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October 15-16, 2018 | Tokyo, Japan

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October 15-16, 2018 | Tokyo, Japan

Devrishov D et al., Biomed Res 2018, Volume 29 | DOI: 10.4066/biomedicalresearch-C5-014

THE PRESENT AND FUTURE OF VACCINEAL PREVENTION OF ANIMAL BRUCELLOSIS

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The effectiveness of corrective measures for brucellosis is largely determined by the quality of epidemiological surveillance and the effectiveness of vaccine prevention. Used live vaccines do not fully protect against infection, at the same time they pose a potential risk of *Brucella* infection in animals with low immune resistance and post-vaccination complications and pose a danger to livestock breeders and the population consuming untreated products from vaccinated animals. Inactivated vaccines did not find practical application due to insufficient efficacy and high reactogenicity. Considering that vaccination is the basis for the prevention of *Brucella* infection, we conducted studies on the selection of strains, developed and experimentally tested a split conjugated biosafe vaccine based on immunogenically active subcellular and soluble peptides of three *Brucella* strains: *B. melitensis* and two strains of *Brucella bovis* biotype. To stimulate specific immunity, *Brucella* antigens were conjugated to an immunoprotector. The immunoprotector was obtained from a culture of B lymphocytes sensitized with *Brucella* antigens. Activity control was assessed by immunostimulating of the mechanisms of cellular and humoral immunity and immunogenic activity of the vaccine in guinea pigs. The immunogenic activity of the declared vaccine was studied on guinea pigs weighing 300-400 g, which were subcutaneously injected into the groin area with test specimens of vaccines at a dose of 0.5 cm³. After four weeks vaccinated guinea pigs were infected with a virulent culture of *B. bovis* 10 in an infectious dose (ID). At the same time, non-vaccinated (control) guinea pigs were infected. 30 days after infection, guinea pigs were killed and bacteriological seeding of lymph nodes and organs on *Brucella* agar and *Brucella* broth was performed. Seeding was sterile in 100% of vaccinated guinea pigs. In seeding from control unvaccinated guinea pigs in 100% of cases, a culture of *Brucella* of the infecting strain was isolated. As a result, immunization of the split-conjugated brucellosis vaccine activates the cellular and humoral immune response, enhancing the induction of specific antibodies. Advantages of a split-conjugated vaccine: biosafety, protection of immunized animals from infection with *brucella* during experimental infection, reliably exceeds the specific efficiency of live anti-brucella vaccines from strains *B. abortus* 19 and *B. melitensis* Rev-1.

BIOGRAPHY

Devrishov D is a Doctor of Biological Sciences, PhD of Veterinary Sciences, Professor, Corresponding Member of the Russian Academy of Sciences, has over 270 scientific publications, is the Head of the Department of Immunology and Biotechnology, Editor of the scientific and practical journal "Veterinary Medicine" Davud D.

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Kazue Sawami et al., Biomed Res 2018, Volume 29 | DOI: 10.4066/biomedicalresearch-C5-014

RELATIONSHIP BETWEEN COGNITIVE ABILITY AND VASCULAR AGE AND STRESS

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Introduction: About people with unbalanced diet, they are evident that high palatability (addictive) substances, such as drinking alcohol or smoking, all occur due to emptiness, psychologically the AME mechanism, with emotional and mental factors playing a big role. Therefore, we have, focused on mental soundness, and researched the relationships between mental health level/ stress a cognition/judgement. Additionally, to determine the relation between body composition and cognitive function, we carried out the measurements with an inner scan monitor.

Methods: A screening test for mild cognitive impairment: montreal cognitive assessment (MoCA test), measurement of body composition by an inner scan monitor, and stress level tests were performed by measuring α -amylase levels in the saliva from the sublingual gland. 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 α -amylase levels, 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. For cognitive score, before the intervention was 23.4 points (<26 points), and it did not meet the cut-off value. After the non-intervention control period of six month, when measured again, it was 24.7 points (<26 points), though with a slight increase in the total score, there was not much changed in each cognitive category. After the intervention, the average total score was 25.8 points (<26 points), it increased to a score significantly closer to the cut-off value. Next, for α -amylase of the stress measurement results, in the correlation between psychological stress and cognitive abilities, correlation has been observed; the higher saliva amylase that reflects mental stress was, the lower the cognitive ability was (Pearson's product-moment correlation coefficient, $r=-0.25$).

Conclusions: The cognitive training employing rhythmical exercises and touching not only improved cognitive functions but also reduced stress. Negative correlations were detected between cognitive function and vascular age, and stress levels. Therefore, to maintain the cognitive function, it is necessary to improve the dietary life as a means of improving vascular age and perform activities to provide stress relief.

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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Simon Raymond, Biomed Res 2018, Volume 29 | DOI: 10.4066/biomedicalresearch-C5-014

SITE ATTACHMENT INHIBITION: NEW GENERATION IMMUNIZATION

Simon Raymond

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New Generation Immunization Programs. The current author anticipates site attachment inhibition therapeutics to include: (A) drug (medication) based therapies in treatment of established infections; (B) new generation immunization methods (as preventative treatment) utilizing stem cell based treatment (including prenatal and earlier, spanning back to oogenesis and spermatogenesis) termed stc based immunization in previous publications.

With regards to new generation immunization programs, schedules to be developed would likely benefit from taking into consideration of the following.

1. Common infections to include taking into account the epidemiological characteristics of the given population. Also,
2. Additional vaccination that may be required for children being born with conditions predisposing them to particular infective agents.

Hypothetical Examples: Should persons with hereditary immune dysfunction disorders receive additional immunizations? Should persons with cystic fibrosis receive additional protection?

- For instance: *Haemophilus influenzae*; *P. aeruginosa*?
- Further research directed toward additional immunization, given likely hospital attendance, against *Clostridium difficile*.

Note: there is currently a trial for a vaccine that is not stc based immunization, against *Clostridium difficile*. Clover Trial: <https://clinicaltrials.gov/ct2/show/NCT03090191>. Interestingly, an article by the current author with regards to *Clostridium Difficile*: Raymond S (2017) Site Attachment Inhibition: Case Analysis Res HIV AIDS J SF 1: 1. Other infective agents and considerations for inclusion on schedules is a topic for further discussion. The medical profession may need to head toward the future. It may be worth considering whether such procedures should become routine as with procedure including amniocentesis.

BIOGRAPHY

Simon Raymond is a Consultant specializing in Medical and Scientific Research and an Alumnus of Melbourne University (Rank of Number 1 in Australia and Number 33 in the World). The above stated Researcher has acted as a Reviewer for the respected Medical Journal of Australia, has received invitations internationally to review from prestigious medical journals including Journal of American Medical Association Network. He has received award in recognition of his research by Royal Australasian College of Surgeons (PSC, 2006) and invited to conferences internationally as an official Delegate and Researcher, including that in USA and China. He has worked as the Principle Researcher in the highest-powered form of medical trial—Randomized Controlled Trial (RCT). The above stated Researcher is also a Member of the Golden Key International Society for Honored and outstanding Academics and has been cited as a Notable Global Leader.

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ABSTRACTS**

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COMPARATIVE EFFECTIVENESS OF *ABELMOSCHUS ESCULENTUS* L. (OKRA) AND ACARBOSE IN LOWERING BLOOD GLUCOSE: AN EXPERIMENTAL STUDY USING STREPTOZOTOCIN-INDUCED DIABETIC RATS

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R P D Punzalan, P S V Sawen and D P Wy

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Diabetes is presently a serious worldwide epidemic, affecting about 382 million people globally in 2013 and directly causing the deaths of more than 1.5 million people in 2012. This study evaluates the glucose-lowering potential of *Abelmoschus esculentus* L. (okra) in diabetic rat models as compared to the commercial drug acarbose. In this randomized, double-blind experimental study, 48 streptozotocin-induced diabetic male Sprague Dawley rats aged 75-90 days old and weighing 150-250 grams were divided into three groups: experimental group which was given 300 mg/kg aqueous extract of *Abelmoschus esculentus* L. (okra), positive control group which was given 15 mg/kg acarbose and negative control group which was given 5 mL/kg distilled water. All groups were concurrently treated once daily orally for seven days. Blood glucose levels were measured one hour after treatment administration using EasyTouch® glucometer. The safety of okra extract and acarbose were also determined based on subject mortality. After seven days, the experimental group and the positive control group demonstrated glucose-lowering effects. However, the decrease in blood glucose from the baseline up to day seven was statistically significant only in the experimental group (p-value <0.05). Comparison of the glucose values among all the groups on day seven demonstrated a significant difference in the experimental group (p value=0.02). This showed that okra extract exhibited a time-dependent effect. Also, statistical analysis of mortality which yielded a nonsignificant result established the safety of acarbose and okra extract as used in the study. These findings prove the potential beneficial effect of *Abelmoschus esculentus* L. (okra) in the treatment of diabetes through its glucose-lowering effect which has been exhibited to be comparable to that of the commercially prepared drug acarbose. Thus, it may be developed and used to treat type 2 diabetes in humans.

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EARLY DIAGNOSIS OF MAMMARY TUMOUR AND EFFECT OF TREATMENT USING SYNTHETIC CATIONIC PEPTIDE

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and Tamuly S**

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The molecular biology of mammary tumor between canine and human females are well conserved. BRCA2 (breast cancer gene two) genes in both the species encode tumour suppressors protein which can recognise DNA damage and repair. Mutation of this gene can be detected efficiently by PCR-RFLP to early breast cancer diagnosis and adopt suitable method of treatment. In the present experiment PCR-RFLP of BRCA2 gene was used for diagnosis of canine mammary tumor and host defense peptide used as blueprint for the design and synthesis of novel anticancer drugs to avoid the side effect of conventional chemotherapy and chemo resistance. BRCA2 (exon 7) gene was amplified to 535 bp and at nucleotide position 392, there is a change of a → c in the cancer sample lead the creation of a new restriction site for SsiI restriction enzyme. This SNP may be a marker for detection of canine mammary tumour. Support vector machine (SVM) algorithm was used to design and predict the anticancer peptide from the mature functional peptide. MTT assay of MCF-7 cell line after 48 hours of post treatment showed an increase in number of rounded cells when compared with untreated control cells. The ability of the synthesized peptide to induce apoptosis in MCF-7 cells, was further investigated by staining the cells with the fluorescent dye, Hoechst stain solution, which allows the evaluation of the nuclear morphology. Numerous cells with dense, pyknotic nuclei (the brighter fluorescence) were observed in treated, but not in control MCF-7 cells when viewed using an inverted phase-contrast microscope. From the study it can be concluded that PCR-RFLP is one of the attractive approaches for early diagnosis and synthetic cationic peptide can be used for treatment of canine mammary tumour.

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TRIMESTER-SPECIFIC REFERENCE INTERVALS OF THYROID FUNCTION TESTING IN PREGNANT WOMEN FROM BASRAH, IRAQ USING ELECTRO-CHEMILUMINESCENT IMMUNOASSAY

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Background: Thyroid function test results of healthy pregnant women differ from those of healthy non-pregnant women. This study aimed to determine trimester-specific reference ranges for total tetraiodothyronine (T4), free T4, total triiodothyronin (T3) and thyroid stimulation hormone (TSH) using electrochemiluminescence techniques from apparently healthy pregnant women in Basrah.

Material & Methods: A cross sectional study was conducted between January 2014 and June 2015. The total enrolled pregnant women were 893. Clinical examination, estimation of free T4, total T4, total T3, TSH and anti-thyroid peroxidase (anti-TPO) using electrochemiluminescence technique done for each.

Results: Trimester specific normal range of TSH in μ U/mL was 0.04–3.77, 0.30–3.21 and 0.60–4.50 μ U/mL respectively, for each trimester. For FreeT4, the trimester specific reference range was 0.8–1.53, 0.7–1.20 and 0.7–1.20 ng/dL for each trimester, respectively. The reference range for total T4 for the first, second and third trimester was 7.31–15.00, 8.92–17.38 and 7.98–17.70 μ g/dL, respectively. Furthermore, last trimester specific reference range for total T3 was 0.90–2.51, 1.99–2.87 and 1.20–2.70 ng/mL, respectively.

Conclusion: Using this thyroid function study, we established for first time trimester-specific reference ranges for each thyroid function test and thyroid antibody status for the first time in Iraq. The reference ranges are different from all previous studies outside Iraq and the reference kit range from the method we used.

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CANCER IMMUNOTHERAPY WITH USING BACTERIA

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Cancer cells escape from the immune system this subject is nearly because the tumor is a normal body tissue that has been out from its normal state. So, the body does not consider it as an invader. On the other hand, some cancers have evolved in a way that they can deal with the immune system or hide from it. During recent research and studies cancer cells can be detected by using a variety of bacteria to body's defense mechanism notice their presence and attack them. Bacteria are used in many ways in the treatment of cancer that we can point to the direct anti-tumor effects in them or transfer of effective factors. Bacterial treatments are unique mechanisms for cancer treatment which standard methods do not have access to it. Bacteria can specifically target tumors and actively penetrate the tissue, search and create a controlled form of infection. In this regard, the important point is the ability to determine the location of bacterial colonies in clinical terms and possibility of diagnosis of ambiguous tumors and metastasis by the agents. For example, Diphthera toxin (DT) is attached to the surface of the cells expressing the precursor of HB-EGF and through endocytosis intermediate clattering enter and under a few changes after translation catalytically active and finally by inhibiting protein synthesis, cell lysis and apoptosis induction is effective in treating the mass of cancer cells with this method.

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ACCURACY OF CAMERIERE METHOD FOR AGE ESTIMATION OF OBESE CHILDREN

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Obesity has been claimed to accelerate dental development and the onset of puberty among children. Many studies showed increased difference between chronologic age and dental age estimated by Demirjian method. It will be valuable if we find an accurate method for age estimation of obese children. Therefore the aim of this study was to assess the accuracy and precision of Cameriere method for dental age estimation of obese children. A cross sectional study of a random sample of 150 panoramic radiographs of obese children aging from 8-12 years was selected from the pedodontic clinic, Faculty of Dentistry, Tanta University, Egypt. Dental age was estimated using Cameriere Method. Results reveal a total over-estimation of age for the total group of participants and the mean over estimation was 0.017 (± 0.012) year. Statistical analysis highlighted a significant high correlation between chronological and estimated ages among males, among females and in total participants with a correlation coefficient $r=0.99$. Almost 88.66% of the participants had their ages predicted within three months of their chronological age, however all the participants had their ages predicted within five months of their chronological age. Accuracy was found to be 99.44%, though it revealed extra accuracy for boys than girls. In conclusion, Cameriere method can be applied in dentistry field for age estimation of obese children.

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COMPARISON OF RISK FACTORS AND PREGNANCY OUTCOMES OF GESTATIONAL DIABETES MELLITUS DIAGNOSED DURING EARLY AND LATE PREGNANCY

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Objectives: To compare risk factors and pregnancy outcomes of gestational diabetes mellitus (GDM) diagnosed during early and late pregnancy.

Methods: 929 diabetes-free pregnant women who were eligible and consented to take part underwent fasting plasma glucose testing at the first prenatal visit. The women free from GDM or overt diabetes were screened at 24-28 weeks of gestation using a 75-g, 2-hour oral glucose tolerance test. The diagnosis of GDM was reached through the International Association of the Diabetes and Pregnancy Study Groups. Early-onset GDM was defined as the diagnosis of GDM at the first prenatal visit (6-14 weeks of gestation). Late-onset GDM was defined as the diagnosis of GDM later at 24-28 weeks.

Results: Prevalence of GDM was 10% (95% CI: 8.1-11.9) at the first prenatal visit. GDM incidence was 9.3% (95% CI: 7.4-11.2) at 24-28 weeks. Family history of diabetes, and previous gestational diabetes and maternal age were the independent risk factors for GDM during early and late diagnosis. GDM was associated with increased risk of macrosomia, large for gestational age, and cesarean section in both periods while, neonates of women with early-onset GDM were more likely to have an Apgar score at 1-minute <7, and neonatal respiratory distress syndrome and were more admitted to the neonatal intensive care unit.

Conclusion: Early-onset GDM was associated with poorer pregnancy outcomes indicating the need for further research to investigate the alternative management approaches that could improve diabetes-related complications and outcomes in these women.

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PREVALENCE OF OVERWEIGHT AND OBESITY AND ASSOCIATED RISK FACTORS AMONG SCHOOL CHILDREN IN JORDAN

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Background: Marked increases in the prevalence of overweight and obesity have been observed in the last few decades in both adults and children worldwide. Obesity in childhood associated with high prevalence of elevated blood pressure, diabetes, and respiratory diseases. Little data are available describing the extent of overweight and obesity among children in Jordan. This study estimated the prevalence of overweight and obesity and determine their associated risk factors among schoolchildren in Jordan.

Methods: A descriptive cross-sectional survey was conducted on a sample of 1094 schoolchildren (571 boys and 523 females) aged 6-18 years in Jordan. The sample was selected randomly using multistage stratified cluster method. Trained data collectors interviewed and measured children's weight and height. A self-reported questionnaires was completed by students' parents; data was used to analyze the factors could be associated with overweight and obesity as a risk factors. Anthroplus, Epiinfo and SPSS were used in data analysis; Overweight and obesity were defined according to WHO reference 2006 for children 5-19 years.

Results: The prevalence of overweight was 18% (for both boys and girls) and 6.2% were obese (6.8 % for boys and 5.5 % for girls). Obesity among children of obese mothers and fathers was more prevalent.

Conclusion: The prevalence of overweight and obesity was in accordance with other studies conducted in Jordan. Thus, there is a critical need for obesity-prevention programs targeted toward children.

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EFFECT OF *NIGELLA SATIVA* SEEDS ON THE GLYCEMIC CONTROL OF PATIENTS WITH TYPE 1 DIABETES MELLITUS IN NILE RIVER STATE

Omer A Musa and Malak E Ahmed

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Nigella sativa (NS) is widely used medicinal plant throughout the world. Seeds and oil have a long history of usage in various aspects of medicines and food. It has is used to treat a wide range of diseases including diabetes mellitus (DM). DM is a chronic incurable disease with high mortality and morbidity and increasing prevalence. The aim of this study was to investigate hypoglycemic effect (NS) in type 1 diabetic patients. Nine patients with type I diabetes were included in the study. They were given NS (2 gm per day) beside their regular treatment (insulin) for 30 days. At the end of the study fasting blood glucose (FBG) was checked and data was analyzed using t-test and paired t-test in statistical package for the social sciences (SPSS) 22 software. The mean levels of FBS before and one month after the intervention were 227 ± 65 , 128 ± 57.6 respectively. There was significant reduction in FBS before and after treatment ($P=0.003$). Results showed a significant improvement in FBG in type 1 diabetic patient used NS for 30 days. More studies are recommended in the future to determine the optimal dose, duration and frequency of NS as an antidiabetic drug as well as to study effect of NS in prevention of diabetic complication.

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VACCINATION OF CANCER CELLS WITH TUMOR ANTIGENS (STIMULATION OF IMMUNOLOGICAL RESPONSE TO CANCER)

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Using various techniques of immunotherapy always has a positive potential for cancer treatment that it has advantages such as low rates of treatment complications compared to other common methods such as chemotherapy and radiotherapy. Immunotherapy of the tumor is often the host immune response to cancerous cells or prescribing types of specific tumor antibodies. According to the cause accurate examination of the complexity of the immune system with the tumor is necessary for present an appropriate treatment strategy for immunotherapy. Immunotherapy of cancer in case of direct use and active immune response of system components such as stimulating the patient's immune system cells and re-injection of this cell into the person itself is called active immunotherapy and in the case of indirect stimulation and the use of immunological products for the removal of tumor antigens like monoclonal antibodies is called inactive immunotherapy. Tumor vaccines via immunization with purified tumor antigens along with adjuvant are very functional and important. The mechanism of action of these vaccines is: dendritic cells purified from patients are incubated with tumor antigens or the coding genes of these antigens are transmitted to them and then these cells are injected back to the patient, which leads to an immunological response to tumorization. Meanwhile, targeted therapy is one of many therapies for the elimination of cancer that in this way, they give the patient some medications that markers are placed on them. Therefore, these medications purposefully destroy only cancer cells and do not damage normal cells that cancer immunotherapy by vaccination can be one of the most important of these.

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CONTROL OBESITY TO PREVENT METABOLIC SYNDROME AND RELATED DISEASES

Shaw Watanabe

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In Asia Pacific region, increasing obesity and diabetes become serious problem in addition to the aging society. Number of diabetes is over 100 mil in China, 60 mil in India, 10 mil in Japan, etc. It is difficult to keep HbA1c below 6.0% in aged people, because many of them have several diseases simultaneously. In addition to diabetes, hypertension, hyperlipidemia, hyperuric acid, and renal insufficiency are all related to obesity in metabolic syndrome. So, if we succeed to control obesity, we can decrease the incidence of all above diseases. The author would like to introduce our successful intervention study (SCOP) by integrated approach including psychological intervention. More than half decreased 10% body weight after one year. We started to find more simple intervention method, based upon 6000 participants in Genki study. Among the participants, obese people showed higher OR to have diabetes, hypertension, hyperlipidemia and other diseases. On the contrary, brown rice eaters showed low or and they felt healthy and vivid. It has been clarified in recent studies, that brown rice contains substances that have various effects on physiological functions in addition to the function as ordinary nutrients. Functional components like γ -oryzanol of brown rice could control diabetes, and GABA may keep mental health. The rice bran contains rich vitamins, minerals, long-chain fatty acids, ferulic acid and inositol, etc. In that sense, the influence of brown rice on health is extremely large and could be called medical rice. Rice is the staple food of 70% of the world's people. The annual production is about 600 million tons. More than 90% of rice is now made in Asian countries. There are a lot of developing countries which are the sources of protein and fat. In response to the enormous increase of medical costs in many countries, encouragement of healthy longevity by changing dietary habits is mandatory.

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PHASE III TRIAL FOR IMMUNOTHERAPY OF HIGH-GRADE CERVICAL DYSPLASIA CAUSED BY HUMAN PAPILLOMAVIRUS

Mark L Bagarazzi

Inovio Pharmaceuticals, USA

VGX-3100 is an immunotherapy designed using SynCon® approach to treat HPV-16 and HPV-18 infection and pre-cancerous lesions of the cervix (phase 3) and vulva (phase 2). The immunogenicity and efficacy of VGX-3100 is enabled by the CELLECTRA® electroporation delivery system. When VGX-3100 is delivered with the CELLECTRA® device it stimulates a specific immune response to HPV-16 and HPV-18 E6 and E7, to clear the infection and eliminate pre-cancerous cells. In a randomized, double-blind, placebo-controlled phase 2b study in 167 adult women with histologically documented HPV-16/18 cervical HSIL (CIN2/3), treatment with VGX-3100 resulted in a statistically significantly greater decrease in cervical HSIL and clearance of HPV infection vs. placebo. The most common side effect was injection site pain, and no serious adverse events were reported. The VGX-3100 approach which utilizes the patient's own immune system to clear HPV-16 and HPV-18 infection and pre-cancerous lesions without the increased risks associated with surgery, such as loss of reproductive health and negative psychosocial impacts is now being evaluated in a global phase three study. VGX-3100 has the potential to be the first approved treatment for HPV infection of the cervix and the first non-surgical treatment for pre-cancerous cervical lesions.

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BLOOD GLUCOSE AND RISK OF CARDIOVASCULAR DISEASE AMONG ASIAN INDIAN CHILDREN AND ADOLESCENTS

Partha Sarathi Datta

Visva-Bharati, India

Aims & Objectives: The purpose of this cross-sectional study was to find out the prevalence of blood glucose and other CVD risk factors in children and adolescents of Asian Indian origin.

Methods: A total of 1101 (532 boys and 569 girls) children and adolescents were taken part in this study, aged 10 to 17 years from different schools situated in rural, suburban and urban areas in West Bengal, India. Nine anthropometric measurements, such as stature, body weight, circumferences at mid arm (MUAC), minimum waist (MWC) and maximum hip (MHC), skinfolds at biceps (BSF), triceps (TSF), sub scapular (SSSF) and supra iliac (SISF) regions etc., were measured using standard technique. Blood glucose and lipid profiles were measured from each participant. Systolic (SBP) and diastolic (DBP) blood pressure were also recorded according to a proper methodology. The weekly consumption of food was collected using a food frequency schedule.

Results: The urban participants have higher mean values of weight, stature, body mass index (BMI), minimum waist circumference (MWC), maximum hip circumference (MHC) and waist-hip ratio (WHR) in all age and sex groups. Mean values of blood glucose and lipid profile are slightly higher in the urban participants. Significantly, mean values of systolic blood pressure (SBP) and diastolic blood pressure are almost similar in participants from different habitat variation. Beside this, no significant sex difference is observed for SBP and DBP. Sedentary lifestyle and faulty food habits was found to be significant association with blood glucose level.

Conclusion: The study showed that the prevalence of CVD risk factors was high in both urban, sub urban and rural participants. Therefore, there are need an effective preventive strategy, targeting the children and adolescent to encourage and improve their unhealthy life style, so that they do not become the epidemics of the 21st century.

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WEIGHT PERCEPTION: A HIDDEN ASPECT IN CHILDHOOD OBESITY

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Background: Overweight/obesity is common disease globally. Management of obesity in children is usually not rewarding because of many barriers. Prevention of obesity is therefore of priority importance. Proper weight perception among parents and adequate weight counselling from health care providers are important for the success of any prevention programmer for childhood obesity.

Objectives: This study looks at weight perception among parents and health care providers in Sharjah, UAE.

Methods: Retrospective review was done for 1000 patient files aged 2 to 18 years who visited UHS pediatrics OPD during 2015. Purpose of the visit, diagnosis of weight status, and any documented general or specific weight counseling in cases of overweight/obesity were reviewed. Age and weight status were diagnosed according to CDC criteria.

Results: Among the 1000 patients enrolled in this study 73 (7.3%) patient were overweight, 107 (10.7%) patient (10.7%) were obese and 817 (81.7%) patient (81.7%) had normal weight. Visits of obese or overweight children (180 patients, 18%) was Weight related in only 6 patients (3.3%) while it was due to Weight unrelated causes in 174 patients (96.7%). Weight counseling was found with 38 patients out of 107(35.5%) in the obese group (including the six patients visited specially for obesity), in four patients out of 73 (5%) in overweight group and in two patients out of 817 (0.2%) in normal weight group.

Conclusion: Most of parents in UAE are unaware of overweight/obesity as a medical disease. Many physicians practice weight counselling only if the patient's visit is for weight abnormality, this applies even to cases of obesity. Weight counselling in children with normal weight is not a routine practice among most physicians.

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MOVING FROM PARENTAL HOME AS RISK FACTOR FOR THE NUTRITION BEHAVIOR OF YOUNG ADULTS

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During life, there are many points at which the nutrition behavior changes. The reasons for a change can be manifold and occur at different times, as at status passages. Especially young people experience many status passages and are furthermore faced with many challenges like finding their identity, building up a system of moral and develop an own future perspective. The replacement of the parents is often obtained by moving out of the parental home and is associated with many changes for the adolescents, like changes in the personal nutrition. With the move from the parental home an own lifestyle and nutritional style must be developed. Because young adults have many new freedoms and opportunities to try out and the focus is not always on the nutrition, the main criteria the nutrition must comply with are fast, easy, delicious and cheap. The consumption of fast food and convenience food, for example, is particularly attractive for adolescents, as it is a distinction from the adult culture of eating, which is characterized by rules such as eating on a table and with cutlery. The young adults must achieve autonomy and furthermore develop themselves personally. This also includes the nutritional style, which is developed through the (un) conscious examination of the eating patterns of adults. In this work the focus is on gender-specific concepts and the practice of nutritional behavior in adolescence and young adulthood. Within the framework of the interdisciplinary research cluster enable, that develops strategies for a healthier nutrition in different stages of life, two focus groups with young women and men between the age of 18 and 25 and guided narrative interviews describe the personally perceived changes in nutrition behavior and provide information on the criteria that determine these changes.

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USING RADIATION TO TURN THE TUMOR INTO AN “*IN SITU*” VACCINE FOR LUNG CANCER

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For the last 100 years radiation has been used solely for location control, but now with the advent of immunotherapy, we have the potential to expand the benefit of radiation to systemic disease. Our laboratory has generated the model of PD1 resistant to lung cancer and using this model we are testing several new immunotherapies to produce abscopal systemic responses in combination with radiation. We have recently completed three trials with 100 patients each of testing the safety and efficacy of combining immunotherapy with radiation for lung cancer. This talk will educate the audience about the biological rationale of using immunotherapy with antigen release from radiation along with the most up to date data on where the field is at, along with new approaches for the future.

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CHILDHOOD OBESITY FAMILY TREATMENT AND PREVENTIVE WORK IN HEALTH CARE MUST HAVE A CLEAR REALISTIC SOLUTION-FOCUSED GOAL AND GUIDELINES FOR HEALTH PROFESSIONALS

Ywonne Peterson

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By the year 2020 more than 60 million children under the age of five years were globally estimated being overweight or obese. Health professionals have good opportunities to give obese families advice and support, but health professionals describe difficulties in their practical work. They often experienced insecurity in their own profession, where more education was desired how to communicate with obese children/teenager and their parents. Health professionals also find them self-more tolerant to obesity and bad lifestyle because they want to avoid a conflict with children and their parents. Attitude, respect for individual's needs, integrity and influence are very important in any change of life style. It is not enough to use care measures recommended of scientific studies because they also must be useful in practical clinical settings and be useful for the obese patients. The author will present some ideas/case studies that might get useful.

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