



World Summit on OBESITY AND WEIGHT MANAGEMENT

February 21, 2023 | Webinar

Understanding emotional eating and tools for mindful eating

Lifestyle Nutrition and Wellness, USA

This subject matter focuses on one of the psychological or behavioural perspectives into obesity. Many people who need to lose weight know what they need to do but have trouble doing what they know because they are using food to cope with life feelings and events. During this presentation, I will explain in detail, with visual examples, and my personal defeat, the vicious cycles that keep people in an over-eating, bingeing, and emotional eating crisis.

Cycle 1: The dieting cycle – individuals putting themselves on a restrictive diet, ignoring physiological hunger, feeling deprived, and in a temporary lifestyle state. Eventually, they eat/binge, and then experience euphoria and/or possible physical discomfort. This cycle continues with shame, guilt, and failure. The cycle continues when they restart the diet.

Cycle 2: Sugar addiction cycle – most people reach for high carbohydrate foods during an emotional eating crisis. They crave sugar, they want and love it. Sugar releases dopamine and high levels of insulin. In turn, the blood sugar crashes, fat is stored, and appetite cravings ignite. The cycle continues when people keep reaching for sugar & simple carbohydrate foods.

Cycle 3: Emotional eating cycle – occurs when individuals reach for food, especially high carbohydrates foods. Typically, this happens when a negative emotion (sad, bored, anxious, lonely, etc.) is experienced. They eat to alter their mood and shift from the negative feeling of what is bothering them and temporarily feeling better. This cycle is often followed up with guilt and failure because typically emotional eaters are trying to lose weight.

Cycle 4: The overlapping cycles – this section eliminates the confusion. It sheds light on the fact that most people are on a diet, addicted to sugar, eating to cope,



World Summit on OBESITY AND WEIGHT MANAGEMENT

February 21, 2023 | Webinar

Artificial Intelligence & fertility preservation: Ethical and legal implication in the denatality ERA

University of Palermo, Italy

Infertility is a global health issue affecting women and men of reproductive age with increasing incidence worldwide, in part due to greater awareness and better diagnosis. Assisted reproduction technologies (ART) are considered the ultimate step in the treatment of infertility. Artificial intelligence (AI) has been progressively used in the many fields of medicine, integrating knowledge and computer science through machine learning algorithms. AI has the potential to improve infertility diagnosis and ART outcomes estimated as pregnancy and/or live birth rate, especially with recurrent ART failure.

In reproductive medicine (RM), AI application started in the late twentieth century. Nowadays, there are a lot of different subtypes of AI technology that have applications in reproductive medicine. Supervised learning methods (decision tree, support vector machines and naive Bayes classifier) are mostly used in non-surgical areas of RM. These algorithms need human assistance and use instances supplied externally to predict the fate of instances given in the future; they are designed to categorise data from given information.

As has always been the case with any major scientific breakthrough throughout human history, innovative technologies with major potential to profoundly change



World Summit on OBESITY AND WEIGHT MANAGEMENT

February 21, 2023 | Webinar

Energy alterations in morbid Obese patients and the risks involved when using bariatric surgery

Medical Acupuncture and Pain Management Clinic. Franca, Brazil

Introduction: Morbid obesity is classified when the body mass index is 40 Kg/m² or more. Surgery is one of the treatments used nowadays to reduce weight



World Summit on **O**BESITY AND **W**EIGHT **M**ANAGEMENT

February 21, 2023 | Webinar



World Summit on OBESITY AND WEIGHT MANAGEMENT

February 21, 2023 | Webinar

The effect of low doses of radon on Ghrelin and Glucose levels in rats with multiple low doses Streptozotocin-induced Type 2 Diabetes Mellitus

National Institute of endocrinology, Georgia

Purpose: The aim of our research was to identify the ghrelin concentration in experimental animals with Type 2 Diabetes Mellitus (T2DM) and to study the effect of radon hormesis balneotherapy using natural thermal waters of Tskaltubo spring, practically, its effect on ghrelin and glucose metabolism.

Materials and methods: To study the effect of radon in balneotherapy, group of experimental animals (multiple low doses streptozotocin induced T2DM Wistar rats were used) went through the procedure of inhalation of radon by the Tskaltubo mineral water pool, once daily, during 10 days. In animals of the control groups, inhalation with radon was not used. The experimental group and the control group were brought from Tskhaltubo to Tbilisi to the Ivane Beritashvili experimental biomedicine center, where the blood of the rats was analysed.

Results :



World Summit on OBESITY AND WEIGHT MANAGEMENT

February 21, 2023 | Webinar

The effect of non-caloric restricted, low-carbohydrate diet in reversing Type 2 diabetes mellitus among active Omani diabetic patients attending North Mawaleh Health Center

Ministry of Health, Oman

Statement of the problem: There is growing evidence that a low-carbohydrate diet can positively improve the glycaemic index in patients with type 2 diabetes mellitus (1-5).

Objective: This study examined the effectiveness of a non-caloric restricted, low-carbohydrate diet (NCRLCD) in improving glycaemic control over a 24-week period in active Omani diabetic patients attending primary care setting at North Mawaleh health centre, Muscat.

Methodology: This is a prospective, descriptive study with longitudinal follow-up and pre-test, post-test comparison. Eighty-three patients were recruited. Blood was collected at baseline, 12-week, and 24-week. Each patient was advised to follow a NCRLCD (< 80 grams of carbohydrate per day) and exercise recommendations. The primary outcome was glycated haemoglobin (HbA1c).

Result: Seventy-one patients were able to complete the study. A non-caloric restrictive low-carbohydrate diet showed a significant reduction in glycated haemoglobin in a 24-week period by 11.58%, from 7.12 (SD=1.07) % at week 0 to 6.28(SD = 1.07) % at week 24, p-value < 0.05. This reduction was noticed along with the

Result:



World Summit on OBESITY AND WEIGHT MANAGEMENT

February 21, 2023 | Webinar

Possibility for production of anti-ganglioside antibodies by non-lymphoid cells, tissues and organs

Pathology and Anthropology with Museum (IEMPAM) to Bulgarian Academy of Sciences (BAS), Bulgaria

Statement of the problem: Many proteins are known as tumour-suppressors, but also as neuro-protectors, endocrine regulators and anti-diabetic substances (1-



World Summit on OBESITY AND WEIGHT MANAGEMENT

February 21, 2023 | Webinar

Nutrient intakes among Jordanian adolescents based on gender and Body Mass Index

Clinical Nutrition and Dietetics, Jordan

Background: This study was conducted to examine the dietary intakes of macro- and micronutrients for Jordanian adolescents based on gender and compare their intake to the Dietary Recommended Intakes (DRIs).

Methods: A sample of 398 male and female adolescents, aged 14-18 years, was recruited from private and public schools using convenience sampling. Socio-demographic questionnaire and 3-days food record were self-reported. Bodyweight and height were measured and body mass index (BMI) was calculated for all



World Summit on **O**BESITY AND **W**EIGHT **M**ANAGEMENT

February 21, 2023 | Webinar

Obesogenic behaviour and binge eating disorder in an elderly female with Schizophrenia

Prestigious Madras Medical College, India

Eating disorders like binge eating have a strong connection with schizophrenia. Problems like disordered eating, cognition and abnormal behaviour in Schizophrenia can itself precipitate eating disorders. Altering the obesogenic behaviours by adapting healthy eating habits is effective in reducing the bingeing episodes. Previous researches have highlighted certain common things like neuronal structures, hormones like hypocretin to be responsible for the origin of eating disorders in Schizophrenia. Antipsychotic medications have a role in altering the eating patterns in patients with schizophrenia. High incidence of eating disorders is found in adolescents with psychosis. Here we present a case report of an elderly female with obesogenic behaviour and binge eating disorder. Our patient has an atypical



World Summit on **O**BESITY AND **W**EIGHT **M**ANAGEMENT

February 21, 2023 | Webinar

Management of Obesity in adolescence: Role of diet and lifestyle intervention

Central University, India

The worldwide prevalence of obesity is of considerable source of concern given its potential impact on morbidity, mortality and cost of health care. The World Health Organization (WHO) has recognized obesity as a predisposing factor to measure chronic diseases ranging from cardiovascular diseases to cancer. Once it is considered a problem only in wealthy countries, WHO estimates overweight and obesity are now dramatically on the rise in low and middle income countries. Obesity is a multifaceted chronic condition with several contributing causes, including biological risk factors, socioeconomic status, health literacy, and numerous environmental influences. The dramatic increase in overweight and obesity among children and adolescents has become a major public health problem. Obesity during adolescence represents a strong predictor of obesity and higher mortality in adulthood and is associated with an increased prevalence of cardio metabolic risk factors. With obesity disproportionately affecting adolescents (ages 12–19 years), negative effects of excess adiposity may be particularly salient during this critical period of development. Obesity and eating disorders (EDs) are both prevalent in teen and adolescents. Most adolescents who develop an ED do not have obesity previously, but some teenagers, in an attempt to lose weight, may develop an ED. Adolescents often do not meet intake recommendations for certain food groups and nutrients, which may contribute to a heightened risk of obesity. Additionally, there is a relationship between obesity and psychosocial health, as adolescents with obesity may have increased levels of stress, depressive symptoms, and reduced resilience. Due to the serious implications of obesity in adolescents, effective treatments are urgently needed. The focus should be on a healthy lifestyle rather than just on weight loss. Lifestyle interventions promote knowledge and self-efficacy for healthful practices that have the potential to progress to sustained behavior change.

Biography

Sunita Mishra is working as Professor and Dean SHS and Head, Food and Nutrition and HDFS in Babasaheb Bhimrao Ambedkar (Central) University, Lucknow.



World Summit on OBESITY AND WEIGHT MANAGEMENT

February 21, 2023 | Webinar

Nutrition information seeking behaviour: A study of adult obese patients of the Fatima Memorial Hospital, Lahore

University of Veterinary and Animal Sciences, Pakistan

Statement of the Problem: The prevalence of obesity is increasing throughout the world's population but its size varies greatly between and within countries. This study aims to investigate the information seeking behaviour of adult obese patients visiting Fatima Memorial Hospital. This issue has not been given adequate attention in research. It is necessary to look into this very important aspect if a society wants to become a healthy one.

Research method: Survey method, using a questionnaire was used to collect data from adult obese. These data were supplemented by qualitative interviews of two nutritionists. The initial instrument prepared by the researchers was reviewed by a panel of three experts for content validation. It was pilot tested on six obese