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2<sup>nd</sup> World Congress on

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## IMPORTANCE OF NUTRITION AND LOW HOMOCYSTEINE LEVELS

Karali Eleni Anna<sup>a</sup>  
<sup>a</sup>DEKAZ SA, Greece

**H**omocysteine is a sulfur-containing amino acid that is produced in the body from methionine. It is a risk factor for cardiovascular disease, stroke, and dementia. High levels of homocysteine can damage the blood vessels and lead to atherosclerosis. It can also increase the risk of blood clots and heart failure. Homocysteine levels are often measured in the blood. High levels are usually treated with folic acid supplements.

### Biography

(OHQL \$QQD .DUDOL LV D UHVHDFK DVVRFLDWH LQ SULYDWH GHUPDWRORJLFDO 3RO\FOLQLF 6.,1±%2 SRO\FOLQLFV RYHUVLJKW DQG DSSOLFDWLRQ RI /DVHU WUHDWPHQWV ,Q VKH KDV VXFFHVXOO\ JUDGXDWH RI 1DWLRQDO 6FKRRO RI 3XEOLF +HDWK DQG TXDOL¿HG K\JLHQLVW

eleanna.karali@hotmail.com

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