Dysbiosis is a cause or association for obesity

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Abstract

Quality of the life and health status of humans are greatly influenced by food habits and lifestyle. Unhealthy diet and lifestyle are associated with several metabolic disorders specially obesity which is one of the most prevalent health issues of our time. The etiology of obesity is complex including genetic and environmental factors. Moreover, consumption of the western diet remain as main cause of obesity. Dysbiosis (imbalance in gut microbiota composition) gain an interest in this decade as an etiological factor for obesity and its related metabolic consequences. Diet and antibiotics use can dramatically influence the gut microbiota (both membership and functional capacity). Gut microbiota metabolites are involved in lipid metabolism and energy homeostasis, by influencing human genes that regulate energy storage and expenditure. Thereby, dysbiosis acts as a metabolic risk factor to exacerbate obesity and its accompanied health complications and less sensitivity to weight loss programs. Studying the gut microbiota-host interactions and its implication in the onset of metabolic diseases, will lead to the development of microbiome-targeted therapies to mange obesity crisis and improve the quality of life. However, healthy dietary habits recommended as main strategy to maintain the homeostasis of the gut microbiota and reshaping gut microbial community as a key for long-lasting weight loss.

Biography:

Nourhan El-Rahmany a lecturer of Biochemistry and Nutrition, at Faculty of Women for Science, Ain Shams University in Egypt. Her studies and interest in public health and role of nutrition in chronic disease management.

Speaker Publications:

1. "Beneficial Effect Of Propolis Extract (Bee Glue) Against Methotrexate-Induced Stress In Liver And Brain Of Albino Rats"
2. "Effect of the taxonomic group of fungi and type of substrate on the antioxidant activity of a solid-state fermentation system"
3. "Biochemical Characterization of Some Digestive Enzymes in the Midgut of Eristalis megacephala (Diptera: Syrphidae)"
4. "Improving Placement in VLSI Design Process via Hybridization of Simulated Annealing and Genetic Algorithms"
5. "High Resolution Time-to-digital Converter for PET Imaging"

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