Furthermore, it exposes patients to all the worst comorbidities. In CKD5D patients the situation is even worse because the uremic inflammation is magnified by dialysis and especially hemodialysis. This report illustrates the most recent findings from literature and from many years of personal experience. Recently, after being forgotten for a decade, the importance of two determining factors for PEW is emerging: the loss of useful substances with dialysis such as amino acids even in the amount of about 1 kg per year, both essential and non-essential that branched chain types. This translates into a sure loss of fat mass but above all lean mass (muscles) with serious impairment of patients' autonomy and quality of life if they is not lucky to receive a kidney transplantation in a short time. The other new strand is the now consolidated and proven impairment of intestinal microbiota by uremia. Therefore, international and personal experiences are reported to remedy and slow down the inexorable steps of PEW towards cachexia.

Biography

Piergiorgio Bolasco is a Nephrology Consultant since 40 years and was the Former Director of Territorial Department of Nephrology and Dialysis of Cagliari Area (Sardinia) for 20 years. His area of research interest includes dialectic methodologies, renal nutrition, chronic kidney diseases, renal lithiasis. He is a Member of Organizing Committee of World Nutrition OMICS Congress. He is the Author/Co-author of 382 scientific publications and abstracts on nephrology and dialysis techniques including national and international journals and books. His 79 publications are currently present in Med-line. He is the Reviewer of Journals like Kidney International, Nephron, Nephrology Dialysis and Transplantation, Journal of Nephrology, American Journal of Kidney Disease, Artificial Organs, BMC Nephrology. He is the Member of Editorial Board of Giornale Italiano di Nefrologia, Journal of Nephrology, Minerva Urologica e Nefrologica and Editorial Manager of International Journal of Artificial Organs.

pg.bolasco@gmail.com

Ana Lucia Baltazar, Manyes L² and Manes J²

¹Instituto Politecnico de Coimbra, Coimbra Health School—ESTESC, Coimbra, Portugal

²Instituto Politecnico de Coimbra, Coimbra Health School-ESTESC, Portugal



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FOOD SIMPLEX: NEW FOOD SAFETY METHODOLOGY FOR MICROBIAL SAFER MEALS

The microbiological contamination of meals by catering systems is one of the main parameters that must be assessed to ensure the food safety. Foods can be contaminated by saprophytic microorganisms (total mesophilic aerobes), as well as by spoilage and pathogens (e.g. *Salmonella spp*, *Listeria monocytogenes*, *Escherichia coli* and *Staphylococcus aureus*). Such contamination depends on the quality of the raw materials and on the application of good manufacturing practices. The aim of this study is to assess the application of new food safety methodology (Food Simplex) in Portuguese catering establishments through audit data and microbiological sampling of the meals produced by the restaurants. The ready-to-eat food samples presented regarding the total mesophilic aerobes a positive change from a satisfactory condition of 61.8% to 85.3%; *Listeria monocytogenes* a significant and positive evolution (p -value<0.0001) and for *E. coli*, Coagulase-positive staphylococci and *Salmonella* all the food samples presented satisfactory results. At the end of the study period, observed a decrease in microbial populations of examined samples and an improvement of the audit results which indicated that the Food Simplex methodology improved the food safety conditions of the restaurants and improved the knowledge for food handlers which represent a critical control point.

Biography

Ana Lucia Baltazar is the Head of Dietetics and Nutrition Department at Coimbra Health School. She is a Senior Lecturer and holds a BSc (Hons) in Dietetics, a Master in Health and Safety at Work and is Specialist in Nutrition and Dietetics. She teaches food toxicology and food technology. She is Post-graduated in auditors in HACCP and in Health and Safety at Work. She is a Member of the Working Groups Microbiological Occurrence in the Food Chain, Food toxoinfections and Effective Communication in Food at National Institute of Health Dr Ricardo Jorge, Lisbon, Portugal. She is a PhD Student in Food Sciences at University of Valencia-Spain.

ana.santos@estescoimbra.pt