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A NOVEL APPROACH TO OBESITY MANAGEMENT AN ECONOMICAL, PATIENT PARTICIPATION STUDY FOR MULTIPLE DISEASES PREVENTION

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There is a well re-recognized fact that obesity is a causative factor to many life-threatening diseases. In general, lifestyle, family history, inactivity, medications etc. Are known contributors. However, irrespective of contributors, losing weight has been a challenging issue i.e. cost, motivation, compliance, effectiveness, etc. Obesity leads to diabetes, ischemic heart disease, depression, arthritis, all cause mortality, hypertension, hyperlipidemia, stroke, gallbladder disease, obstructive sleep apnea, asthma, pancreatic and cancers originating in reproductive system. Current study was conducted over 12-16 weeks consisting of 38 patients. A review of their history revealed poor eating habits, depression, diabetes, hypertension, inactivity etc. The management approach consisted of initial lab tests. Training patients to self-inject subcutaneous injections two-three times a week, under guidance of vitamin b12 (cyanocobalamin 0.5cc) and vitamin b6 (pyridoxine) (0.5cc) followed by weekly patient visits, two-three times per week. For dietary control, the patients were advised to be calorie-wise and remain active. The results at the end of study demonstrated highest compliance, motivation, increased physical activity and a consistent weight loss of 8-10 pounds per month (4-6%) that remained sustained even after discontinuation of treatment. Most importantly, the study was a preferred approach for being most economical. The exception to the finding was patients with mood disorders and a poor dietary control did not demonstrate a significant weight loss. A 56-year female patient with no prior illnesses had lost 35 pounds in 16 weeks, that has remained unchanged over 12 months.

BIOGRAPHY

Vinod Chandra Tawar has earned BSc Hons. and BSc Tech. Pharmaceuticals from University of Bombay. He was offered a Teaching Assistantship at the School of Pharmacy, University of Manitoba, Canada, where he achieved a Post-graduate (MSc) degree in Pharmacology followed by working as a Toxicologist at a university hospital in Winnipeg for a duration of 10 years. In due course, he developed a toxicology laboratory for patient management and forensic purposes. This later became a reference laboratory for the Province of Manitoba. In 1981, he decided to study medicine and graduated Medicine in 1985. Subsequently, he joined Douglas Hospital Research Centre at McGill University as a Psychiatry Research Consultant with participation in projects on depression, Alzheimer's disease, alcoholism and schizophrenia. Here he had co-authored many research papers. After five years, he was offered a two-year Residency position for licensure in general practice. Currently, he has been in an office-based group family medicine practice for 16 years. Eight years ago, he has completed post-graduate studies in Family Medicine for the specialty while working. During his practice, he had conducted research on depression, hypertension, GERD and asthma. At present, he has maintained his interest on Nephropathy and challenging tasks of medicine.

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