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THE POSITIVE CLINICAL CONSEQUENCE OF EARLY INTERVENTION OF COMBINED THERAPY (OMEGA 3 FAY ACIDS AND B12 VITAMIN) IN CHILDREN UNDER 5 WITH VARIABLE FORMS OF CEREBRAL PALSY

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Background: Cerebral palsy is a common pediatric problem encountered in about 1:3 per 1000 born children and causing variable mental, motor and behavioral dilemmas. Newly introduced trials of neurogenesis with different agents are now extensively evaluated.

Objective: Our study was conducted to evaluate the neurotrophic response to B12 vitamin and omega-3 fatty acids in children diagnosed early with variable forms of cerebral palsy. The response was monitored both clinically and with CT scan as being a highly predictive tool for assessing cerebral palsy.

Design: The study was carried out on 40 cerebral palsy patients; 26 (65%) out of them were girls, and 14 of them were boys, aged from 0 to 5 years old; from outpatient clinic at Zakho/Duhok General Hospital in Kurdistan Region-Iraq. Patients were treated and followed upto 6 months to one year. They were represented and adjusted by full history taking and clinical examination. Brain CT scans were done for every patient to assess the degree of brain atrophy before starting this combined therapy, and every month for six months to one year. There was an improvement in general health of children after interventional therapy.

Results: The study revealed that early intervention of both omega-3 fatty acids and B12 vitamin in children under 5 with cerebral palsy (CP) shows great response based on clinical examination and CT scan findings. Almost, after combined therapy, 80% of children with delayed speech have very good response and improvement, 77% of children with delayed milestone and hypertonia, and 87% with delayed walking have positive clinical outcomes. Both sexes have equal response to combined therapy. Such findings were obtained as a result of early treatment and diagnosis of children with (CP). In addition, among the treated children with CP, improvement in CT scan results was obtained. 84% of treated children have great improvement in their neuroimaging results from moderate/severe forms of brain atrophy to a mild form of brain atrophy after being treated and followed up for 6 months to 1 year.

Conclusions: The damaged brain sites based on CT scan results, showed progressive improvement in response to B12 and omega-3 fatty acids upon daily supplement throughout 6 months to one year. However, combining these 2 drugs showed preservative synergistic consequences. B12 vitamin and omega- 3 fatty acids are valuable therapy for children with various forms of cerebral palsy particularly when being linked. The greatest improvement in speech and motor development was significantly observed in about 32 patients (80%) of treated children with B12 vitamin and omega- 3 fatty acids. Others have less response to combine therapy as being presented and diagnosed beyond one year of age (16%)

Biography

Dr. Khajik earned his MBChB in Medicine and Surgery at Ninevah college of Medicin/Mosul University-Iraq, and went on to earn his MA in child's nutrition and growth from Oxford Brookes University in UK. He completed his Master's degree in Childhood Studies (MA Childhood Studies) at Oxford Brookes University, including the department of a child's education and psychiatry in the UK. He taught at Kaplan International College in Oxford in the department of English language for six months. Currently, he is working as a professional in a child's nutrition and growth and he has great interest in pediatric neurology. Dr Khajik is the head of the nutrition rehabilitation center in Zakho General Hospital in Kurdistan/Iraq. Since 2014, Dr Yaqob has been an associate member of the Royal College of Pediatric and Child Health, RCPCH, member of Oxford University Hospitals, and member of the American Academy of Nutrition and Dietetics. Moreover, in 25th of June, 2018 Dr Yaqob has been awarded FRCPCH. Dr. Khajik is the first Iraqis doctor who has been awarded the MA degree and qualified as a specialist in a child's nutrition and growth from the UK. In the meantime, he is continuing in his job as clinical specialist and researcher at the Zakho General Hospital-department of pediatrics in Kurdistan/Iraq.

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