

5<sup>th</sup> International Conference on Nutrition, Food Science and Health Management  
7<sup>th</sup> World Summit on Virology, Microbiology & Infectious Disease

May 05, 2022 | Webinar

## **Genetically modified food and human health**

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**I**S IT MAGIC OR MADNESS, Will genetically modified food (GMF) be a reason to eliminate famine or to eliminate humans themselves? We can consider the GMF as double-edged sword.

Genetically modified food was first introduced about 20 years ago. The bioengineering food can be the solution to all food problems in terms of availability and nutrition. Controlling the transfer of the genes can allow the production of crops with new characteristics such as improving the yield of the crops, resistance of plant diseases, increase the tolerance of herbicides, elongate the shelf life of the products, to increase the fruit sizes or even to add a new nutritional feature (e.g. golden rice, transgenic rice that enhance beta-carotene

accumulation in it). But unhappily the transferring process is not totally controllable.

Many unwanted or harmful genes may be transferred during the transferring process. The process is not totally controlled. It also can pose significant allergy risks, to decrease the resistance to antibiotics and in other times it may increase the production of toxins in the crops to harmful levels or even it may reduce the nutritional value of the crops.

In short, the debate is still going on as to whether its benefits will outweigh its harms, or that we will one day be able to control gene transfer to the extent that it has no negative effects with lower costs or not.

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## **Traditional herbal medicines against SARS –CoV–2: A review**

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**C**ovid-19 (Coronavirus Disease 19) outbreak was first reported in Wuhan, China, late 2019, and then it became a pandemic, that swept away the whole world. It has devastated public health and global economy. The Beta coronavirus SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus-2) is the causative agent of covid-19 infection, uses a surface spike protein which binds to and fuses with target host cells. Although several vaccine candidates are available and have been approved by WHO (World Health Organization) but more studies are needed to check their efficacy against the newly developing variants of the SARS-CoV-2 virus.

Besides vaccines, data shows that many allopathic drugs are in use to treat the viral infection. However, the results of these studies elicit that drugs are not significantly effective against the disease. Therefore, effective alternative medicines are needed to treat covid-19 infections. In the face of this, natural products and herbal medicines are looked upon with great expectations as they are safe with no side effects and have an impressive track record in treating respiratory infections. This review aims to focus on the use of herbal products which can be used for treating or preventing covid-19 infection.

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## **Prevalence of obesity among overseas shift workers in an Iranian petrochemical company**

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In recent decades, obesity has emerged as one of the nutritional and health problems in developed and developing countries. Obesity is defined as the accumulating excess adipose tissue in the body, which is caused by an imbalance between calorie intake and consumption. In this study First, 500 people were randomly selected. They were selected randomly taking into account the ratio of gender distribution and job category grouping. To participants FFQ, IPAQ, Demographic Information, Nutrition Awareness Questionnaire and Specifications were given anthropometrically. Then the data were analyzed by Pearson r method prevalence of obesity rate was 27% among staff. There was a significant inverse relationship between the

level of physical activity and level of nutritional awareness with obesity ( $p>0.001$ ). Also, a direct significant relationship between calorie intake and job stress with obesity ( $p>0.001$ ). No significant relationship found between education level and sleep adequacy with obesity.

The results of this study show a necessity of making lifestyle adjustments to prevent controllable obesity incidences among overseas shift workers. More detailed measurements on overseas shift workers lifestyle should be conducted in future researches.

**Keywords:** Obesity, Antropometry, Shiftworkers.

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## **Emerging infectious diseases: Threats to human health and global stability**

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The inevitable, but unpredictable, appearance of new infectious diseases has been recognized for millennia, well before the discovery of causative infectious agents. Today, however, despite extraordinary advances in development of countermeasures (diagnostics, therapeutics, and vaccines), the ease of world travel and increased global interdependence have added layers of complexity to containing these infectious diseases that affect not only the health but the economic stability of societies. HIV/AIDS, severe acute respiratory

syndrome (SARS), and the most recent 2009 pandemic H1N1 influenza are only a few of many examples of emerging infectious diseases in the modern world like Cov-19; each of these diseases has caused global societal and economic impact related to unexpected illnesses and deaths, as well as interference with travel, business, and many normal life activities. This article highlights the concepts of emerging and reemerging of infectious diseases and ways of controlling of infectious diseases.

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## **Future challenges to eradicate viral infectious diseases for healthy life**

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In recent years there have been outbreaks of new viral infectious diseases some of which become pandemics while others remain localizes. The most recent example is that of the corona pandemic which has caused extensive morbidity,

mortality and economic losses and misery across the globe. There are newer threats to human life as a result of this. This summarizes the future challenges and suggests possible solutions for a healthy life.

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