

HOW CAN WE INCREASE PATIENT CARE: A CRITICAL REVIEW

Ratnesh Das

Dr. Harisingh Gour Central University, SAGAR, INDIA

Abstract

Background and objective: Overweight and obesity are thought to be associated with increased risk of chronic disease in the Middle East. The present study aimed to determine the association between dietary habits and the incidence of overweight and obesity in urban adult population in the central part of Iran after a 10-year follow-up.

Methods: This cohort study was initiated with 2000 participation aged 20e74 years from Yazd city in Iran based on Yazd Healthy Heart Project (YHHP). The participants without overweight and obesity at the baseline of the study were followed up to 10 years. Demographic data, anthropometric measurements, behavioral and metabolic risk factors of cardiovascular diseases and dietary habits were assessed at baseline and phase II.

Results: After a 10-year follow up, 516 non-overweight and 1068 non-obese participants were included for the final analysis. Once adjustments were made for all potential confounders including age, sex, smoking, economic status, physical activity and education, it was identified that lack of weight control increased the risk of obesity (hazard ratio; 95% CI) in total population (1.9; 1.06, 3.4), as well as the risk of overweight (2.39; 1.07, 5.27) and obesity (2.65; 1.13, 6.25) in men. Moreover, consumption of mayonnaise increased the 10-year risk of overweight in women (6.09; 1.2, 30.99).

Conclusions: As revealed by the present study, unhealthy dietary habits can increase the incidence of overweight and obesity in central part of Iran. Therefore, changing the lifestyle appears to be urgent in reducing the risk of overweight and obesity.

Biography:

Ratnesh Das is a Professor in the Department of Chemistry, Dr. Harisingh Gour Central University, Sagar, India. He commands a rich experience in teaching, and research of about 16 years during which he has supervised many sponsored research projects. His active research areas include Heterocyclic synthesis, medicinal chemistry, electro-organic chemistry, synthesis of nano-catalysts and green chemistry. He has authored about 60 research papers in peer-reviewed national and international journals and refereed conferences organized by professional societies around the world. He is an active member of several professional bodies and societies, both in India and abroad. He is a vibrant speaker and delivered many lectures in conferences, workshops, and seminars organized both in India and abroad.

References :

- Ahmed T, Ali SM, Aliaga A, Arnold F, Ayub M, Bhatti MH, Bicego G, Hasan KZ, Hashmi SS, Mallick MD, Rukanuddin AR, Sathar Z, Shah NM, Sultan M (1992) Pakistan National Demographic and Health Survey 1990/91. Islamabad and Columbia MD, National Institute of Population Studies and Macro International
- Ahmed S, Petrou M, Saleem M (1996) Molecular genetics of beta-thalassaemia in Pakistan: a basis for prenatal diagnosis. Brit J Haematol 94:476–482

Citation : Ratnesh Das; HOW CAN WE INCREASE PATIENT CARE: A CRITICAL REVIEW; Medical Education- 2021; June 29, 2021; Madrid, Spain.