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June 28-29, 2018 | Amsterdam, Netherlands

e-POSTER

Euro Obesity 2018 & Euro Vaccines 2018

RELATIONSHIP BETWEEN BODY COMPOSITION AND COGNITIVE ABILITY

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Introduction: The first objective of this research was to verification to the effectiveness for combining brain training with rhythmic exercises for six-month brain training. In order to further prevent motoric cognitive risk syndrome (MCR), we gave instructions to continue exercise. In order to evaluate motoric ability, we carried out the two-step test. Confirmation of the benefits of this intervention in motoric ability and the extent of the correlation between body composition and cognitive function was the second objective of this research.

Methods: A screening test for mild cognitive impairment: Montreal Cognitive Assessment (MoCA test), measurement of body composition by an inner scan monitor, and motoric ability were performed by measuring two-step test. For statistical evaluation of scores before and after each cognitive test intervention, t tests were used. To test for relationships between the score of cognitive test and measured value of body composition and two-step test, Pearson's correlation coefficient was used.

Results: Significant improvements in cognitive function were detected after intervention, with the strongest correlating variable with the cognitive function and body composition comparisons being blood vessel age. Furthermore, there was a correlation between two-step test and cognitive function, with those subjects with high motoric ability having high cognitive function.

Conclusion: Interventions that combine rhythmic exercises and brain training are effective in preventing dementia. Correlations were detected between cognitive function and body composition, and motoric's ability. Therefore, in order to maintain the cognitive function, it is necessary to improve the dietary life as a means of improving body composition and perform activities to provide maintenance and improvement of motoric's ability.

BIOGRAPHY

Kazue Sawami is a professor at Nara Medical University and completed her PhD at health science. Her research is about the cognitive abilities of elderly people.

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STRATEGIES FOR ENHANCING THE SAFETY AND EFFICACY OF LIVE RECOMBINANT VACCINES**Tilahun Yilma**

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We have taken several approaches to improve the safety and efficacy of recombinant vaccines for use in humans and animals, including: choice of the strain of vaccinia virus (VACV) used as a vector, insertional inactivation of virulence and immunoregulatory genes of VACV, and expression of cytokine genes that attenuate the vector by more than a million-fold without reduction in immunogenicity. These strategies are illustrated by providing examples of recombinant VACV (rVACV) vaccines we have developed for rinderpest, vesicular stomatitis, simian immunodeficiency virus, smallpox, and Rift Valley fever. Additionally, we have exploited the advantages of recombinant vaccines and developed diagnostic kits that permit one to distinguish between vaccinated and infected individuals. We constructed rVACVs expressing an interferon gamma (IFN γ) and lacking the immune-modulating genes *B8R*, *B13R* and *B22R*. IFN γ is a cytokine with potent immunoregulatory, antineoplastic, and antiviral properties. These rVACVs replicated to high titers in tissue culture yet were avirulent in both immunocompromised and immunocompetent mice with no detectable viral replication in these animals. A single immunization elicited potent humoral, T-helper, and cytotoxic T-cell immune responses in mice despite the absence of any detectable virus replication *in vivo*. IFN γ co-expression and the inactivation of one or more VACV immune-modulating genes provide an optimized method for increasing the safety while maintaining the efficacy of rVACV vaccines for use in humans and animals.

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PHYSICAL ACTIVITY FOR METABOLIC EFFECTS IN OVERWEIGHT AND OBESITY

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Overweight and obesity increase with aging and successful weight maintenance is difficult. Lifestyle rehabilitation changes such as physical activity and nutritional therapies are advocated for the treatment of obesity and chronic diseases, and our research suggests that these treatments are beneficial, in part, due to their metabolic and tissue effects. We have identified some of the mechanisms in skeletal muscle by which these and other effective therapies reduce insulin resistance and improve mitochondrial function thereby enhancing metabolic flexibility in aging. Our data indicate that older overweight individuals with impaired glucose tolerance are metabolically inefficient, with the inability to switch from fat to carbohydrate utilization in response to exercise and insulin. We also report that insulin activation of skeletal muscle glycogen synthase increases after calorie restriction and exercise training in impaired glucose tolerant older adults. Furthermore, exercise training can enhance activity of key skeletal muscle enzymes involved in lipid partitioning and fatty acid metabolism in older adults. We have examined body composition and metabolic changes during a follow-up after intentional weight loss in older women. Multiple factors are associated with the ability to sustain weight loss over a long period of time with predictors of weight regain in older women. There is evidence that the addition of aerobic exercise training to weight loss is critical to altering the metabolic components of skeletal muscle for advancement of healthy aging and are important in overweight and obesity.

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OUTCOME OF PREDNISOLONE TREATMENT OF IDIOPATHIC MEMBRANOPROLIFERATIVE GLOMERULONEPHRITIS ADULT PATIENTS IN OMDURMAN MILITARY HOSPITAL KHARTOUM SUDAN

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Background: Membranoproliferative glomerulonephritis (MPGN) is a type of glomerulonephritis caused by deposits in the kidney glomerular mesangial and basement membrane thickening, activating complement and damaging the glomeruli. (MPGN) classified to three types according to location of deposits and based on etiology categorized to secondary and idiopathic.

Objective: The aim of the study is to find the outcome of treatment (remission, partial remission, relapse and progress to end stage renal disease) of idiopathic membranoproliferative glomerulonephritis, among adult Sudanese patients presenting to Omdurman Military Hospital, Renal Unit.

Materials & Methods: A retrospective study of patients with idiopathic MPGN followed up at the clinic. 45 patients with no identifiable cause of MPGN were included. Idiopathic (MPGN) patients who have high renal profile or nephrotic range treated by three doses of methylprednisolone 0.5 g intravenous in three consecutive days and of corticosteroid tabs (0.5-1mg/kg/day), slowly withdrawn according to the patient response indicated by spot urine test.

Results: Out of 45 patients the following treatment outcomes were observed, (remission, partial remission, relapsed, and progressed to (ESRD), (44%, 16%, 18% and 22%) respectively.

Conclusions: In comparison to the similar studies, the remission rate is comparable, but the renal survival rate is different.

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THE HALLMARKS OF TUBERCULOSIS AND THEIR CLINICAL SIGNIFICANCE**Zlatko Dembic**

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Introduction: Heritable susceptibility to tuberculosis (TB) is complex and polygenic in nature. Only five to 10 percent of humans that meet the bacterium *Mycobacterium tuberculosis* (Mt) will manifest the disease, provided no acquired- or congenital immunodeficiency were present. We still lack a viable explanation for the observed epidemiologic fact.

Background: Activation of macrophages via pro-inflammatory cytokines IFN- and Interleukin (IL)-17 can kill intracellular bacteria such as Mt. Instead, macrophages stimulated by the toll-like receptor (TLR)-10 agonists show an anti-inflammatory effect. The TLR-10 acts by inhibiting the TLR-2 signaling from the cell membrane. The TLR-2 is the Mt-binding protein by which activated macrophages can internalize (and kill) Mt. Inactivation of the TLR-2 protein might convey a risk for developing the disease. This was supported by our finding that *TLR2* gene polymorphisms, which either inactivate the *TLR2* gene product or have a dominant-negative role in TLR-2-signaling are associated with elevated risk for tuberculosis in the Croatian Caucasian population.

Findings: The genome-wide study found that three single nucleotide polymorphisms (SNPs) within the HLA class II loci were significantly associated with TB (Nat Gen, 2016) suggesting that adaptive immunity is of paramount importance for defense against TB. In our studied population, an SNP in the *TLR10* gene was associated with risk for TB, analyzed by the dominant model of inheritance, however, this was contrasted by the fact that SNPs in the *IL17A* and *F* genes were not.

Conclusion & Significance: Studying genetic risk by association analyses or genome-wide screening led us propose that clinical manifestation of TB is a state above certain risk-threshold. Threshold is reached by accumulation of seemingly minor susceptibilities divided between the hallmarks of the disease (we suggest there are five hallmarks). The model suggests that every human population has its own mosaic of genetic risks for TB.

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ASSOCIATION OF CARRIERS OF *LEPR* Q223R WITH LEVEL OF THYROID HORMONES IN FEMALE ADOLESCENTS WITH OVERWEIGHT AND OBESITY

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Introduction: Hypothalamus is the center of regulation of homeostasis, including energy homeostasis. Data on the relationship of obesity, hyperleptinemia and thyroid dysfunction are discrete, especially in conditions of an ontogenetically determined change in the hypothalamus sensitivity threshold. Previous studies indicate the relationship between hyperleptinemia and polymorphism of the leptin receptor gene (*LEPR*) in obese patients.

Aim: To determine association of *LEPR* Q223R with level of thyroid hormones in female adolescents with overweight and obesity.

Materials & Methods: A total of 114 Caucasian female adolescents was observed (average age 15.80 ± 1.08 years): the main group included 68 girls with overweight and obesity (SDS BMI 2.81 ± 0.64) and the control group included 59 girls (SDS BMI 0.34 ± 0.59). Serum thyroid-stimulating hormone (TSH) and free thyroxine (free T4) levels were measured using commercially available enzyme-linked immune absorbent assay (DBC, Canada) with absorbance microplate reader ELx808 (Biotek, USA). Genomic DNA was extracted from whole blood by commercial kits. Genotyping *LEPR* Q223R was performed using polymerase chain reaction with electrophoresis detection.

Results: TSH level was significantly higher in main group (2.085 ± 1.201 mcED/ml) than in control group (2.055 ± 0.766 mcED/ml) ($p=0.0349$). T4 free level was 12.955 ± 2.495 pM/ml in control group and 13.113 ± 2.980 in main group ($p=0.8672$). In control group, TSH and free T4 levels in carriers of different genotypes of *LEPR* Q223R were: 3.089 ± 4.110 mcED/ml and 11.883 ± 3.000 pM/ml in RR-carriers and 1.250 ± 0.474 mcED/ml 14.267 ± 1.556 in QQ-carriers, respectively ($p=0.0143$; $p=0.0150$). There is no association of R-allele carriers with TSH and T4 free levels in adolescents with overweight and obesity.

Conclusion: Increase of TSH level and normal T4 free level were shown in adolescents with overweight and obesity. This indicates subclinical hypothyroidism. Carrier of the risk R-allele associated with increase of the TSH level in girls with normal weight, but not in girls with overweight and obesity.

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EFFECT OF DIETARY FENUGREEK SEEDS OR YEAST CULTURE ON DIGESTIBILITY COEFFICIENTS AND THE ECONOMICAL EFFICIENCY OF GROWING JAPANESE QUAIL DIET**Abd El-Latif SA, Ghally KA and Shoukamy MO**

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Four hundred 51 day old, unsexed growing Japanese quail were performed to evaluate the effect of adding the levels of 0.5 or 1% of each source from some feed additives (FA) i.e. Fenugreek seeds or yeast culture to Japanese quail diet on some productive performance and carcass characteristics. Birds were divided equally into six groups containing 75 birds each. Each group contained three replicates of 25 birds. Each treatment of the tested diets contained one source of FA at level of 0.5% or 1% except the 6th treatment contains mixture of these previous FA at levels of 0.5 and 0.5% of both FA. The control diet had no additions. The experiment was terminated when birds were six weeks old. At the end of the experiment (six weeks of age), a digestion trial was done to estimate how far dietary treatment could affect the digestibility of nutrients. The economical efficiency was calculated by Egyptian pound (LE) according to the prices of year 2015. The data revealed that, Birds fed dietary 1% yeast culture recorded the best ($P \leq 0.05$) value of dry matter digestibility followed by birds fed dietary 0.5% yeast culture compared with other dietary treatments. Moreover, Birds fed either yeast culture at all levels or mixture of yeast culture and fenugreek seed in their diets recorded the greatest ($P \leq 0.01$) crude fiber and crude protein digestibility compared with other dietary treatments. The greatest ($P \leq 0.01$) values of ether extract digestibility were recorded for birds fed diets contain 0.1% yeast culture and 0.5% fenugreek seed. Adding fenugreek seed to growing Japanese quail diets at level of 0.5% recorded the highest values of economical efficiency, relative economical efficiency percent and net revenue followed by chicks fed control diet compared with other dietary treatments.

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PROFILE OF CYTOTOXIC Tcd8 CELLS IN DIFFERENT FORMS OF MALARIA IN CHILDREN

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Introduction: Our study focused on the value of TCD8 cytotoxicity in susceptibility to severe malaria in endemic areas. The global purpose of the work hereby was to evaluate adaptive cellular immunity during *Plasmodium falciparum* malaria through TCD8 + cytotoxic lymphocytes.

Patients & Methods: It was a prospective study, with analytical purpose that took place over a period of eight months in the Pediatric Department of Hôpital Général d'Abobo and in the Immunology and Hematology Laboratory of CHU Cocody. The study is focused on 50 children (under 15 years of age) selected based on WHO definition criteria for malaria infections (40 children with simple malaria and 10 severe malaria) a fact sheet and 10 witness persons. The samples carried were sent and processed in the said-laboratory.

Results: Among these 50 children, those under five and over five years accounted for 52% and 48% of the size respectively. Most of them were boys with a sex ration of 1.77. In children under five years, the average rate of TCD8 was higher in simple malaria (6098.16 cells/ml) than in severe malaria (3915 cells/ml) with a statically significant difference. On the other hand, in children over five-year-olds, the difference noticed was not significant despite relatively higher TC rates. However, regardless of the age of the child, the rate of TCD8 cells was higher in malaria than in witness.

Conclusion: The study hereby shows a gradual stimulation of the specific immune system by *Plasmodium falciparum*. The proliferation of TCD8+ lymphocytes in the simple form could be due to the immune activity which protects against the severe form where a clonal contraction of TCD8+ could be observed. A study with a larger sample seems necessary to draw a conclusion to the comparison of these cells.

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PHYSICAL OBSERVATION FOR NUTRITIONAL DEFICIENCIES

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Physical observation for nutritional deficiencies involves learning how to observe physical features can help one determine nutritional deficiency patterns and health needs prior to disease occurring. This information is imperative in today's health care and in the sub-clinical patient, before disease progresses to outright symptoms and blood changes. Traditional doctors used physical observations of our body to confirm our health issues. They did not and could not rely on testing or blood work. Physical observations enable one to take the guess work out of nutritional deficiencies and organ health patterns. This class insures a measurement of patient evaluation as a critical tool in the medical toolbox. If pre-and post-nutritional evaluations and sound patient observations are added, the practitioner can confirm the findings while creating a recordable and even visual benchmark for patients to see the change and progress. This approach heightens the practitioner's ability to identify root causes, target priorities, and integrate patient interaction, while improving understanding, retention and compliance. Using functional assessments of the digestive system, thyroid, adrenals, and more, the health and direction of care becomes more obvious to see, treat, and monitor. While correlating specific observations and testing procedures, one can determine organ health, utilization of nutritional factors, and what direction is best for the client. We will look at the tongue, face, nails, reflex points, simple office testing procedures and holistic care to determine how to help our patients through physical observations for nutritional deficiencies. This class will equip you with the knowledge to conduct a complete nutritional assessment for your patients and to monitor health progression and proper treatment direct.

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VACCINES TO TACKLE ANTIMICROBIAL RESISTANCE

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Bacteria, viruses, parasites and fungi that are resistant to drug cause 700,000 death each year. By 2050, superbugs inured to treatments could cause up to 10 million deaths annually and costs the global economy US\$100 trillion. AMR (antimicrobial) resistance is regarded nowadays as a major threat to global public health. The issue is receiving high-level political attention (G7 and G20 in 2017 for first time). Pandemics, drug resistance and neglected diseases framing health as a global security issue. The list was drawn up in a bid to guide and promote research and development (R&D) of new antibiotics, as part of WHO's efforts for AMR (27th Feb 2017) Tuberculosis (MDR/XDR) and latent tuberculosis represent a major issue to tackle attracts global attention as witnessed by recent WHO and inter-ministerial meeting in November 2017 in preparation of high level UN meeting in 2018. Problem of resistance get worsened due declining number of new antibiotics and limited number of new classes. Multifaceted strategy to promote and prioritize highly potential alternatives to tackle AMR like vaccines development is required. Vaccines like diphtheria and tetanus did not prompt resistance. In 1980 the smallpox vaccine had eradicated the naturally circulating virus worldwide without generating resistance. Additionally, introduction of live vaccines like measles and BCG has been associated with much larger reduction of mortality than can be explained by the prevention of the targeted infections and recent research like LATV pertussis highlights importance of "off target" effects to be evaluated in depth. Thoughtful and innovative vaccines development considering host microbiota superorganism and immune crosstalk-immune system training linked with several inflammatory/autoimmune diseases open large avenue for future development. Accurate diagnostic and surveillance with better understanding of genetic and immunologic background of host specific response and pathogen evolution drives successful country adapted vaccine research. Vaccines, as highly potent tool and valuable alternative from long term perspective being clearly recognized as a major tool for public health already. Further strong support to promote them as highly potential tool to tackle antibiotic resistance need joint endorsement including regulatory and economic stakeholders along with necessary partnership at global level.

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**RECRUDESCENCE OF YELLOW FEVER IN SOUTHEASTERN BRAZIL:
POSSIBLE IMPACTS OF RECENT CHANGES IN IMMUNIZATION
POLICIES FOR YELLOW FEVER CONTROL IN ENDEMIC COUNTRIES****Guilherme Côrtes Fernandes**

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The prevention of sylvatic and urban cases of yellow fever (YF) depends on high vaccination coverage. In Brazil, after control of urban YF in the first half of the 20th century, and the ensuing progressive reduction in the risk of acquiring the disease in the southeast region of the country, YF vaccination was restricted to the north and central regions. In the last two decades there was evidence of higher YF virus circulation in the southeast, which prompted the expansion of areas with YF vaccination recommendation. However, a simultaneous increase in concerns over vaccine reactogenicity limited the reach of such expansion. Vaccination coverage remained low in the southeast, allowing for the occurrence of the largest YF outbreak in decades in 2017-2018, with a daunting risk of reintroduction of YF in densely populated urban areas infested with *Aedes aegypti*. On the verge of having to vaccinate millions of people in a short timeframe, and considering the risk of vaccine shortage, the Brazilian Ministry of Health started reactive vaccination campaigns in areas where the vaccine was not previously recommended. It also changed the recommendation from two doses for children, followed by a booster dose at 10-year intervals, to the WHO recommendation of a single dose for life. In regions with suboptimal vaccination coverage undergoing outbreaks, such as the state of Minas Gerais, there were restrictions to access for children and adults with history of vaccination, and, as such, a broad reactive vaccination was not implemented. Broad, non-restrictive reactive vaccination was only offered in areas without prior recommendation for YF vaccination. On the first two months of the current outbreak, 11 confirmed cases of YF were reported in individuals with history of vaccination in the state of Minas Gerais. A review was done of available evidence on immunogenicity, reactogenicity and duration of humoral and cellular immunity of YF vaccines in adults and children to assess issues related to the current strategies and public policies adopted by the Brazilian immunization program to control the disease.

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CHALLENGES AND OPTIONS FOR DEVELOPING LEPTOSPIROSIS VACCINE EFFECTIVENESS IN NIGERIA

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Reports of leptospirosis in Nigeria as a very important but neglected re-emerging infectious disease of humans, livestock and companion animals have been documented. Cattle, rodents and a host of other wildlife have been documented as reservoir hosts to leptospire. In Nigeria, tentative diagnosis is often based on clinical signs, many of which are common to some febrile conditions such as babesiosis in animals, malaria and typhoid fever in humans. It is detrimental to the livestock industry because it causes abortions, stillbirths, infertility, reduction in milk production and death. In companion animals, it affects the renal, hepatic, respiratory and vascular systems causing high morbidity and death. It has high public health importance because it is transmissible to man, causing multisystem febrile illness, with hepatic, renal and pulmonary involvement leading to high mortality. Early and rapid diagnosis of leptospirosis is not readily available in Nigeria. For this reason, prevention of the disease is necessary. However, this organism has about 250 serovars, 25 serogroups and 13 pathogenic species seven of which are topmost in the list of causes of human and animal leptospirosis. The review showed that little work has been done to isolate and identify locally circulating serovars in both human and animal populations and that bacterins imported for use in dogs have been described to have limited success. The review also inferred that innovative development of appropriate vaccines in form of oral, multivalent and DIVA vaccines for the prevention of the infection and carrier status in human and animal populations in Nigeria is necessary.

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LACTATE ADMINISTRATION STIMULATES FAT OXIDATION AND LIVER GLYCOGEN STORAGE IN RATS**Kiwon Lim**

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Lactate is known as the end-product of glycolysis and is considered as a fatigue product. However, since last decades there has been demonstrated positive effect of lactate. Nevertheless, it is not known whether the lactate changes on energy metabolism and energy substrates utilization. Accordingly, we investigated the effects of lactate treatment energy metabolism for six hours. We randomized seven weeks 32- male SD rats into four groups: the control (Con: DW), caffeine (Caf: 10mg/1kg), lactate (Lac: 4g/kg), and caffeine and lactate mixed compound (Caf+Lac: 10mg+4g/kg). We treated different substances to each group by oral administration. There was no significant difference in oxygen uptake and carbon dioxide production between groups. However, with fat oxidation, Lac and Caf+Lac were significantly higher than Con in first two hours after administration in fat oxidation. These results suggest that the caffeine and lactate mixed compound can improve fat oxidation over two hours. Moreover, we investigated gene expression within two hours with Caf+Lac group, because they were the highest group in fat oxidation. We treated same dose of Caf+Lac and sacrificed at 30 minutes, 60 minutes and two hours after the dose. For the result, *MCT1* mRNA decreased after two hours compared to zero and *FAT/CD36* mRNA showed up and down tendency with significant difference within two hours. Finally, *PDK4* mRNA increased at two hours compared to zero. Also, when we examined blood sample we could see there is a significant increase in glycerol level after two hours. Furthermore, we could find significant increase within two hours. From these data, glycolysis might be understood as increase in glycogen synthesis, has possibility of shown to as increase in fat oxidation. For this reason, lactate administration could be an effective supplement for obese people.

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INTRAGASTRIC BALLOON THERAPY IN THE MANAGEMENT OF OBESITY IN VIETNAM

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Background: In Vietnam, the prevalence of overweight and obesity is 5.6%. The obesity rate in the city is about 6.5%. The prevalence of obesity in the 15-49 age group was 10.7%. Obesity in primary school children in Hanoi City is 4.2% (in 2013) and 12.2% in Ho Chi Minh City (in 2013). Since 2000, the number of obese patients in Vietnam has been on the rise, affecting quality of life and causing complications. Since 2008, Vietnam started applying intragastric balloon therapy for patients with obesity. This study aims to assess the effectiveness and complications of intragastric balloon therapy for obese patients in Vietnam (from 2008 to 2016).

Patient & Method: 50 obese patients were treated at Trieu An Hospital, Hochiminh City from January 2007 to December 2016. These patients have been treated with conventional weight loss methods (internal medicine, diet, medicine, exercise ...), but not effective. The patient received a clinical examination, subclinical and have indication of gastric balloon placement. We only use a Spatz balloon (Spatz Medical, Great Neck, NY, United States). The balloon was removed after six months of placement and we evaluated the therapeutic effect of this method.

Result: Patient characteristics: 50 patients (34 women and 16 men). Average age: 29.9 ± 9.7 (18-55). Average weight: 94.4 ± 17.8 kg (69-144). Average BMI was 35.6 ± 4.3 (30-48.6). Patients with BMI 30-34.9; 35-39.9 and over 40 accounted for 54%, 28% and 18%, respectively. BMI > 40 found mainly young people. There were nine obese patients with BMI > 40, in which: 18 years old (two persons), 19 years old (two persons), 24 years old (one person), 27 years old (one person), 37 years old (one person), 39 years old (one person) and 43 years old (one person). Technical success rate: 50/50 (100%). Average time to perform the procedure is: 15.3 ± 4.7 minutes (12-18 minutes), Effective treatment: The average weight loss after one weeks of treatment: 4.9 ± 1.6 kg (2kg-8kg). Average weight loss after six months of treatment: 19.8 ± 9.3 kg. Six patients had abdominal pain after balloon placement and desired the balloon removed. These six cases were admitted to the hospital, followed using antispasmodic (Buscopan) and discharged at the same day. Then, six cases were convinced and agreed to put the intragastric balloon in place. One case, after three months of treatment must take the balloon out. Complication: After the procedure, the patients had some complications in the first week: Mild abdominal pain (96%), bloating (100%) and nausea-vomiting (82%). After six months of treatment, no patient has peptic ulcer, no gastroesophageal reflux disease (GERD)

Conclusion: This study showed that placing the balloon in the stomach effectively reduces weight and reduces BMI. This is a safe, easy-to-accept and effective method of non-surgical treatment for obese patients in Vietnam.

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THE EFFECT OF NUTRITION EDUCATION ON FOOD CHOICES OF SIXTH GRADE CHILDREN IN A PRIMARY SCHOOL

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The impact of behavior on health, with a special emphasis on children and adolescents, is a central focus for current health policy and for the prevention agenda. This is an interventional study with pre/post assessment. The objectives of which are to test KAP of children in sixth grade primary school about healthy eating habits and conduct health educational intervention. A pretest (questionnaire) was taken before the program to assess the KAP among school children about healthy eating habits. According to KAP analysis outcome the health education material was tailored. All cases included in this study were subjected to Health education intervention. Posttest was taken after two weeks to determine the impact of the program. A total number of 100 student of children aged 11-12 years in the sixth-grade primary were included. The results showed that 41% of studied group were boys in comparison to 59% of girls. Most students had a normal BMI 64%, overweight was 29% (23% boys and 33% girls), and only 14% were obese (12% boys and 16% girls). There was a great improvement in Knowledge in relation to the number of meals per day from 6.7 to 50. For attitude the highest percentage of improvement was related to milk and yogurt snacks from 11.5 to 85.6 after intervention and for breakfast as a practice. Nutritional education should be introduced to school children as it highly affects their food choices and preferences.

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HIV/AIDS, MALARIA AND EBOLA VACCINES AND IMMUNOLOGY RESEARCH IN TANZANIA AND EAST AFRICA

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Vaccine production in developing countries is a challenging subject that requires attention. Tanzania is one of the developing countries in sub-Saharan Africa that strive to overcome the dilemma. These shortfalls lead to vaccine production under performance. Several issues were studied and analyzed during development and production of veterinary vaccines in the Tanzania and East Africa for the years. For now, the goals are to conduct health research, and the vision is to expound more on clinical and biomedical research that are currently being conducted. Most of the research being done was mainly concentrated on malaria and HIV. However, after the outbreak of Ebola in West and Coastal Africa, most of the research agencies included Ebola and related infections in most of their research.

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IMMUNOLOGICAL ASPECTS OF SUBLINGUAL AND SUBCUTANEOUS ALLERGEN-SPECIFIC IMMUNOTHERAPY

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Although, allergen specific sublingual (SL) and subcutaneous immunotherapy (SCIT) have been demonstrated to be clinically efficient with similar immunological responses, head to head studies comparing those two modes of allergen administration in terms of onset of clinical improvement along with simultaneous immunological responses and underlying mechanisms of preventive effect is scarce. Compared to SLIT, SCIT provides a rapid onset of clinical improvement by eliciting a simultaneous surge in production of Th1 and Treg cytokines and blocking antibodies. Similar immunological and clinical responses are evoked quite later, with no effect on IgG4 levels during SLIT. Increases in TGF-beta secretion due to non-relevant allergens during SLIT may explain the preventive effect on new sensitizations. SLIT and SCIT are both clinically efficient in the treatment of respiratory allergic diseases with slight differences in the early phase in terms of onset of clinical efficacy and simultaneous immunological responses. Both SLIT and SCIT induce similar T cell responses with different dynamics, but specific IgG4 blocking antibody responses are more prevalent following SCIT. Further studies addressing the efficacy and immunological responses multiallergen IT in polysensitized patients are warranted. Updated scientific data on immunological and clinical tolerance of SLIT vs. SCIT will be presented.

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DEVELOPING A WHOLE SYSTEMS APPROACH TO OBESITY

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Obesity is recognized as a major public health problem. Despite awareness of the significant increases in obesity levels and the major individual and societal consequences, there is limited evidence that efforts to tackle the problem have been successful. The limited impacts of actions to date have led to new thinking about how to best tackle obesity. Obesity is a result of a complex and adaptive system, therefore the chance of a silver bullet solution is small and naïve. It is recognized that traditional linear solutions to complex problems are unlikely to be impactful due to the changing and complex nature of the system. Therefore, systems thinking has been proposed to overcome the weakness of traditional methods. We worked with 11 local authorities in England to develop a relevant and usable whole systems approach to obesity on behalf of Public Health England. Through an overarching action research methodology, we used and developed a variety of tools to assess the impact of the process on local authorities. We co-produced with these local authorities a six-step process to implement a whole systems approach. We will outline the proposed six step process, the lessons learnt as part of the co-productive process and some outcomes to date.

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THE INFLUENCE OF OBESITY IN CHILDREN MOTOR COORDINATION

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Obesity defined as the accumulation of abnormal or excessive fat that can harm health” has increased dramatically, affecting more and more children and adolescents. At the origin of this situation, it seems to be patterns of food behavior in which is visible a greater consumption of calories. However, physical activity levels are very low, since modernization has had implications for the population's lifestyle, becoming less active and the acquisition of coordinating skills may be impaired during this phase of development. The objective of this study was to analyze the influence of obesity on the motor coordination of first cycle children, between first and fourth grade. A study was carried out with several participants of 52 students between six and nine years of age, of both genders, belonging to two educational establishments. For the evaluation of the prevalence of obesity, the abdominal perimeter and Body Mass Index (BMI) were used, applying cut-off points, categorizing the sample in three levels, normal-ponderal, overweight and obesity. The assessment of motor coordination was performed using the Körperkoordination Test für Kinder (KTK) battery. Statistical analysis of the data was based on SPSS (Statistical Package for Social Science), version 19.0. Based on the results obtained and analyzing the gender differences, it was concluded that females had lower performance levels than the male gender. It was also evidenced that the students presented worse levels of motor performance as the age advanced. Regarding the prevalence of obesity, it was observed that females and males obtained high and similar mean values for the normal-ponderal category, while 25% of the sample was overweight. Regarding the level of motor coordination, it was verified that 57.7% of the students had normal coordination and that 40.4% of the students had coordinative difficulties. Still in this field, we can also conclude that the normal-ponderal population showed better results than the overweight population. In conclusion, it was verified that the correlations between the BMI and abdominal perimeter with the classification in the tests of motor coordination revealed an inverse sense and so it was concluded that the population that obtains higher values of BMI and abdominal perimeter obtains lower motor coordination results.

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OBESITY AND WEIGHT MANAGEMENT

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**PHYSICAL ACTIVITY, PSYCHOLOGICAL STATUS AND
NUTRITIONAL ASSESSMENTS IN DIABETIC II PATIENTS IN
NORTH WEST OF MOROCCO****Youssef Aboussaleh Lotfi Zeghari**

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In Morocco, as in the rest of the world, diabetes represents a major challenge for public health authorities, given the growing share of this disease and its complications in the future years. A balanced diet and a regular and moderate physical activity is recommended for people with this disease. This practice would help to achieve the primary goal of treatment: preventing or delaying microvascular and macrovascular complications. However, diabetics are more likely to develop psychological problems compared to people without diabetes, which poses a new challenge. Using a broad vision of several aspects of diabetes management, the first part of this research was to identify and evaluate the different axes of management (dietary habits, physical activity, etc.), this assessment allowed us to reveal the various limits to the improvement of the quality of life of these diabetics. In the light of these results, two interventions were carried out: a nutritional educational intervention to compare the strategy of collective nutrition education used in health centers and another personalized approach, personalized education impact significantly more positively the patient's glycemic profile. The second intervention concerned a new aspect, which is the psychology of the diabetic patient, and the impact of a psychologist's psychological focus on the glycemic profile and self-perception, the results of this latter study was very satisfactory because there was a direct correlation between the improvement in self-esteem and the balance of the patient's glycemic profile. Glycemic indicators and diabetic status were improved by the different interventions. This integrated approach need to be implement at large scale in national health strategy.

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