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The nutritional policy of Israel- can we change the built nutrition environment?

Ronit Endevelt
Haifa University, Isreal

In Israel 60% of adults and 30% of adolescent have overweight of obesity and in low SES socueties it is 1.5 more prequent. In order to stop the Obesity pandemic a few steps were done. A committee for nutritional built environment was made. The Committee asked for experts in nutrition around the world including from the WHO, and conclusions and recommendations were made: 1. Regulations to raze awerness of the public: Front Of pack labeling FOPL for high in: sugar salt and saturated fat. 2. Possitive FOP for non proccessed natural foods has made. 3. Regulations on healthy nutrition Kiosks at schools and in lunch programs. 3. Nutritional education was added to the school curiculum. 4. A comming regulation on tax over sweet and artifisial sweeteners Bevreges. 5. Studies are done for evaluate the effectivness of those steps. We will be happy to show the steps done to improuve the built environment for a healthier society.

Biography

Ronit Endevelt has completed her PhD from Ben Gurion university University and postdoctoral studies from School of Medicine. She is the director of the division of nutrition in public health services in the Ministry of health. She has published more than 45 papers in reputed journals and has been serving as an editorial board member of repute. She also manage the nutrition policy in Israel.

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Liver diseases in type I Diabetes mellitus

Manal Hamdy El Sayed, Mohamed Tarif, Rasha Adel Fathy Thabet and Maha Mohammed El Saeed
Ain Shams University, Egypt

Diabetes mellitus is a group of metabolic diseases characterized by chronic hyperglycemia resulting from defects in insulin secretion, insulin action, or both. Metabolic abnormalities in carbohydrates, lipids, and proteins result from the importance of insulin as an anabolic hormone. The aim of this study is to determine liver diseases in children and adolescents with type1 diabetes mellitus by detection of elevated liver transaminases and confirmed by fibroscan and ultrasound. This cross-sectional study was carried out on 107 children and adolescents with type 1 diabetes mellitus attended the Pediatric Diabetes Clinic, Pediatric Hospital, Ain Shams University. An informed consent was obtained from each patient or control or their legal guardians before enrollment in the study. All patients subjected to do liver transaminases kinetically done, HA1C level of 2 readings in the previous year by cobas 6000(Roche company), US ABD it was done by real time high-resolution scanner (Fukuda Denshi FF sonic UF-4100) and rapid test of HCV using (RAPID CARDO TEST), fibroscan done only for patients with elevated transaminases and hepatomegaly was performed using ultrasound transient elastography (Fibroscan, Echosens, Paris, France. Only (0.9%) of patients were HCV +ve; while the median value of AST level was (20) U/L, ALT level was (20) U/L, HbA1C level was (8.7) mg/dl. 91.6% (98) of our patients have normal liver enzyme while only 8.4% (9) of them have elevated liver enzymes.

Biography

Maha Mohammed El Saeed, obtained her PhD in Parasitology in 1994 from same university. In past she worked as Demonstrator in Parasitology, Assistant Lecturer, Lecturer, Assistant Professor at Alexandria University, Egypt. She is member of editorial board in number of journals and peer reviewer to international journals.

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CRISPR-Cas technology: emerging applications in clinical microbiology and infectious diseases

Sahar Serajian

Royan Institute for Stem Cell Biology and Technology, Iran

Through the years, many promising tools for gene editing have been developed including zinc-finger nucleases (ZFNs), transcription activator-like effector nucleases (TALENs), CRISPR-associated protein 9 (Cas9), and homing endonucleases (HEs). These novel technologies are now leading new scientific advancements and practical applications at an inimitable speed. While most work has been performed in eukaryotes, CRISPR systems also enable tools to understand and engineer bacteria. The increase in the number of multi-drug resistant strains highlights a necessity for more innovative approaches to the diagnosis and treatment of infections. CRISPR has given scientists a glimmer of hope in this area that can provide a novel tool to fight against antimicrobial resistance. This system can provide useful information about the functions of genes and aid us to find potential targets for antimicrobials. In this way, several obstacles such as the efficiency of CRISPR-Cas systems delivery, developing resistance against CRISPR-Cas, and Legislation of CRISPR-Cas-Based Antimicrobials are still major concerns.This paper discusses the emerging use of CRISPR-Cas systems in the fields of clinical microbiology and infectious diseases with a particular emphasis on future prospects.

Biography

Sahar Serajian has a major in medical laboratory sciences and works in Royan Institute for Stem Cell Biology and Technology and participates as a tech-team in SYNAPSE accelerator which is expertise in In Vitro Diagnostics technologies. She has several years of experience in a clinical laboratory in a hospital and many collaborations with the microbiology department of Zanjan medical university. she is passionate about health and innovations. Her vision is to find links between existing science knowledge and public health challenges. Her research is toward cutting-edge sciences which can solve future health problems and develop innovative platforms to detect and prevent diseases.

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Epidemiological and clinical features of SARS-CoV-2: A retrospective study from East Karachi, Pakistan.

Arslan Memon

District Health Office, Pakistan

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has spread to almost every country on the globe, and each is reporting the presentation of their patients to give better insight into the various clinical presentations of SARS-CoV-2. However, the epidemiological literature from Pakistan is scanty. Methods: We retrospectively analyzed data of 412 patients from East Karachi and tested positive for SARS-CoV-2 between February 26 to April 24, 2020. Patients' demographics, symptoms, travel and contact history, and outcomes were recorded. Statistical analysis was performed using the SPSS Ver: 22. Results: Most of the patients were male (64.6%), the majority (43.3%) belonging to the 21- to 40-year age group. A total of 15.8% of the patients were admitted to the hospital, and 3.9% expired. The three most common presenting symptoms were fever (74.8%), cough (60.4%), and flu (35.5%). The majority of patients (89.3%) gave a history of contact with SARS-CoV-2 patients. Conclusion: The number of SARS-CoV-2 cases is rapidly increasing in Karachi, Pakistan. There is a need to educate the population about the most common sign and symptoms of the virus so that individuals can identify these symptoms and get themselves tested. The concerned authorities should devise an adequate effective plan to flatten the infectivity curve.

Biography

Arslan Memon is an enthusiastic medical professional, specialized promoting wellbeing in community. His expertise in Epidemiology instigates great effect in Pandemic, Epidemic and Endemic Disease study, control and Prevention that help public health policies & global strategies in order to prevent future outbreaks of disease.

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Epidemiological and clinical features of SARS-CoV-2: A retrospective study from East Karachi, Pakistan.

Shumaila Tahir

District Health Office, Pakistan

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has spread to almost every country on the globe, and each is reporting the presentation of their patients to give better insight into the various clinical presentations of SARS-CoV-2. However, the epidemiological literature from Pakistan is scanty. Methods: We retrospectively analyzed data of 412 patients from East Karachi and tested positive for SARS-CoV-2 between February 26 to April 24, 2020. Patients' demographics, symptoms, travel and contact history, and outcomes were recorded. Statistical analysis was performed using the SPSS Ver: 22. Results: Most of the patients were male (64.6%), the majority (43.3%) belonging to the 21- to 40-year age group. A total of 15.8% of the patients were admitted to the hospital, and 3.9% expired. The three most common presenting symptoms were fever (74.8%), cough (60.4%), and flu (35.5%). The majority of patients (89.3%) gave a history of contact with SARS-CoV-2 patients. Conclusion: The number of SARS-CoV-2 cases is rapidly increasing in Karachi, Pakistan. There is a need to educate the population about the most common sign and symptoms of the virus so that individuals can identify these symptoms and get themselves tested. The concerned authorities should devise an adequate effective plan to flatten the infectivity curve.

Biography

Shumaila Tahir is a motivated and competent physician specialising in Internal Medicine and involved engrossly in National & International Researches with experienced personnels. Currently providing healthcare services based on endeavours in healthcare facilitating compassionate care from basic health to complex illness.

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Impact of Vitamin D supplementation on multiple sclerosis

Fenil Gandhi
Shree Krishna Hospital, India

Multiple sclerosis (MS) is an autoimmune disease affecting a large number of people every year. The exact causal factor for this disease is unclear, but it commonly affects middle-aged women, with known triggers like stress, childbirth, infections, poor diet, lack of sleep, etc.Many epidemiological studies have indicated that various genetic abnormalities are also critical drivers of the onset of MS. The major risk factors of MS identified include hypovitaminosis D while environmental protective factors include allele HLA DRB1 1501, obesity, Epstein-Barr virus infection, sexual hormones, and smoking.Our article explores the correlation between the deficiency of vitamin D and the onset and progression of MS. The study uses a systematic review methodology by researching and reviewing scholarly articles exploring the topic. We conducted online searches of literature on Google Scholar and PubMed using the keywords "vitamin D deficiency" and "multiple sclerosis" and accessed the relevant secondary literature sources for review. The variables under study included vitamin D insufficiency as the dependent variable while MS was the independent variable. Causal variables included environmental, genetic, and protective factors.We hypothesized that there is indeed a correlation between vitamin D deficiency and MS. The findings from our review indicate a strong correlation between the insufficiency of vitamin D and the onset and progression of MS. These results are essential in devising interventions to accomplish primary and secondary prevention of MS, as well as integrating vitamin D supplementation in current treatment protocols for MS.

Biography

Fenil Gandhi has his expertise in evaluation and passion in improving the health and wellbeing. His open and contextual review based on responsive constructivists creates new pathways for improving healthcare. He has built this model after years of experience in research, evaluation, teaching and administration both in hospital and education institutions. This is a systematic review which is a methodology that utilizes the previous generations of evaluation: measurement, description and judgment. It allows for value-pluralism. This approach is responsive to all stakeholders and has a different way of focusing.

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Epidemiology and social impact of Enuresia in the Democratic Republic of Congo

Badiambile Mpulumba Remy

Official University Of Mbujimayi, Democratic Republic of the Congo

Enuresia remains unknown in the Democratic Republic of Congo. The objective was to assess the epidemiology and social impact of bedwetting in order to promote the overall management of enuretic children in Mbujimayi.The study was descriptive across November 20 to December 20, 2020, including 272 family leaders of enuretic children. Female sex was predominant (87.87%); the average age were 36.82 ± 8.94 years; 79.41% were biological mothers and housewives (52.21%); 61.03% of fathers had the level of secondary and primary education for mothers (70.22%). The history of enuresis in both mother and father was (44.85% versus 18.75%). The case of bedwetting was 2 infants per household (34.56%). The blue hole affected both sexes in a positive way (50.77% versus 49.23%) and the 5-8 age group was affected (58%, 43%); 75% of the kids used to pee in bed every night. The enuretic child's managers did not consult a Doctor for bedwetting; the reason for the lack of consultation was that it would pass alone (62.87%). As for the impact, 43.38% of the respondents complained of the annoying smell. The origin of bedwetting was ignored by 39.34% of respondents, while 35.66% attributed a natural origin. Bedwetting is a common disorder in households, with a significant social impact. Raising awareness among enuretic children about the need to consult a doctor for care would be an asset in mitigating the consequences of this disorder.

Biography

Badiambile Mpulumba Remy, Official University Of Mbujimayi, Democratic Republic of the Congo. His research work says “The breast cancer represents a major problem of public health in Democratic Republic of the Congo”. This study aims at assessing the knowledge about breast cancer and the practice of breast self-examination among schoolgirls, and to propose effective intervention measures to promote early diagnosis and treatment of breast cancer in Mbujimayi.

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Diet quality and anxiety during the Coronavirus disease pandemic: by-sex differences

Prof. Mona Boaz
Ariel University, Ariel, Israel

The COVID-19 pandemic has been characterized by increased anxiety. Associations between anxiety and diet quality have been identified. Herein, we examine whether these associations differ by sex. This cross-sectional, international online study was conducted March 30-April 25, 2020. The survey was conducted on a Google Survey platform, the link to which was posted on social media platforms. Included were adults aged 18 or older who saw and responded to the link on a social media site. Diet quality was defined as the Mediterranean score, while anxiety was measured using the General Anxiety Disorder-7 (GAD-7) score. Of the 3979 eligible respondents, 2854 (75.2%) were female. Mean respondent age was 35.1±13.3 years and did not differ by sex. Mediterranean diet score was 8.8±2.4 in women and 8.7±2.5, p=0.35. Women had significantly greater anxiety scores than men: 7.1±5.8 vs. 4.9±5.2, p<0.001. Similarly, 58.9% of women compared to 40.6% of men, p<0.001, reported at least mild anxiety (a GAD-7 score ≥ 5). A significant, inverse association between Mediterranean diet score and anxiety was detected in women (r=-0.187, p<0.001) and men (r=-0.167, p<0.001) and did not differ by sex. In a multivariate logistic regression, being male (OR 0.46, 95% CI 0.40-0.54, p<0.001) and Mediterranean diet score (OR 0.89, 95% CI 0.87-0.92, p<0.001) significantly reduced odds of at least mild anxiety.The present study demonstrates associations between diet quality, sex and anxiety levels. While reported anxiety was significantly lower in men, diet quality was similar and associations between diet quality and anxiety were consistent by sex.

Biography

Prof. Mona Boaz is the director of the Graduate Studies program in the Department of Nutrition Sciences, Ariel University, Israel. An epidemiologist and a nutritionist, she has published more than 200 scientific papers and serves on the editorial boards of three esteemed journals.

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Intentional integration of sex, gender, and intersectionality in public health and nutrition research

Jamie White
National Institutes of Health (NIH), USA

A new hallmark of 21st century biomedical research is the integration of sex as a biological variable and gender as a sociocultural variable factored into study design, analysis, and reporting. These variables interact and intersect with other variables such as age, race/ethnicity, and socioeconomical status having implications on public health. Globally, various policies and mechanisms have been implemented to improve the outcomes of research and medicine. The NIH, CIHR, and the European Commission require applicants to address sex and gender considerations in grant proposals, and offer resources to help stimulate the scientific community to consider sex and gender influences on health and in science. Unfortunately, there is still an overreliance on males; a lack of transparency and reproducibility of studies; inattention to sex and gender effects; and inconsistent reporting of sex/gender-specific findings, all of which have compromised the rigor, reproducibility, and generalizability of basic science and clinical studies. Irreproducible results, biases and/or unforeseen toxicities put people at risk of being harmed, contributing to the erosion of public and patient trust in medicine and science. The entire biomedical enterprise including key stakeholders such as government, private funders, non-profits, publishers, academia institutions, and industry have to make concerted efforts to integrate sex, gender, and intersectionality into research. We all must bridge across silos to actualize the power of systemwide solutions promoting the promise of sex and gender integration into biomedical studies, including public health and nutrition research. Uptake, accountability for, and a critical appraisal of sex and gender throughout the biomedical enterprise will be crucial to achieving the goal of relevant, reproducible, replicable, and responsible science that will lead to improvements in precision health and better evidence-based personalized care for all, but especially for women.

Biography

Jamie White serves as the Health Science Strategy and Relations Lead and a health science policy analyst in the Office of Research on Women's Health (ORWH) at the National Institutes of Health (NIH). In this position, she provides strategic guidance and consults with leadership concerning policy and programmatic challenges in science, health, and the biomedical workforce that are of significance to the agency. In addition, she conducts a wide range of staff functions involving strategy, vision, and process planning, and creating and maintaining external and internal partnerships through strategic engagement.

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A block chain-based approach to integrate personal health records

Alin Iftemi
University Politehnica of Bucharest, Romania

Currently there is not a single trusted infrastructure used for the exchange and storage of medical data along the healthcare value chain and, thus, there is no platform used for monitoring patients' traceability within the entire healthcare chain. This situation leads to difficult communication and increased procedural costs, and thus it limits healthcare players from developing a better understanding and know-how of patients' traceability that could further boost innovation and development of the best-fitted health services. Patient Data Chain block chain-based technology is a novel approach, based on a decentralized healthcare infrastructure that incorporates a trust layer in the healthcare value chain. Interconnecting different healthcare providers, the collected data is integrated into a unitary personal health records (PHR) system, where the patient is the owner of his/her data. The decentralized nature of Patient Data Chain, based on block chain technology, leveraged the proper context to create a novel and improved data-sharing and exchange system, which is secure, flexible, and reliable. This approach brings increased benefits to data confidentiality and privacy, while providing secure access to patient medical records. This paper presents the design, implementation, and experimental validation of our proposed system. The original contributions of our paper include the definition of the concept of unifying the entire healthcare value chain, the design of the architectural model of the system, the development of the system components, as well as the validation through a proof of concept (PoC) conducted with a medical clinic from Bucharest, using a dataset of 100 patients and over 1000 transactions. The POC demonstrated the feasibility of the model in integrating the personal health records from heterogeneous sources in a unified, decentralized PHR system, with enhanced data exchange among healthcare players.

Biography

With a deep connection with everything related to technology and IT since early childhood, Alin Iftemi decided to pursue a path which would bring him closer to his one true passion, programming. He is now CBO & Co-Founder of Modex, a global block chain company. He is the main driving force behind Modex, responsible for developing the company's strategy, while actively searching how to implement new technologies to gain a competitive advantage