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## CORRELATION OF DIET AND THE PRESENCE OF OBESITY AND THE EMERGENCE OF COLON ADENOMA

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**T**he aim of prospective research is to examine the association of diet and obesity with the appearance of colon adenoma. The study series included patients who during 2012 have undergone complete colonoscopy in CHC, "Dr Dragisa Misovic – Dedinje". The study comprises of 100 patients; male and female of different age range. The patients were divided into two categories, group I with colon adenomas on colonoscopy examination and group II with normal findings on colonoscopy. When both groups were compared findings on colonoscopy, sex, age, habits that were evaluated on the basis of completing the questionnaire / (FFQ) food-frequency questionnaire / which is modified for the needs of our region, taking certain types of drugs / acetylsalicylic acid (ASA) or nonsteroidal anti-inflammatory drug (NSAIDs) / anthropological measurements / height, weight, BMI, waist / hip ratio / alcohol consumption, smoking, blood group determination, lipids, glucose level, HbA1C and insulin values and HOMA index.

**Conclusion:** Research showed a significance between colon adenoma and consuming fish, veal, lamb, veal and vegetables with an emphasis on garlic and intake of citrus, stone fruits and nuts as foods that reduce the risk of adenoma, and as a risk factors consuming pork, potatoes, soft drinks and alcohol. Anthropological measurement of waist / hip index proved to be an important risk factor for colon adenoma and body weight, male sex, and age of the patients, while BMI index did not show significance. The values of HbA1C, insulin level and Homeostatic model assessment (HOMA) index are referred to as a significant factor in assessing the risk of colon adenoma and positive Rh factor. Glucose, cholesterol and triglycerides, the use of drugs NSAIDs and ASA are not singled out as a statistically significant.

### Biography

Jovicic M is a Gastroenterologist and GI Endoscopist, currently working at the General Hospital Euromedic, Belgrade, Gastroenterohepatology Department, Gastroenterologist and GI endoscopist (educated for colonoscopy, gastroscopy, polypectomie and endoscopic mucosal resection, band ligation of esophageal varices, abdominal ultra-sound). Since 2003 to 2015 I was a Senior Medical Doctor at the CHC, Dr Dragisa Misovic, Belgrade, Clinic for Internal medicine – gastroenterohepatology department. She has completed Masters of Science from gastroenterohepatology 2014. "Explore linkages between diet and the presence of obesity and the occurrence of colorectal adenomas". Subspecializations in gastroenterohepatology 2012. "Comparative analysis of mortality in patients with bleeding from the upper digestive tract weekdays and weekends". She is an Official Trainer for colonoscopy in Cancer screening programme in Serbia by funding the project of the Ministry of Health of Republic of Serbia. In 2011 she has completed her training in colonoscopy, Catholic University in Rome /Italy/ Gemelli in 2011.

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