

## Sarcopenia and Frailty in Advanced Liver Disease

Petruța Violeta Filip

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### Abstract

**Background & Aims:** It is important that malnutrition associated with the progression of liver failure be recognized quickly, because it plays an important role in the evolution, prognosis of patients with advanced liver disease. Severe malnutrition also plays an important role in susceptibility to the development of infections, hepatic encephalopathy, ascites and also as an independent predictor of lower survival in cirrhosis and in patients undergoing liver transplantation. The aim of study was to establish similarities or differences between sarcopenia and frailty in patients with advanced liver disease in an Emergency Hospital of Bucharest.

**Results:** We included in the study 159 patients with advanced liver disease, 22% (35 patients) of them had compensated disease and 55.34% (88 patients) had decompensated liver disease. During the study, data on age, body mass index (BMI), weight loss (BW), declining skeletal muscle function, self-reported exhaustion, low physical activity and low walking speed (WS) were collected. Sarcopenia was identified in 28.30% of cases (45 patients) and frailty in 22% of cases (35 patients). The prevalence of sarcopenia and frailty was well stratified according to age and stage of liver disease. In the multivariate analysis, significant factors for sarcopenia were identified such as age, stage of cirrhosis according to Child-Pugh class, body mass index and extracellular water ratio (ECW) to total body water (TBW), while for frailty only the ECW / TBW ratio was significant.

**Conclusion:** Sarcopenia and frailty must be quickly recognized by the clinician as a complication of advanced liver disease and with an important role in the prognosis of these patients.

### Biography:-

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Note:- This work is partly presented at International Webinar on Internal Medicine, March 29, 2021 as per GMT+1 Timings.

## Cardiovascular risk factors in the Greek population: Database from the Dyslipidemia Reference Centre of our Hospital

SFIKAS Georgios

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### Abstract

**Introduction:** Cardiovascular adverse events are a great public health issue and the leading death cause globally (WHO 2018). Especially, high cholesterol levels in blood have been recognized as a serious, independent risk factor for cardiovascular disease (CVD) as well as a part of the metabolic syndrome.

**Methods:** We evaluated the cardiovascular risk score of the patients from the dyslipidemia reference center of our hospital using the well-established HeartScore created by the European Society of Cardiology, standardized for the Greek population (Greek HeartScore) because of its role as the leading prevention tool in Europe. The parameters included were age (>30), sex, smoking habits, total and HDL-Cholesterol levels, blood pressure and the use of antihypertensive medication. Individuals with diabetes mellitus and cardiovascular disease were instantly identified as very high risk patients.

**Results:** We assessed 330 individuals, who have been examined and followed-up from the Lipidology experts because of high Cholesterol or Triglycerides levels in blood. We found that 22% of them had high 10-year risk of fatal CVD (10-14%), 40% of the patients had a 5-9% 10-year risk of an adverse event whereas the 11% had a very high risk of fatal CVD (15% and over) and the rest 27% had a lower than 5% risk of Cardiovascular Death. Women were found to score lower than men.

**Conclusion:** Although many of the individuals participating in our research were relatively young and physically active, the present cardiovascular risks found were alarming, thus indicating the need for intensification of preventive and therapeutic measures.

### Biography:-

Dr Georgios Sfikas graduated from the Medical School of the Aristotle University of Thessaloniki as a medical doctor and the Corps Officers Military School as an officer of the Medical Corps. He specialized in Internal Medicine in the Hippokrateion University of Thessaloniki and he is about to present his PhD thesis in dyslipidemia and NFLAD. He has served in various military units, military hospital and peace-keeping missions. He is currently Consultant in Internal Medicine and Chief of the Lipidology and Atherosclerosis Department in the 424 General Military Hospital of Thessaloniki.

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## **Response of a multinational shipping company to the COVID19 Pandemic, on board the vessels and ashore**

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### **Abstract**

A Shipping Group with approximately 3500 employees, following the COVID19 2020 Pandemic established new procedures to comply with all measures required by WHO (World Health Organization), Greek Public Authorities and the National Organization of Public Health. Measures taken are summarized COVID-19 Crisis Committee A COVID-19 Crisis Committee has been formed to coordinate efforts for Business Continuity, employee's health, safety and wellbeing and to ensure that critical Corporate Functions will perform uninterruptedly. Safety, Hygiene, Wellbeing Measures. The Human Resources Department and the Fleet Medical Advisor following recommendations from the Hellenic Ministry of Labour, the Hellenic Institute for Occupational Health and Safety, take all necessary measures and provide employees with the required guidance regarding personal hygiene. Non-essential meetings have been cancelled and have been replaced by teleconferences. Common spaces gym, restaurant, pool, auditorium and training Center have been shut off. Employee wellbeing: Pilates classes have been offered through teleconference. Hand sanitizers (more than 60% alcohol) available. N95 and simple surgical masks are provided to the building visitors. Masks and gloves are also available to all employees. No shortage throughout the pandemic. Diminished staff throughout the pandemic. 30% of the employees were working in the headquarters. Regular disinfection and Cleaning rounds held more regularly. Molecular (RT-PCR) and antibody testing available. Mental Health wellbeing: Stress related issues are rising in the COVID19 era. Group had an in-house clinical psychologist to provide mental health guidance.

### **Biography:-**

Dr. Liakou is a Senior Consultant at LK Medical and the Fleet Medical Advisor at a multinational Shipping Group. Dr. Liakou received her MD from the University of Ioannina and her PhD from the University of Athens in Greece. She completed her internship and residency in Internal Medicine at the University of Kentucky, and her post-doctoral fellowship in Immunology at the University of Texas, MD Anderson Cancer Center. She is certified in psychology by the University of Aegean. She serves as a Deputy Editor to the Journal of General Internal Medicine.

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## Palliative Care and Pain Management

**Wafa'a Qasem Ahmad**

Consultant, Internist, Specialist Palliative and Pain Management

### Abstract

#### **Definition of Palliative care:**

“Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by interdisciplinary team taking into consideration physiological, psychosocial, and spiritual needs”.

Suffering: Suffering is loss of meaning. Suffering occurs when there is a gap between expectation and reality.

#### **Principles of palliative care:**

Focus on quality rather than quantity of life. Effective communication at all levels. Respect for autonomy and choice. Effective symptom management. Holistic, multi-professional approach. Caring about the person and family. It is the right of the patients not to feel pain, suffering or fear at all stages of the disease: Palliative care is adding life to days. NOT adding days to life. It is the right of the patients not to feel pain, suffering or fear at all stages of the disease. Holistic approach is essential for the relief of suffering.

#### **Pain Management:**

Pain is an important and under-treated symptom of life-threatening illness. Correct use of analgesic medication, following the guidelines of the WHO step ladder, with the addition of adjuvant analgesics, should control the pain in nearly all cases. Attention should also be given to other aspects of pain, psychosocial or spiritual; sometimes called “total pain”. Bringing pain under control and keeping it there means assessing each aspect of pain and monitoring it. These are core skills of palliative care doctors and nurses. Medications are the foundation of pain control. Anti-inflammatory, anti-depressant and steroid medication may also have a complementary role for some patients and some sources of pain. Complementary measures are used as well as medical treatments.

### **Biography:-**

Wafa'a Qasem Ahmad, Consultant, Internist, Specialist Palliative and Pain Management, Faculty of Medicine.

Note:- This work is partly presented at International Webinar on Internal Medicine, March 29, 2021 as per GMT+1 Timings.

# **Cannabinoids and Human Immunocompetence: A Comprehensive Review**

**Wayne J. M. Karim**

Chief Scientific Officer, Chief Operations Officer at Cweed LLC

## **Abstract**

Despite anecdotal evidence suggesting phytocannabinoids interact with the human immune system, the precise mechanisms of these interactions remain largely unknown. Even so, numerous publications have reported remarkable concentrations of endocannabinoid receptors and related proteins in various immune tissues, thus implicating the system as an integral part of immunological function. Recent clinical research offers further evidence to support endocannabinoids and related endogenous fatty acid derivatives as potent regulators of immune activity. However, the ultimate effect of these molecules binding to their associated receptors is highly contingent upon the particular type of immune cell being studied. Furthermore, specific combinations of endocannabinoids and fatty acid derivatives are demonstrated to induce distinct downstream effects. Distilling general assertions to their overall impact on human immunocompetence has remained difficult. As asserted in prior comprehensive reviews, the variable and bi-directional nature of endocannabinoids on immune activity suggests they are vital to maintaining immunological homeostasis within the human body. The nascent field of affective immunology has established compelling links between human behavior, emotional affect, inflammation, and immunocompetence. Monoamine neurotransmitters conventionally implicated in the development of affective mood disorders are also demonstratively essential as regulators of immune activity. This purported cross-talk between the central nervous and immune systems is suggested to be mediated by inflammatory markers, such as cytokines and endogenous fatty acid derivatives, thus implicating these compounds as key players in a network of small molecule messengers responsible for signaling numerous organ systems during a coordinated immune response.

## **Biography:-**

Wayne J. M. Karim, Chief Scientific Officer, Chief Operations Officer at Cweed LLC

Note:- This work is partly presented at International Webinar on Internal Medicine, March 29, 2021 as per GMT+1 Timings.

## **Announcement on Internal Medicine London, UK on February 24, 2021**

### **Editorial**

We are pleased to welcome you to the "Internal Medicine" after the successful completion of the series of International Webinar. The webinar is scheduled to take place in the beautiful city of London, UK February 24, 2021. This Advance Internal Medicine 2021 conference will provide you with an exemplary research experience and huge ideas.

The perspective of the Internal Medicine is to set up Cloud research to help people understand how treatment techniques have advanced and how the field has developed in recent years.

With members from around the world focused on Internal Medicine this is your best opportunity to reach the largest assemblage of participants from the universities, colleges, research centers, societies, institutions, labs, associations, communities and companies etc. We want to make a worldwide meet in which data between researchers from the different controls can be effectively traded. The explanation behind bringing

The general population at the online meetings together is to catalyze empowering trades and connections between experts in different fields, from physical science to engineering. It will make new interdisciplinary systems and permit members to trade know-how and data to accomplish speedier and better results. The field of Internal Medicine have not only helped the development in different fields in science and technology but also contributed towards the improvement of the quality of human life. The core aim of Internal Medicine 2021 Webinar is to provide an opportunity for the delegates to meet virtually and to interact and exchange innovative ideas in the various areas of Internal Medicine. The joy of Internal Medicine 2021 brings with it improvement and incremental growth in your approach to do things, in the broader manner to see things in international diversity.