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Joint Event
Proceedings of
International Conference on

OBESITY & FITNESS

June 06-07, 2018 Philadelphia, USA





EXHIBITOR

ROBARD CORPORATION
Leaders in Weight Management

Conference Series LLC Ltd
47 Churchfield Road, London, UK, W3 6AY | Toll Free: +1-800-014-8923

Scientific Program

Venue

DoubleTree by Hilton Hotel,Philadelphia Airport
4509 Island Ave, Philadelphia PA 19153, USA

Day 1 June 06, 2018

CONFERENCE HALL: INDEPENDENCE A

08:30-09:00 Registrations

09:00-09:10 Opening Ceremony

Keynote Forum

09:10-09:20 Introduction

09:20-10:00 Title: Providing Orthodontic Jaw Wiring Weight-Control (OJW®: Weight Control) as Part of A "Healthcare Team"- A New Service in the Dental Professional's Office
Teddy Rothstein, OJW Protocol, USA

10:00-10:40 Title: Fitness through Folk Dance
Sharon Phelan, Physical Education and Dance at the Institute of Technology, Ireland

Panel Discussion

Networking & Refreshment Break 10:40-11:00 @ Foyer

11:00-11:40 Title: Exercises for Modern Life Style Backache – Conventional v/s Mind Body, Which is the Better Option
John Ebnezar, Wholistic Orthopedic Expert, India, India

Group Photo

Panel Discussion

Networking & Refreshment Break 10:40-11:10 @ Foyer

Sessions:
Obesity & Weight Management | Obesity and Diabetes | Obesity and Heart disease | Chronic Diseases linked to Obesity & Treatments | Obesity and Oncology | Recent Advances in Obesity | Clinical Nutrition | Nutrigenetics and Nutrigenomics | Sports Nutrition | Nutrition and Cancer | Current Research in Nutrition and Dietetics

Session Chair: Teddy Rothstein, OJW Protocol, USA
Session Chair: John Ebnezar, Wholistic Orthopedic Expert, India

Session Introduction

11:40-12:10 Title: To Study the Effectivenes of Cyriax Manual Therapy Versus Muscle Energy Technique in Subjects with Tennis Elbow in Pain, Grip Strength and Functional Disability
Sarin Avnee, Dav Institute of Physiotherapy and Rehabilitation Centre, India

12:10-12:40 Title: Challenges in Combating Obesity and limportance of Counseling for Good Dietary Compliance among Patients
Chaya P Mishra, Consultant Nutritionist & Clinical Dietitian, India

12:40-13:10 Title: Hypolipidemic and Cardioprotective Effects of *Tabebuia Impetiginosa* (Lapacho Tea) Extract in Wistar Rats Fed a High Fat and Fructose Diet
Beatrice N Kiage-Mokua, Jomokenyatta University of Agriculture and Technology, Kenya

Panel Discussion

Lunch Break 13:10-14:00 @ Benjamin's

14:00 -14:30 Title: Milk:There's More to it than Meets the Eye
Jaymar Saniatan, Nutrition & Fitness Institute, USA

14:30-15:00 Title: Unhealthy Weight Control Practice among Female High School Adolescents in Addis Ababa, Ethiopia
Tigest Ajeme, Addis Ababa University, Ethiopia

15:00-15:30 Title: A Suggested Strategy for Aerobic Gymnastic in the Egyptian Federation of Gymnastics
Mohamed Elsayed Ahmed Elhabashi, Benha University, Egypt

Panel Discussion

Networking & Refreshment Break 15:30-16:00 @ Foyer

Day 2 June 07, 2018

CONFERENCE HALL: INDEPENDENCE A

Keynote Forum

10:00-10:40 **Title: Obesity – The Neglected Epidemic**
Kranthi Sitammagari, Methodist University, USA

Panel Discussion

Networking & Refreshment Break 10:40-11:00 @ Foyer

Sessions:
Fitness Research & Development | Physical Education & Rehabilitation | Nutrition Immunology | Aerobic Exercise | Orthopedic Physical Therapy | Sports Science and Medicine | Liposuction & Advanced Weight Loss Treatments

Session Chair: Kranthi Sitammagari, Methodist University, USA

Session Introduction

11:00-11:30 **Title: Energy Drinks Intake Modulates Motor Cortical Excitability, Plasticity and Motor Performance**
Fortunato Battaglia, Seton Hall University, USA

11:30-12:00 **Title: Non-Exercise Activity Thermogenesis: A Neat Approach to Weight Loss**
Ayaz Virji, Georgetown University, USA

12:00-12:30 **Title: Quality Attribiutes of Cakes Incorporated Wheat with Legumes Flour**
Amira Sabry Rasalan, Alexandria University, Egypt

Panel Discussion

Lunch Break 12:30-13:30 @ Benjamin's

13:30-14:00 **Title: Effect of Vacuum Massage Therapy on the Post-Burn Scar: Single Blind Randomized Controlled Study**
Mahmoud Elshazly, South Valley University, Egypt

14:00-14:30 **Title: Fast Food consumption and its Association with Obesity among Female College Students in Al-medina al-munwarah, Saudi Arabia: A Cross Sectional Study**
Suha Hashim Abduljawad, Taibah University, Saudi Arabia

Video Presentation

14:30-15:00 **Title: Prevalence of Overweight and Obesity among Adolescents in Public and Private School in Two Senatorial District of Osun State, Nigeria**
Oyetunji Akinola, Federal Polytechnic Institute, Nigeria

Panel Discussion

Networking & Refreshment Break 15:00-15:30 @ Foyer

Poster Presentations 15:30-17:00

ONF 1 **Title: Periconceptional Antioxidant Micronutrient intake on Fetal Growth and Maternal Blood Pressure in Obese and Overweight women**
Frey Gugsa, University of Pittsburgh School of Medicine, USA

ONF 2 **Title: An Examination of Class Rank and Lifestyle Habits Among YSU Undergraduate Students**
Swanson Lindsey, Youngstown State University, USA

ONF 3 **Title: Youngstown State University Students Comprehension of Old and New Label Designs**
Jonathan Francis, Youngstown State University, USA

Panel Discussion

Award & Closing Ceremony

List of Open Access Journals

Agri, Food & Aqua

Advances in Crop Science and Technology	2329-8863
Advances in Dairy Research	2329-888X
Agrotechnology	2168-9881
Aquaculture Research & Development	2155-9546
Arabidopsis C. Elegans and Zebrafish	-
Biofertilizers & Biopesticides	2155-6202
Crop Research	2454-1761
Experimental Food Chemistry	-
Fisheries & Livestock Production	2332-2608
Fisheries and Aquaculture Journal	2150-3508
Fisheriessciences	1307-234X
Food & Industrial Microbiology	-
Food & Nutritional Disorders	2324-9323
Food Processing & Technology	2157-7110
Food: Microbiology, Safety & Hygiene	-
Forest Research	2168-9776
Horticulture	2376-0354
International Biodiversity, Bioprospecting and Development	2376-0214
Marine Science: Research & Development	2155-9910
Medicinal & Aromatic Plants	2167-0412
Nutrition & Food Sciences	2155-9600
Plant Pathology & Microbiology	2157-7471
Poultry, Fisheries & Wildlife Sciences	2375-446X
Probiotics & Health	2329-8901
Research & Reviews: Journal of Agriculture and Allied Sciences	2347-226X
Research & Reviews: Journal of Food and Dairy Technology	2321-6204
Rice Research	2375-4338
Traditional Medicine and Clinical Naturopathy (Homeopathy & Ayurvedic Medicine-2167-1206)	-

Business & Management

Accounting & Marketing	2168-9601
Arabian Journal of Business and Management Review	2223-5833
Business & Financial Affairs	2167-0234
Business & Hotel Management	2324-9129
Business and Economics Journal	2151-6219
Defense Studies & Resource Management	2324-9314
Entrepreneurship & Organization Management	2169-026X
Global Economics	2375-4389
Hotel & Business Management	2169-0286
International Journal of Accounting Research	-
International Journal of Economics and Management Science	2162-6359
Internet Banking & Commerce	1204-5357
Review of Public Administration and Management	2315-7844
Stock & Forex Trading	2168-9458
Tourism & Hospitality	2167-0269

Chemical Engineering

Advanced Chemical Engineering	2090-4568
Bioprocessing & Biotechniques	2155-9821
Chemical Engineering & Process Technology	2157-7048
Thermodynamics & Catalysis	2157-7544

Chemistry

Analytical & Bioanalytical Techniques	2155-9872
Analytical & Electrochemical Insights	-
Bioenergetics: Open Access	2167-7662
Chemical Informatics	-
Chemical Sciences Journal	2150-3494
Chromatography & Separation Techniques	2157-7064
Clinical & Medical Biochemistry: Open Access	-
Clinical Chemistry: Open Access	-
Environmental & Analytical Toxicology	2161-0525
Environmental Analytical Chemistry	-
Glycobiology	2168-958X
Herbal Medicine: Open Access	-
Immuno Chemistry: Open Access	-
Industrial Chemistry: Open Access	-
International Journal of Applied Biology and Pharmaceutical Technology	0976-4550
International Journal of Drug Development & Research	0975-9344
Mass Spectrometry: Open Access	-
Medicinal Chemistry	2161-0444
Modern Chemistry & Applications	2329-6798
Natural Products Chemistry & Research Journal	2329-6836
Neuro Chemistry: Open Access	-
Organic & Inorganic Chemistry	-
Organic Chemistry: Current Research	2161-0401
Pharmaceutical Analytical Chemistry: Open Access	-
Physical Chemistry & Biophysics	2161-0398
RROIJ: Medicinal Chemistry	-
Structural Chemsitry & Crystallography Communication	-
Trends in Green Chemistry	-
Vitamins & Minerals	2376-1318

Clinical

Ageing Science	2329-8847
Ancient Diseases & Preventive Remedies	2329-8731
Anesthesia & Clinical Research	2155-6148
Annals of Clinical and Laboratory Research	2386-5180
Arrhythmia: Open Access	-
Atherosclerosis: Open Access	-
Cell Biology: Research & Therapy	2324-9293
Cellular & Molecular Pathology	-
Clinical & Experimental Cardiology	2155-9880
Clinical & Experimental Dermatology Research	2155-9554
Clinical & Experimental Nephrology	-
Clinical & Experimental Oncology	2324-9110
Clinical & Experimental Ophthalmology	2155-9570
Clinical & Experimental Orthopaedics	-
Clinical & Experimental Pathology	2161-0681
Clinical & Molecular Endocrinology	-
Clinical and Experimental Psychology	-
Clinical and Experimental Transplantation	-
Clinical Case Reports	2165-7920
Clinical Depression	-
Clinical Dermatology Research Journal	-
Clinical Diabetes & Practice	-
Clinical Nutrition & Dietetics	-
Clinical Oncology and Practice	-
Clinical Pediatrics	-
Clinical Pediatrics & Dermatology	-
Clinical Psychiatry	-
Clinical Research & Bioethics	2155-9627
Clinical Research On Foot & Ankle	2329-910X
Clinical Respiratory: Open Access	-
Clinical Toxicology	2161-0495
Clinical Trials	2167-0870
Clinics in Mother and Child Health	2090-7214
Cosmetology & Orofacial Surgery	-
Cosmetology & Trichology	-
Dermatitis	-
Diabetes Case Reports	-
Dialysis and Clinical Practice	-
Drug Intoxication & Detoxification : Novel Approaches	2327-4557
Dual Diagnosis: Open Access	-
Eye & Cataract Refractive Surgery	-
Forensic Toxicology & Pharmacology	2325-9841
Glaucoma: Open Access	-
HIV & Retro Virus	-
Immunooncology	-
Insights in Pediatric Cardiology	-

Intensive and Critical Care	-
International Journal of Anesthesiology & Pain Medicine	-
International Journal of Cardiovascular Research	2324-8602
International Journal of Digestive Diseases	-
International Journal of Ophthalmic Pathology	2324-8599
Interventional Cardiology: Open Access	-
JBR Journal of Clinical Diagnosis and Research	2376-0311
Optometry: Open Access	-
Phonetics & Audiology	-
Speech Pathology & Therapy	-
Stem Cell Research & Therapy	2157-7633
Toxicology: Open Access	-
Vasculitis	-

Earth & Environmental Sciences

Advances in Recycling	-
Astrobiology & Outreach	2332-2519
Biodiversity & Endangered Species	2332-2543
Biodiversity Management & Forestry	2327-4417
Bioremediation & Biodegradation	2155-6199
Biosafety	2167-0331
Climatology & Weather Forecasting	2332-2594
Coastal Zone Management	-
Earth Science & Climatic Change	2157-7617
Ecosystem & Ecography	2157-7625
Entomology, Ornithology & Herpetology	2161-0983
Expert Opinion On Environmental Biology	2325-9655
Fundamentals of Renewable Energy and Applications	2090-4541
Geography & Natural Disasters	2167-0587
Geoinformatics & Geostatistics: An Overview	2327-4581
Geology & Geosciences	2329-6577
Geophysics & Remote Sensing	2169-0049
Hydrogeology & Hydrologic Engineering	2325-9647
Hydrology: Current Research	2157-7587
Industrial Pollution Control	-
Innovative Energy Policies	2090-5009
International Journal of Evolution	2324-8548
International Journal of Waste Resources	2252-5211
Marine Biology & Oceanography	2324-8661
Oceanography: Open Access	2332-2632
Oil & Gas: Open Access	-
Petroleum & Environmental Engineering	2157-7463
Plant Physiology & Pathology	2329-955X
Pollution Effects & Control	2375-4397
Research & Reviews: Journal of Ecology and Environmental Sciences	-

EEE

Electrical & Electronic Systems	2332-0796
Electrical Engineering & Electronic Technology	2325-9833

Engineering

Advances in Automobile Engineering	2167-7670
Advances in Robotics & Automation	2168-9695
Aeronautics & Aerospace Engineering	2168-9792
Applied Bioinformatics & Computational Biology	2329-9533
Applied Mechanical Engineering	2168-9873
Architectural Engineering Technology	2168-9717
Automatic Control of Physiological State and Function	2090-5092
Biochips & Tissue Chips	2153-0777
Bioengineering & Biomedical Science	2155-9538
Biomusical Engineering	2090-2719
Biosensors & Bioelectronics	2155-6210
Biosensors Journal	2090-4967
Civil & Environmental Engineering	2165-784X
Computer Engineering & Information Technology	2324-9307
Computer Engineering and Information Technology	2324-9307
Defense Management	2167-0374
Fashion Technology & Textile Engineering	2329-9568
Global Journal of Technology and Optimization	2229-8711
Global Research in Computer Science	2229-371X
Industrial Engineering & Management	2169-0316
Information Technology & Software Engineering	2165-7866
International Journal of Advanced Research in Electrical, Electronics and Instrumentation Engineering	2278-8875
International Journal of Advancements in Technology	0976-4860
International Journal of Biomedical Data Mining	2090-4924
International Journal of Innovative Research in Computer and Communication Engineering	2278-1021
International Journal of Innovative Research in Science, Engineering and Technology	2319-8753
International Journal of Sensor Networks and Data Communications	2090-4886
International Journal of Swarm Intelligence and Evolutionary Computation	2090-4908
Irrigation & Drainage Systems Engineering	2168-9768
Lasers, Optics & Photonics	-
Lovotics	2090-9888
Membrane Science & Technology	2155-9589
Molecular Imaging & Dynamics	2155-9937
Nuclear Energy Science & Power Generation Technology	2325-9809
Research & Reviews: Journal of Engineering and Technology	2319-9873
Steel Structures & Construction	-
Telecommunications System & Management	2167-0919
Textile Science & Engineering	2165-8064

General Science

Computer Science & Systems Biology Journal	0974-7230
Ergonomics	2165-7556
Research and Development	-
International Journal of Advance Innovations, Thoughts & Ideas	2277-1891
Metrology	-
Research & Reviews: Journal of Botanical Sciences	2320-0189
Research & Reviews: Journal of Chemistry	2319-9849
Tomography	-

Genetics & Molecular Biology

Advanced Techniques in Biology & Medicine	2379-1764
Advancements in Genetic Engineering	2169-0111
Advances in Molecular Diagnostics	-
Biochemistry & Analytical Biochemistry	2161-1009
Biochemistry & Molecular Biology Journal	-
Biochemistry & Physiology	2329-9029
Biological Systems	2329-6577
Biotechnology & Biomaterials	2155-952X
Bipolar Disorder: Open Access	-
Cell & Developmental Biology	2168-9296
Cell Science & Therapy	2157-7013
Cell Signaling	-
Cellular & Molecular Medicine: Open Access	-
Chemical Biology & Therapeutics	-
Clinical Epigenetics	-
Cloning & Transgenesis	2168-9849
Current Synthetic and Systems Biology	2332-0737
Cytology & Histology	2157-7099
Down Syndrome & Chromosome Abnormalities	-
Electronic Journal of Biology	-
Enzyme Engineering	2329-6674
Fertilization: in Vitro	2375-4508
Fungal Genomics & Biology	2165-8056
Gene Technology	2329-6682
Genetic Syndromes & Gene Therapy	2157-7412
Hereditary Genetics: Current Research	2161-1041
Human Genetics & Embryology	2161-0436
Insights in Cell Science	-
Insights in Stem Cells	-
International Journal of Genomic Medicine	2332-0672
Metabolomics: Open Access	2153-0769
Metabonomics & Metabolites	2325-9736
Microbial & Biochemical Technology	1948-5948
Microbial Methods & Assays Open Access	-
Molecular and Genetic Medicine	1747-0862
Molecular Biology	2168-9547
Molecular Biomarkers & Diagnosis	2155-9929
Molecular Cloning & Genetic Recombination	2325-9787
Nanomedicine & Biotherapeutic Discovery	2155-983X
Next Generation: Sequencing & Applications	-
Phylogenetics & Evolutionary Biology	2329-9002

Physiobiochemical Metabolism	2324-8793
Plant Biochemistry & Physiology	2329-9029
Proteomics & Enzymology	-
Single Cell Biology	2168-9431
Tissue Science & Engineering	2157-7552
Transcriptomics: Open Access	2329-8936
Translational Biomedicine	2172-0479

Health Care

Diversity and Equality and Health and Care	2049-5471
Health Care: Current Reviews	2375-4273
Health Science Journal	1791-809X
Pregnancy & Child Health	2376-127X
Primary Health Care	2167-1079
Quality in Primary Care	1479-1072
Tropical Diseases & Public Health	2329-891X
Women'S Health, Issues & Care	2325-9795

Immunology

Advances in Antibiotics & Antibodies	-
Allergy & Therapy	2155-6121
Autoimmune Diseases: Open Access	-
Clinical & Cellular Immunology	2155-9899
Cytokine Biology	-
Immunobiology	-
Immunogenetics: Open Access	-
Immunome Research	1745-7580
Immunotherapy: Open Access	-
Infectious Diseases & Immunological Techniques	2325-9752
Inflammatory Bowel Diseases & Disorders	-
Innate Immunity & Immunological Disorders	-
Interdisciplinary Journal of Microinflammation	-
Lupus: Open Access	-
Molecular Immunology	-
Osteoarthritis	-
Reproductive Immunology	-
Rheumatology: Current Research	2161-1149
Sarcoidosis	-
Vaccines & Vaccination	2157-7560

Informatics

Data Mining in Genomics & Proteomics	2153-0602
Glycomics and Lipidomics	2153-0637
Health & Medical Informatics	2157-7420
Proteomics & Bioinformatics	0974-276X
Theoretical and Computational Science	2376-130X

Materials Science

Bioceramics Developments and Applications	2090-5025
Material Sciences & Engineering	2169-0022
Nano Research & Applications	-
Nanomaterials & Molecular Nanotechnology	2324-8777
Nanomedicine & Nanotechnology	2157-7439
Plastic & Polymer Sciences	-
Powder Metallurgy & Mining	2168-9806
Research & Reviews: Journal of Material Sciences	2321-6212

Mathematics

Applied & Computational Mathematics	2168-9679
Biometrics & Biostatistics	2155-6180
Generalized Lie Theory and Applications	1736-4337
Physical Mathematics	2090-0902
Research & Reviews: Journal of Statistics and Mathematical Sciences	-

Medical

Abnormal and Behavioural Psychology	-
Acta Psychopathologica	-
Acta Rheumatologica	-
Addictive Behaviors , Therapy & Rehabilitation	2324-9005
Adenocarcinoma	-
Advances in Cancer Prevention	-
Advances in Genetic Engineering & Biotechnology	-
Advances in Weight Loss Management & Medical Devices	-
Aerobics & Fitness	-
Aesthetic & Reconstructive Surgery	-
Aids & Clinical Research	2155-6113
Air and Water Borne Diseases	2167-7719
Alternative & Integrative Medicine	2327-5162
Analgesia & Resuscitation : Current Research	2324-903X
Anaplastology	2161-1173
Anatomy & Physiology: Current Research	2161-0940
Andrology & Gynecology: Current Research	2327-4360
Andrology	2167-0250
Angiology: Open Access	2329-9495
Annals of Behavioural Science	-
Applied and Rehabilitation Psychology: Open Access	-
Archives in Cancer Research	2254-6081
Archives of Medicine	1989-5216
Archives of Surgical Oncology	-
Archivos De Medicina	1698-9465
Arthritis	2167-7921
Asthma and Bronchitis	-
Athletic Enhancement	2324-9080
Autacoids & Hormones	2161-0479
Biology and Medicine	0974-8369
Biomedical Engineering & Medical Devices	-
Biomedical Sciences	2254-609X
Bioterrorism & Biodefense	2157-2526
Blood	-
Blood & Lymph	2165-7831
Blood Disorders & Transfusion	2155-9864
Blood Pressure: Open Access	-
Bone Marrow Research	2329-8820
Bone Reports & Recommendations	-
Brain Tumors	-
Breast Cancer: Current Research	-
Cancer Biomarkers	-
Cancer Clinical Trials	-
Cancer Diagnosis	-
Cancer Medicine & Anticancer Drugs	-
Cancer Science & Therapy	1948-5956
Cancer Surgery	-
Carcinogenesis & Mutagenesis	2157-2518
Cardiovascular Diseases & Diagnosis	2329-9517
Cardiovascular Pathology: Open Access	-
Celiac Disease: Open Access	-
Cervical Cancer: Open Access	-
Chemotherapy	2167-7700
Chest Diseases	-
Childhood & Developmental Disorders	-
Childhood Obesity	-
Chronic Obstructive Pulmonary Disease: Open Access	-
Colorectal Cancer: Open Access	-
Communication Disorders, Deaf Studies & Hearing Aids	2375-4427
Community Medicine & Health Education	2161-0711
Complex Diseases and Treatment	-
Contraceptive Studies	-
Critical Care Obstetrics & Gynecology	-
Current Trends in Gynecologic Oncology	-
Dental Health: Current Research	-
Dental Implants and Dentures: Open Access	-
Dentistry	2161-1122
Depression and Anxiety	2167-1044
Dermatology Case Reports	-
Diabetes & Metabolism	2155-6156
Diabetes Medication and Care	-
Diabetic Complications and Medicine	-
Drug Abuse	-
Emergency Medicine	2165-7548
Endocrinology & Diabetes Research	-
Endocrinology & Metabolic Syndrome	2161-1017
Epidemiology: Open Access	2161-1165
Evidence based Medicine and Practice	-
Family Medicine & Medical Science Research	2327-4972
Forensic Biomechanics	2090-2697
Forensic Medicine	-

Forensic Nursing: Open Access	-
Forensic Odontology	-
Forensic Psychology	-
Forensic Research	2157-7145
Gastrointestinal & Digestive System	2161-069x
Gastrointestinal Cancer and Stromal Tumors	-
General Medicine	2327-5146
General Practice	2329-9126
Genetic Disorders & Genetic Reports	2327-5790
Genital System & Disorders	2325-9728
Geriatric Psychiatry	-
Gerontology & Geriatric Research	2167-7182
Gynecology & Obstetrics	2161-0932
Gynecology & Obstetrics- Case Report	-
Haematology & Thromboembolic Diseases	2329-8790
Hair: Therapy & Transplantation	2167-0951
Head and Neck Cancer Research	-
Health & Medical Economics	-
Health Care Communications	-
Health Economics & Outcome Research: Open Access	-
Health Education Research & Development (Biosafety & Health Education: Open Access-2332-0893)	-
Health Systems and Policy Research	2254-9137
Heart Transplant and Surgery	-
Heavy Metal & Chelation Therapy	-
Hepatology and Gastrointestinal Disorders	-
Hospital & Medical Management	-
Hypertension- Open Access	2167-1095
Hypo & Hyperglycemia	2327-4700
Imaging and Interventional Radiology	-
Medical Implants & Surgery	-
Informatics and Data Mining	-
Insights in Biomedicine	-
Insights in Medical Physics	-
Integrative Oncology	2329-6771
Internal Medicine	2165-8048
International Journal of Clinical & Medical Imaging	2376-0249
International Journal of Collaborative Research on Internal Medicine & Public Health	-
International Journal of Emergency Mental Health and Human Resilience	1522-4821
International Journal of Mental Health & Psychiatry	2327-4654
International Journal of Pediatric Neurosciences	-
International Journal of Physical Medicine & Rehabilitation	2329-9096
International Journal of Public Health and Safety	-
International Journal of School and Cognitive Psychology	-
Interventional Pediatrics	-
Invasive Cardiology Future Medicine	-
JBR Journal of Interdisciplinary Medicine and Dental Sciences	2376-032X
Kidney	-
Kidney Transplant	-
La Prensa Medica	0032-745X
Laser Surgery and Therapy	-
Leukemia	2329-6917
Liposuction	-
Liver	2167-0889
Liver: Disease & Transplantation	2325-9612
Lung Cancer Diagnosis & Treatment	-
Lung Diseases & Treatment	-
Malaria Control & Elimination	2090-2778
Maternal and Pediatric Nutrition	-
Medical & Surgical Pathology	-
Medical & Surgical Urology	2168-9857
Medical and Clinical Reviews	-
Medical Case Reports	-
Medical Diagnostic Methods	2168-9784
Medical Toxicology and Clinical Forensic Medicine	-
Melanoma and Skin Diseases	-
Mental Health in Family Medicine	2327-4972
Mental Illness and Treatment	-
Metabolic Syndrome	2167-0943
Molecular & Medical Histology	-
Molecular Medicine & Therapeutics	2324-8769
Neonatal Biology	2167-0897
Neonatal Studies	-
Neonatal Medicine	-
Neoplasm	-
Nephrology & Therapeutics	2161-0959
Neurobiotechnology	-
Neuroinfectious Diseases	2314-7326
Neurooncology: Open Access	-
Neurosurgery & Cardiac Surgery	-
Novel Physiotherapies	2165-7025
Nuclear Medicine & Radiation Therapy	2155-9619
Nutritional Disorders & Therapy	2161-0509
Obesity & Eating Disorders	-
Obesity & Weight Loss Therapy	2165-7904
Occupational Medicine Health Affairs	2329-6879
Omics Journal of Radiology	2167-7964
Oncology & Cancer Case Reports	-
Oncology Translational Research	-
Oral Health and Dental Management	2247-2452
Oral Health Case Reports	-
Oral Hygiene & Health	2332-0702
Orthodontics & Endodontics	-
Orthopedic & Muscular System: Current Research	2161-0533
Orthopedic Oncology	-
Osteoporosis & Physical Activity	2329-9509
Otolaryngology:Open Access	2161-119X
Otology & Rhinology	2324-8785
Pain & Relief	2167-0846
Pain Management & Medicine	-
Palliative Care & Medicine	2165-7386
Pancreatic Disorders & Therapy	2165-7092
Pediatric Care	-
Pediatric Dental Care	-
Pediatric Emergency Care and Medicine- Open Access	-
Pediatric Nephrology Practice	-
Pediatric Neurology and Medicine	-
Pediatric Nursing: Open Access	-
Pediatric Oncology: Open Access	-
Pediatric Physiotherapy	-
Pediatric Psychology and Psychiatry	-
Pediatrics & Therapeutics	2161-0665
Periodontics and Prosthodontics: Open Access	-
Pigmentary Disorders	2376-0427
Prevention Infection Control: Open Access	-
Preventive Medicine	-
Primary & Acquired Immunodeficiency Research	2324-853X
Prostate Cancer	-
Psoriasis & Rosacea Open Access	-
Psychiatry	2378-5756
Psychological Abnormalities in Children	2329-9525
Psychology & Psychotherapy	2161-0487
Pulmonary & Respiratory Medicine	2161-105x
Rare Disorders & Diseases	-
Regenerative Medicine	2325-9620
Reproductive Endocrinology & Infertility	-
Reproductive System & Sexual Disorders	2161-038x
Research & Reviews: Journal of Dental Sciences	2320-7949
Research & Reviews: Journal of Medical and Health Sciences	2319-9865
Research Journal of Biology	2322-0066
Sleep Disorders & Therapy	2167-0277
Sleep Disorders : Treatment & Care	2325-9639
Spine	2165-7939
Spine & Neurosurgery	2325-9701
Spine Research	-
Sports Medicine & Doping Studies	2161-0673
Sports Nutrition and Therapy	-
Steroids & Hormonal Science	2157-7536
Stroke Research & Therapy	-
Journal of Surgery [Jurnalul de Chirurgie]	1584-9341
Surgery: Current Research	2161-1076
The Headache Journal	-
The International Journal of Apitherapy	-
The Pancreas	1590-8577
Therapeutic Care and Physical Rehabilitation	-

Thrombosis and Circulation	-
Thyroid Disorders & Therapy	2167-7948
Translational Medicine	2161-1025
Transplant Reports : Open Access	-
Transplantation Technologies & Research	2161-0991
Trauma & Acute Care	-
Trauma & Treatment	2167-1222
Traumatic Stress Disorders & Treatment	2324-8947
Tropical Medicine & Surgery	2329-9088
Tumor Diagnostics and Reports	-
Universal Surgery	2254-6758
Vascular Medicine & Surgery	2329-6925
Vitiligo & Dermatomyositis	-
Voice Medicine & Surgery	-
Women's Health Care	2167-0420
Wound Medicine and Tissue Repair	-
Yoga & Physical Therapy	2157-7595

Microbiology

Advances in Influenza Research	-
Antimicrobial Agents	-
Antivirals & Antiretrovirals	1948-5964
Applied Microbiology: Open Access	-
Archives of Clinical Microbiology	1989-8436
Bacteriology and Parasitology	2155-9597
Clinical Infectious Diseases & Practice	-
Clinical Microbiology: Open Access	2327-5073
Colitis & Diverticulitis	-
Emerging Infectious Diseases	-
Fermentation Technology	2167-7972
Fibromyalgia: Open Access	-
Forensic Pathology	-
Hepatitis	-
Human Papillomavirus	-
Infectious Diseases and Diagnosis	-
Infectious Diseases and Therapy	2332-0877
Medical Microbiology & Diagnosis	2161-0703
Medical Mycology: Open Access	-
Meningitis	-
Mycobacterial Diseases	2161-1068
Pediatric Infectious Diseases: Open Access	-
Research & Reviews: Journal of Microbiology and Biotechnology	2320-3528
Research & Reviews: Journal of Inflammation	-
Research & Reviews: Journal of Pathology & Epidemiology	-
Virology & Mycology	2161-0517

Neuroscience

Addiction Research & Therapy	2155-6105
Alzheimers Disease & Parkinsonism	2161-0460
Autism-Open Access	2165-7890
Brain Disorders & Therapy	2168-975X
Child & Adolescent Behavior	2375-4494
Clinical & Experimental Neuroimmunology	-
Dementia & Mental Health	-
Epilepsy Journal	-
Insights in Clinical Neurology	-
International Journal of Neurorehabilitation	2376-0281
Multiple Sclerosis	2376-0389
Neurological Disorders	2329-6895
Neurology & Neurophysiology	2155-9562
Neurology and Neuroscience	2171-6625
Neuropsychiatry	-
Neuroscience & Clinical Research	-
Schizophrenia Journal	-

Health Care & Nursing

Advanced Practices in Nursing	-
Community & Public Health Nursing	-
Nursing & Care	2167-1168
Nursing & Clinical Research	-
Patient Care	-
Perioperative & Critical Intensive Care Nursing	-
Research & Reviews: Journal of Nursing and Health Sciences	-

Pharmaceutical Sciences

Advances in Pharmacoepidemiology & Drug Safety	2167-1052
Alcoholism & Drug Dependence	2329-6488
Bioanalysis & Biomedicine	1948-593X
Biochemistry & Pharmacology: Open Access Journal	2167-0501
Bioequivalence & Bioavailability	0975-0851
Biomarkers in Drug Development	2327-4441
Biomarkers Journal	-
Biomolecular Research & Therapeutics	2167-7956
Cardiovascular Pharmacology: Open Access	2329-6607
Clinical & Experimental Pharmacology	2161-1459
Clinical Pharmacology and Biopharmaceutics	2167-065X
Current Trends in Nutraceuticals	-
Developing Drugs	2329-6631
Diagnostic Techniques & Biomedical Analysis	-
Drug Designing: Open Access	2169-0138
Drug Metabolism & Toxicology	2157-7609
in Silico & in Vitro Pharmacology	-
Molecular Enzymology and Drug Targets	-
Molecular Pharmaceutics & Organic Process Research	2329-9053
Pharmaceutica Analytica Acta	2153-2435
Pharmaceutical Care & Health Systems	2376-0419
Pharmaceutical Microbiology	-
Pharmaceutical Regulatory Affairs: Open Access	2167-7689
Pharmaceutical Sciences & Emerging Drugs	-
Pharmaceutics & Drug Delivery Research	2325-9604
Pharmacoeconomics: Open Access	-
Pharmacogenomics and Pharmacoproteomics	2153-0645
Pharmacognosy & Natural Products	-
Pharmacokinetics & Experimental Therapeutics	-
Pharmacological Reports	-
Pharmacovigilance	2329-6887
Research & Reviews: Journal of Hospital and Clinical Pharmacy	-
Research & Reviews: Journal of Pharmaceutical Analysis	2320-0812
Research & Reviews: Journal of Pharmaceutical Quality Assurance	-
Research & Reviews: Journal of Pharmaceutics and Nanotechnology	2347-7857
Research & Reviews: Journal of Pharmacognosy and Phytochemistry	2321-6182
Research & Reviews: Journal of Pharmacy and Pharmaceutical Sciences	2320-1215
Virology & Antiviral Research	2324-8955

Physics

Astrophysics & Aerospace Technology	2329-6542
Research & Reviews: Journal of Pure and Applied Physics	2320-2459
Vortex Science and Technology	2090-8369

Social & Political Sciences

Anthropology	2332-0915
Arts and Social Sciences Journal	2151-6200
Civil & Legal Sciences	2169-0170
Forensic Anthropology	-
Global Media Journal	1550-7521
Intellectual Property Rights: Open Access	2375-4516
Mass Communication & Journalism	2165-7912
Political Science & Public Affairs	2332-0761
Research & Reviews: Journal of Educational Studies	-
Research & Reviews: Journal of Social Sciences	-
Socialomics	2167-0358
Sociology & Criminology	2375-4435

Veterinary Sciences

Animal Nutrition	-
Primatology	2167-6801
Research & Reviews: Journal of Veterinary Sciences	-
Research & Reviews: Journal of Zoological Sciences	2321-6190
Veterinary Science & Medical Diagnosis	2325-9590
Veterinary Science & Technology	2157-7579

Impact Factors* (IF)

Journal Name	Pubmed Short Name	Impact Factor
Biological Systems: Open Access	Biol Syst Open Access	0.76
Journal of Biotechnology & Biomaterials	J Biotechnol Biomater	1.94
Journal of Psychology & Psychotherapy	J Psychol Psychother	1.3
Advanced Techniques in Biology & Medicine	Adv Tech Biol Med	1.08
AIDS & Clinical Research	J AIDS Clin Res	2.7
Autism Open Access	Autism Open Access	3.52
Biochemistry & Physiology: Open Access	Biochem Physiol	1.03
Diversity Equality in Health & Care	Divers Equal Health Care	2.49
Drug Designing: Open Access	Drug Des	6
Fungal Genomics & Biology	Fungal Genom Biol	1.15
International Journal of Genomic Medicine	Int J Genomic Med	0.67
Journal of Addiction Research & Therapy	J Addict Res Ther	2.86
Journal of Alzheimers Disease & Parkinsonism	J Alzheimers Dis Parkinsonism	1.18
Journal of Fertilization: In Vitro	JFIV Reprod Med Genet	1
Journal of Genetic Syndromes & Gene therapy	J Genet Syndr Gene Ther	2.34
Journal of Microbial & Biochemical Technology	J Microb Biochem Technol	2.5
Journal of Nursing & Care	J Nurs Care	1.6
Journal of Osteoporosis and Physical Activity	J Osteopor Phys Act	0.66
Journal of Yoga & Physical Therapy	J Yoga Phys Ther	1.17
Molecular Biology	Mol Biol	1.85
Neurology & Neurophysiology	J Neurol Neurophysiol	0.77
Primary health care	Prim Health Care	1
Quality in Primary Care	Qual Prim Care	3.88
Tissue Science & Engineering	J Tissue Sci Eng	2.72
Biochemistry & Analytical Biochemistry	Biochem Anal Biochem	2.6
Molecular and Genetic Medicine	J Mol Genet Med	2.89
Advancements in Genetic Engineering	Adv Genet Eng	1
Enzyme Engineering	Enz Eng	2.3
Depression and Anxiety	J Depress Anxiety	1
Human Genetics & Embryology	Human Genet Embryol	1.2
Current Synthetic and Systems Biology	Curr Synthetic Sys Biol	0.8
Hereditary Genetics: Current Research	Hereditary Genet	1.2
International Journal of Emergency Mental Health and Human Resilience	Int J Emerg Ment Health	6.5
Spine	J Spine	1.9
Cloning & Transgenesis	Clon Transgen	1.5
Journal of Medical Microbiology & Diagnosis	J Med Microb Diagn	1.9
Biosensors Journal	Biosens J	0.33
Defense Management	J Def Manag	0.5
Review of Public Administration and Management	Review Pub Administration Manag	0.2
Single cell biology	Single Cell Biol	1
Gerontology & Geriatric Research	J Gerontol Geriatr Res	1
Neuroinfectious Diseases	J Neuroinfect Dis	2.4
Cell Science & Therapy	J Cell Sci Ther	1.37
Molecular Biomarkers & Diagnosis	J Mol Biomark Diagn	2.1
Brain Disorders & Therapy	Brain Disord Ther	1.6
Clinical Case Reports	J Clin Case Rep	1.2
Gene Technology	Gene Technol	0.83
Socialomics	J Socialomics	2.3
Journal of Trauma and Treatment	J Trauma Treat	0.6
Translational Biomedicine	Transl Biomed	1.06
Journal of Neurology and Neuroscience	J Neurol Neurosci	0.88
Research & Reviews: Journal of Botanical Sciences	J Bot Sci	0.33
Journal of Psychiatry	J Psychiatry	2.32
Anaplastology	Anaplastology	0.73
Tropical Medicine & Surgery	Trop Med Surg	0.4
Orthopedic & Muscular System: Current Research	Orthop Muscular Syst	0.32
Pediatrics & Therapeutics	Pediat Therapeut	1.32
Sports Medicine & Doping Studies	J Sports Med Doping Stud	1.45
Journal of Oral Hygiene & Health	J Oral Hyg Health	0.52
Emergency Medicine	Emerg Med (Los Angel)	0.875
Journal of Transplantation Technologies & Research	J Transplant Technol Res	1.39
Journal of Hypertension: Open Access	J Hypertens (Los Angel)	0.92
International Journal of Waste Resources	Int J Waste Resour	1.95
Surgery: Current research	Surgery Curr Re	0.587
Oral Health and Dental Management	Oral Health Dent Manag	1.23
International Journal of Advancement technology	Int J Adv Tech	5.08
Translational Medicine	Transl Med (Sunnyvale)	1.312
Air and Water Borne Diseases	Air Water Borne Diseases	0.6
Journal of Coastal Zone Management	J Coast Zone Manag	0.54
Biology and Medicine	Biol Med (Aligarh)	3.07
Journal of Bioterrorism and Biodefense	J Bioterror Biodef	0.38
Journal of Tropical Diseases & Public Health	J Trop Dis	0.83
Journal of Surgery	Journal of Surgery [Jurnalul de chirurgie]	0.08
Nephrology & Therapeutics	J Nephrol Ther	0.318
Journal of Fundamentals of Renewable Energy and Applications	J Fundam Renewable Energy Appl	1.41
Advances in Pharmacoepidemiology & Drug Safety	Adv Pharmacoepidemiol Drug Saf	1.37
Bioanalysis & Biomedicine	J Bioanal Biomed	1.67
Biochemistry & Pharmacology: Open Access	Biochem Pharmacol (Los Angel)	2.09
Bioequivalence & Bioavailability	J Bioequiv Availab	1.88
Biomolecular Research & Therapeutics	J Biomol Res Ther	1.67
Cardiovascular Pharmacology: Open Access	Cardiol Pharmacol	1.77
Clinical & Experimental Pharmacology	Clin Exp Pharmacol	1.83
Clinical Pharmacology & Biopharmaceutics	Clin Pharmacol Biopharm	1.69
Data Mining in Genomics & Proteomics	J Data Mining Genomics Proteomics	2
Drug Metabolism & Toxicology	J Drug Metab Toxicol	1.37
Ergonomics	J Ergonomics	1.38
Glycomics & Lipidomics	J Glycomics Lipidomics	1.82
Health & Medical Informatics	J Health Med Inform	1.98
Metabolomics: Open Access	Metabolomics (Los Angel)	3.03
Nanomedicine & Biotherapeutic Discovery	J Nanomedine Biotherapeutic Discov	2.69
OMICS Journal of Radiology	OMICS J Radiol	0.54
Pharmaceutica Analytica Acta	Pharm Anal Acta	1.83
Pharmaceutical Regulatory Affairs: Open Access	Pharm Regul Aff	1.88
Pharmacogenomics & Pharmacoproteomics	J Pharmacogenomics Pharmacoproteomics	1.69
Pharmacovigilance	J Pharmacovigil	2.65
Phylogenetics & Evolutionary Biology	J Phylogenetics Evol Biol	2.76
Proteomics & Bioinformatics	J Proteomics Bioinform	2.55
Advances in Automobile Engineering	Adv Automob Eng	1.750
Advances in Robotics & Automation	Adv Robot Autom	0.813
Arts and Social Sciences Journal	Arts Social Sci J	1.231
Bioceramics Developments and Applications	Bioceram Dev Appl	0.958
Business & Financial Affairs	J Bus & Fin Aff	2.000
Generalized Lie Theory and Applications	J Generalized Lie Theory Appl	1.750
Irrigation & Drainage Systems Engineering	Irrigat Drainage Sys Eng	4.286
Industrial Engineering & Management	Ind Eng Manage	0.474
Aeronautics & Aerospace Engineering	J Aeronaut Aerospace Eng	1.407
Applied & Computational Mathematics	J Appl Computat Math	0.581
Architectural Engineering Technology	J Archit Eng Tech	1.071
Accounting & Marketing	J Account Mark	0.500
Aquaculture Research & Development	J Aquac Res Development	1.272
Bioengineering & Biomedical Science	J Bioeng Biomed Sci	1.235
Biometrics & Biostatistics	J Biomet Biostat	1.272
Biosensors & Bioelectronics	J Biosens Bioelectron	2.137
Civil & Environmental Engineering	J Civil Environ Eng	1.294
Cytology & Histology	J Cytol Histol	0.569
Civil & Legal Sciences	J Civil Legal Sci	0.286
Ecosystem & Ecography	J Ecosyst Ecogr	1.806
Electrical & Electronic Systems	J Elec Electron Syst	0.533
Earth Science & Climatic Change	J Earth Sci Clim Change	2.082
Geography & Natural Disasters	J Geogr Nat Disast	0.800
Hotel & Business Management	J Hotel Bus Manage	1.600
Information Technology & Software Engineering	J Inform Tech Soft Engg	2.789
Molecular Imaging & Dynamics	J Mol Imaging Dynam	2.091

Earth Science & Climatic Change	J Earth Sci Clim Change	2.082
Geography & Natural Disasters	J Geogr Nat Disast	0.800
Hotel & Business Management	J Hotel Bus Manage	1.600
Information Technology & Software Engineering	J Inform Tech Soft Engg	2.789
Molecular Imaging & Dynamics	J Mol Imaging Dynam	2.091
Petroleum & Environmental Engineering	J Pet Environ Biotechnol	2.839
Stock & Forex Trading	J Stock Forex Trad	0.300
Textile Science & Engineering	J Textile Sci Eng	0.667
Tourism & Hospitality	J Tourism Hospit	1.190
Telecommunications System & Management	J Telecommun Syst Manage	0.800
Physical Mathematics	J Phys Math	4.500
Nanomedicine & Nanotechnology	J Nanomed Nanotechnol	4.68
Arabian Journal of Business and Management Review	Arab J Bus Manage Rev	1.42
Research and Reviews: Journal of Engineering and Technology	Engineering and Technology	0.14
Journal of Material Sciences & Engineering	J Material Sci Eng	1.31
Journal of Mass Communication & Journalism	J Mass Communicat Journalism	0.62
Journal of Powder Metallurgy & Mining	J Powder Metall Min	0.71
Journal of Applied Mechanical Engineering	J Appl Mech Eng	1.65
Archives of Clinical Microbiology		0.35
Dentistry	Dentistry	1.22
Journal of Diabetes & Metabolism	J Diabetes Metab	1.77
Otolaryngology: Current Research	Otolaryngol (Sunnyvale)	0.22
Journal of Metabolic Syndrome	J Metabolic Synd	1.27
Journal of Primatology	J Primatol	0.53
Journal of Thyroid Disorders & Therapy	Thyroid Disorders Ther	0.43
Jounal of Novel Physiotherapies	J Nov Physiother	1.24
Journal of Stem Cell Research & Therapy	J Stem Cell Res Ther	2.78
Anatomy & Physiology: Current Research	Anat Physiol	1
Pancreatic Disorders & Therapy	Pancreat Disord Ther	0.54
Journal of Cancer Science & Therapy	J Cancer Sci Ther	4.203
Journal of Biomedical Sciences		0.2
Journal of Nutritional Disorders & Therapy	J Nutr Disord Ther	1.46
Medical & Surgical Urology	Med Surg Urol	0.3
Journal of Biochips & Tissue Chips	J Biochip Tissue Chip	1.7
Journal of Liver	J Liver	0.08
Journal of Family Medicine and Medical Research	Fam Med Med Sci Res	0.78
Gynecology & Obstetrics	Gynecol Obstet (Sunnyvale)	0.52
Journal of Integrative Oncology	J Integr Oncol	1.67
Journal of Neonatal Biology	J Neonatal Biol	0.55
Journal of Glycobiology	J Glycobiology	0.8
Journal of Blood & Lymph	J Blood Lymph	0.12
Journal of Arthritis	J Arthritis	1.87
Journal of Membrane Science & Technology	J Membra Sci Technol	1.18
Medicinal Chemistry	Med Chem (Los Angeles)	2.64
Journal of Physical Chemistry & Biophysics	J Phys Chem Biophys	0.75
Organic Chemistry: Current Research	Organic Chem Curr Res	1.94
Journal of Bioprocessing & Biotechniques	J Bioprocess Biotech	1.74
Journal of Environmental & Analytical Toxicology	J Environ Anal Toxicol	2.58
Journal of Chemical Engineering & Process Technology	J Chem Eng Process Technol	1.21
Journal of Computer Science & Systems Biology	J Comput Sci Syst Biol	1.62
Journal of Analytical & Bioanalytical Techniques	J Anal Bioanal Tech	2.16
Journal of Plant Biochemistry & Physiology	J Plant Biochem Physiol	2.28
Journal of Chromatography & Separation Techniques	J Chromatogr Sep Tech	1.78
Journal of Thermodynamics & Catalysis		0.91
Community Medicine & Health Education	J Community Med Health Educ	1.27
Epidemiology: Open Access	Epidemiology (Sunnyvale)	1.35
Obesity & Weight Loss Therapy	J Obes Weight Loss Ther	0.94
Pain & Relief	J Pain Relief	1.14
Palliative Care & Medicine	J Palliat Care Med	0.88
Steroids & Hormonal Science	J Steroids Horm Sci	0.65
Gastrointestinal & Digestive System	J Gastrointest Dig Syst	0.43
Hair: Therapy & Transplantation		0.6
Andrology	Andrology (Los Angel)	1.16
Endocrinology & Metabolic Syndrome	Endocrinol Metab Syndr	1.12
Internal Medicine		2.48
Sleep Disorders & Therapy	J Sleep Disord Ther	0.5
Nuclear Medicine & Radiation Therapy	J Nucl Med Radiat Ther	0.88
Alternative & Integrative Medicine	Altern Integr Med	1.11
Pulmonary & Respiratory Medicine	J Pulm Respir Med	1.01
Occupational Medicine Health Affairs	Occup Med Health Aff	0.85
Reproductive System & Sexual Disorders	Reprod Syst Sex Disord	1.25
Medical Diagnostic Methods		0.29
Blood Disorders & Transfusion	J Blood Disord Transfus	0.5
General Medicine	Gen Med (Los Angel)	0.86
Bioenergetics: Open Access	Bioenergetics	3.1
Chemotherapy: Open Access	Chemotherapy (Los Angel)	1.8
Clinical & Experimental Pathology	J Clin Exp Pathol	1.54
Carcinogenesis & Mutagenesis	J Carcinog Mutagen	1.9
Clinical Research & Bioethics	J Clinic Res Bioeth	0.95
Vaccines & Vaccination	J Vaccines Vaccin	1.8
Immunome Research	Immunome Res	7.1
Clinical & Experimental Ophthalmology	J Clin Exp Ophthalmol	1.11
Clinical & Experimental Dermotology Research	J Clin Exp Dermatol Res	0.5
Clinical & Experimental Cardiology	J Clin Exp Cardiolog	1.33
Clinical Microbiology: Open Access	Clin Microbiol	0.7
Anesthesia & Clinical research	J Anesth Clin Res	0.7
Mycobacterial Diseases	Mycobact Dis	0.9
Clinical Toxicology	J Clin Toxicol	1.39
Clinical Trials & Research	J Clin Trials	1.33
Antivirals & Antiretrovirals	J Antivir Antiretrovir	1.27
Fermentation Technology	Ferment Technol	3.44
Clinical & Cellular immunology	J Clin Cell Immunol	2.019
Allergy & Therapy	J Allergy Ther	0.762
Bacteriology & Parasitology	J Bacteriol Parasitol	2.025
Rheumatology: Current Research	Rheumatology (Sunnyvale)	1.522
Virology & Mycology	Virol Mycol	0.69
Clinics in Mother and Child Health	Clinics Mother Child Health	0.432
Womens Health Care	J Womens Health Care	0.79
Marine Science: Research & Development	J Marine Sci Res Dev	0.45
Plant Pathology & Microbiology	J Plant Pathol Microbiol	1.75
Geology & Geophysics	J Geol Geophys	0.91
FisheriesSciences	J Fisheries Sci	0.51
Fisheries and Aquaculture Journal	Fish Aquac J	0.69
Bioremediation & Biodegradation	J Bioremediat Biodegrad	2.1
Advances in Crop Science and Technology	Adv Crop Sci Tech	0.39
Journal of Remote Sensing & GIS	J Geophys Remote Sens	0.77
Biofertilizers & Biopesticides	J Biofertil Biopestic.	1.19
Hydrology: Current Research	Hydrol Current Res	1.12
Probiotics & Health	J Prob Health	0.69
Veterinary Science & Technology	J Veterinar Sci Technolo	2.5
Medicinal & Aromatic Plants	Med Aromat Plants	2.02
Forest Research	Forest Res	1.69
International Journal of Sensor Networks and Data Communications	Sensor Netw Data Commun	1.66
Innovative Energy Policies	Innov Energ Policies	0.88
Biodiversity & Endangered Species	J Biodivers Endanger Species	0.25
Biosafety	Biosafety	0.49
Agrotechnology	Agrotechnol	0.69
Journal of Traditional Medicine and Clinical Naturopathy	J Tradition Med Clin Naturopth	0.49
Nutrition & Food Sciences	J Nutr Food Sci	1.14
Entomology, Ornithology & Herpetology	Entomol Ornithol Herpetol	1.26

Impact Factor Calculation:

Impact Factor was established by dividing the number of articles published in 2012 and 2013 with the number of times they are cited in 2014 based on Google search and the Scholar Citation Index database. If 'X' is the total number of articles published in 2012 and 2013, and 'Y' is the number of times these articles were cited in indexed journals during 2014 than, impact factor = Y/X

1705th Conference

Obesity & Fitness 2018





International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA

Upcoming Conferences



Agri, Food & Aqua

21st International Conference on FOOD & NUTRITION
July 25-26, 2018 | Vancouver, Canada | W: food.conferenceseries.com E: food@foodtechconferences.com

Global Summit on AGRICULTURE TECHNOLOGY AND FOOD SCIENCE
September 12-13, 2018 | Richmond, USA | W: agriculturetechnology.conferenceseries.com E: america@conferenceseries.com

Global Summit on FOOD & BEVERAGES
September 12-13, 2018 | Richmond, USA | W: food.global-summit.com/america E: foodandbeverages@americaconferences.com

9th International Conference on FISHERIES & AQUACULTURE
September 17-19, 2018 | Vancouver, Canada | W: fisheries.conferenceseries.com E: fisheries@aquaconferences.com

International Conference on PUBILC HEALTH AND EPIDEMIC DISEASES
Sep 21-22, 2018 | Dallas, USA| W: publichealth-epidemicdiseases.conferenceseries.com | E: epidemicdiseases@americaconferences.com

International Conference on FOOD PRODUCTION AND PRESERVATION
October 17-18, 2018| Ottawa, Canada | W: foodproduction.conferenceseries.com E: foodproduction@nutritionalconference.com

International Conference on FOOD QUALITY, TESTING & SUPPLY CHAIN MANAGEMENT
October 17-18, 2018 | Ottawa, Canada | W: foodsupplychain.conferenceseries.com E: foodsupplychain@americaconferences.org

International Conference on FOOD SCIENCE & REGULATORY
December 03-04, 2018 | Chicago, USA | W: foodregulatory.conferenceseries.com E: foodregulatory@americaconferences.org

21st Global Summit on FOOD PROCESSING, SAFETY & TECHNOLOGY
December 03-04, 2018 | Chicago, USA | W: foodprocessing.global-summit.com E: foodprocessing@foodtechconferences.com



Alternative Health Care

3rd International Conference & Expo on HOLISTIC MEDICINE AND NURSING
July 25-26, 2018 | Vancouver, Canada | W: holisticmedicine.conferenceseries.com E: holisticmedicine@healthconferences.org

4th International Conference on PALLIATIVE CARE & HOSPICE NURSING
August 27-28, 2018 | Boston, USA | W: palliativecare.conferenceseries.com E: palliativecare@healthcarevents.com

4th International Congress on YOGA AND NATURAL THERAPIES
September 17-18, 2018 | San Diego, USA | W: yoga.conferenceseries.com E: yogacongress@healthcarevents.com

7th World Congress on MEDICINAL PLANTS & NATURAL PRODUCTS RESEARCH
September 28-29, 2018 | Chicago, USA | W: naturalproducts.conferenceseries.com E: naturalproducts@americaconferences.org

3rd International Conference and Expo on NATURAL, HERBAL MEDICINE & PRACTICE
September 24-25, 2018 | Montreal, Canada | W: naturalmedicine.conferenceseries.com E: naturalmedicine@healthcarevents.com

International Conference on TRADITIONAL & ALTERNATIVE MEDICINE
Sep 24-25, 2018 | Montreal, Canada | W: traditionalmedicine.conferenceseries.com/america | E: traditionalmedicinecanada@healthcarevents.com

Internal Conference on COMPLEMENTARY & ALTERNATIVE MEDICINE
October 17-18, 2018 | Las Vegas, USA | W: complementarymedicine.conferenceseries.com | E: complementarymedicine@outlook.com

3rd International Conference on INTEGRATIVE MEDICINE
October 26-27, 2018 | Boston, USA | W: integrativemedicine.conferenceseries.com E: integrativemedicine@conferencesamerica.org



Biochemistry & Bio Informatics

13th International Conference on STRUCTURAL BIOLOGY
October 19-20, 2018 | Ottawa, Canada | W: structuralbiology.conferenceseries.com/canada | E: structuralbiology@conferencescanada.org

5th International Conference on GLYCOBIOLOGY, LIPIDS & PROTEOMICS
August 27-28, 2018 | Toronto, Canada | W: glycosummit.conferenceseries.com E: glycosummit@americaconferences.org

3rd International Conference on MOLECULAR BIOLOGY, & NUCLEIC ACIDS
August 27-28, 2018 | Toronto, Canada | W: nucleicacids.conferenceseries.com E: nucleicacids@biochemconferences.org

International Conference on BIOINFORMATICS
November 02-03, 2018 | Ohio, USA | W: bioinfo.conferenceseries.com E: bioinformatics@americaconferences.org

4th International Conference and Exhibition on BIOCHEMISTRY & BIOCHEMISTRY
October 03-04, 2018 | Los Angeles,USA | W: biochem.conferenceseries.com E: biochem@conferenceseries.net

International Conference on BIOMOLECULES, MEMBRANE SCIENCE AND TECHNOLOGIES
October 16-17, 2018 | Ottawa, Canada | W: biomolecules.conferenceseries.com E: biomolecule@conferencesamerica.org

4th International Conference on GENETIC & PROTEIN ENGINEERING
December 05-06, 2018 | Chicago, USA | W: protein-engineering.conferenceseries.com E: proteinengineering@conferenceseries.net



Biotechnology

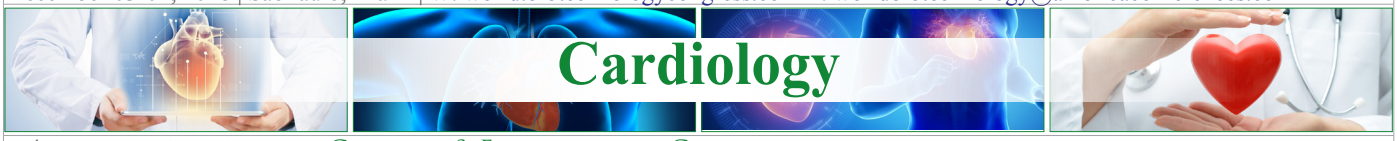
ANNUAL BIOTECHNOLOGY CONGRESS
July 23-24, 2018 | Vancouver, Canada | W: annualbiotech.conferenceseries.com E: annualbiotech@conferencescanada.org

ANNUAL INDUSTRIAL BIOTECHNOLOGY AND BIOPROCESSING CONGRESS
September 17-18, 2018 | San Diego, USA | W: industrialbiotech.conferenceseries.com E:industrialbiotech@conferencescanada.org

Annual congress on CRISPR-CAS9 TECHNOLOGY
October 24-25, 2018 | Boston, USA | W: crisprcongress.conferenceseries.com E: crispr@conferencesamerica.org

24th BIOTECHNOLOGY CONGRESS: RESEARCH & INNOVATIONS
October 24-25, 2018 | Boston, USA | W: biotechnologycongress.com/america E: bioamerica@conferencesamerica.org

3rd WORLD BIOTECHNOLOGY CONGRESS
December 03-04, 2018 | SaoPaulo, Brazil | W: world.biotechnologycongress.com E: worldbiotechnology@americaconferences.com



Cardiology

27th International Conference on CLINICAL & EXPERIMENTAL CARDIOLOGY
September 21-22, 2018 | Vancouver, Canada | W: cardiology.conferenceseries.com E: cardiology@conferenceseries.net

CURRENT AND FUTURE TRENDS IN CARDIO VASCULAR DISEASES: RESEARCH AND OUTCOMES
October 05-06, 2018 | Los Angeles,USA | W: cardiovasculardiseases.conferenceseries.com E: cvdsummit@americaconferences.org



Chemical Engineering

2nd International Conference on RENEWABLE ENERGY AND RESOURCES
August 27-28, 2018 | Boston, USA | W: renewableenergy.conferenceseries.com E: renewableenergy@chemseries.com

4th International Conference on CHEMICAL ENGINEERING
September 17-18, 2018 | Vancouver, Canada | W: chemicalengineering.conferenceseries.com E: chemicalengineering@chemseries.com

8th International Conference and Exhibition on BIOPOLYMERS AND BIOPLASTICS
October 15-16, 2018 | Las Vegas, USA | W: biopolymers-bioplastics.conferenceseries.com E: biopolymers@chemseries.com

13th International Congress on BIOFUELS AND BIOENERGY
October 18-20, 2018 | Ottawa, Canada | W: biofuels-bioenergy.conferenceseries.com E: biofuels@chemseries.com

13th International Congress on BIOFUELS AND BIOECONOMY
October 18-20, 2018 | Ottawa, Canada | W: biofuels-bioeconomy.conferenceseries.com E: bioeconomy@chemseries.com

11th World Congress on PETROCHEMISTRY, GEOLOGY AND CHEMICAL ENGINEERING
November 09-10, 2018 | Birmingham, USA (Alabama) | W: petrochemistry.conferenceseries.com E: petrochemistry@chemseries.com

World Congress on PETROLEUM PROCESSING AND INDUSTRIAL CHEMISTRY
November 09-10, 2018 | Birmingham, USA (Alabama) | W: petroleumprocessing.conferenceseries.com E: watson.veronica111@gmail.com



Chemistry

18th International Conference on ORGANIC AND INORGANIC CHEMISTRY
July 18-19, 2018 | Atlanta, USA | W: organicchemistry.conferenceseries.com E: organicchemistry@chemistryconference.org

20th International Conference on MEDICINAL CHEMISTRY AND PHARMACOLOGY
July 25-26, 2018 | Vancouver, Canada | W: medicinalchemistry.conferenceseries.com E: medicinalchemistry@conferencescanada.org

5th International Conference on PAST AND PRESENT RESEARCH SYSYTEMS ON GREEN CHEMISTRY
August 27-28, 2018 | Boston, USA | W: greenchemistry.conferenceseries.com

30th International Conference on POLYMER CHEMISTRY
August 27-28, 2018 | Toronto, Canada | W: polymer.conferenceseries.com E: Jessie.gomez@americaconferences.org

30th International Conference on MATERIAL CHEMISTRY AND SCIENCES
August 27-28, 2018 | Toronto, Canada | W: materialsscience.chemistryconferences.org E: materialscience@conferencesamerica.org

18th International Conference on HPLC & ASSOCIATED TECHNIQUES
August 29-30, 2018 | Toronto, Canada | W: hplctechniques.conferenceseries.com E: hplc@conferencescanada.org

18th International Conference on ANALYTICAL CHEMISTRY
August 29-30, 2018 | Toronto, Canada | W: analyticalchemistry.conferenceseries.com E: analytica@conferencescanada.org

18th International Conference on PURE AND APPLIED CHEMISTRY
August 31-September 01, 2018 | Toronto, Canada | W: pureappliedchemistry.conferenceseries.com E: appliedchemistry@conferencescanada.org

32th International Conference on FORENSIC RESEARCH
September 24-25, 2018 | Chicago, USA | W: forensicresearch.conferenceseries.com

6th International Conference on MARINE SCIENCES, COASTAL DYNAMICS & MANAGEMENT
September 21-22, 2018 | Dallas, USA | W: marinescience.conferenceseries.com E: aquatic@americaconferences.org

International Conference on ENVIRONMENTAL CHEMISTRY
September 24-25, 2018 | Chicago, USA | W: environmental.chemistryconferences.org E: environmental.chemistry2018@gmail.com

32nd International Conference on DRUG CHEMISTRY
September 24-25, 2018 | Chicago, USA | W: drugchemistry.conferenceseries.com E: drugchem@conferencesamerica.org

24th WORLD CHEMISTRY AND SYSTEMS BIOLOGY CONFERENCE
October 03-04, 2018 | Los Angeles,USA | W: chemistry.conferenceseries.com E: chemicalbiology@conferencesamerica.org

34th International Conference on PHARMACEUTICAL CHEMISTRY
October 31-November 01, 2018 | San Francisco, USA | W: pharmaceuticalchemistry.pharmaceuticalconferences.com E: pharmaceuticalchem@conferencesamerica.org

34th International Conference on PHARMACEUTICALS AND NUTRACEUTICALS
October 31-November 01, 2018 | San Francisco, USA | W: pharmanutraceuticals.conferenceseries.com

19th International Conference on ANALYTICAL AND BIOANALYTICAL CHROMATOGRAPHICAL TECHNIQUES
Oct 31-November 01, 2018 | Columbus, Ohio, USA | W: analytical-bioanalytical.pharmaceuticalconferences.com E: analytica@chemistryconference.org

8th International Conference on CURRENT TRENDS IN MASS SPECTROMETRY AND CHROMATOGRAPHY
October 31-November 01, 2018 | Columbus, Ohio, USA | W: massspectra.com E: massspectrometry@chemistryconference.org

19th International Conference on MEDICINAL CHEMISTRY AND TARGETED DRUG DELIVERY
November 05-06, 2018 | San Francisco, USA | W: medicinalchemistry.pharmaceuticalconferences.com E: medchem@chemistryconference.org

International Conference on CATALYSIS AND PYROLYSIS
November 05-06, 2018 | San Francisco, USA | W: catalysis.conferenceseries.com E: catalysis@americaconferences.com

28th International Conference on CHEMISTRY & DRUG DISCOVERY
December 5-6, 2018 | Vancouver,Canada | W: chemistrydrugdiscovery.pharmaceuticalconferences.com E: chemistry@conferencescanada.org



31st International Conference on DENTALSCIENCE & ADVANCED DENTISTRY
June 25-26, 2018 | Vancouver, Canada | W: advancedentistry.dentalcongress.com E: dentalscience@dentistryconferences.com

5th Annual Summit on AMERICAN DENTAL SCIENCE AND EDUCATION
July 20-21, 2018 | Atlanta, USA | W: americandentaledu.conferenceseries.com

30th International Conference on DENTAL MEDICINE & DENTISTRY
July 20-21, 2018 | Atlanta, USA | W: dentalmedicine.conferenceseries.com E: dentalmedicine@dentistryconferences.com

32nd ANNUAL WORLD DENTISTRY SUMMIT
August 31-September 01, 2018 | Boston, USA | W: americandental.conferenceseries.com E: americandental@americaconferences.org

16th International Conference on DENTAL HEALTH September 21-22, 2018 | Philadelphia, USA
W: dentalhealth.conferenceseries.com E: dentalhealth@americaconferences.com

36th International Conference on DENTAL MARKETING
October 24-25, 2018 | Boston, USA | W: dentalmarketing.conferenceseries.com E: dentalmarketing@dentistryconferences.com

18th International Conference on ORAL HEALTH & ORAL CANCER
October 24-25, 2018 | Boston, USA | W: oralcare.conferenceseries.com E: oralcare@dentalcongress.com

3rd Annual Congress on DENTISTS AND PEDIATIC DENTISTRY
October 31-November 01 2018 | Buenos Aires, Argentina | W: dentists.conferenceseries.com

8th AMERICAN WORLD DENTISTRY CONGRESS
November 02-03, 2018 | San Francisco, USA | W: dentistryworld.conferenceseries.com E: worlddentistry@dentistryconferences.com

27th AMERICAN DENTAL CONGRESS
December 07-08, 2018 | Chicago, USA | W: dentalcongress.com/america E: dental@conferenceseries.net



3rd International Conference on AGING & GERONTOLOGY
July 18-19, 2018 | Atlanta, USA | W: aging.conferenceseries.com E: aging@conferenceseries.net

15th International Conference on CLINICAL AND EXPERIMENTAL DERMATOLOGY
September 28-29, 2018 | San Antonio, USA | W: dermatology.conferenceseries.com E: dermatology@conferencescanada.org

International Conference on CLINICAL AND EXPERIMENTAL DERMATOLOGY
December 07-08, 2018 | Chicago, USA | W: clinicaldermatology.conferenceseries.com E: clinicaldermatology@conferencesamerica.org



2nd International Conference on DIABETES AND DIABETIC NURSING
September 28-29, 2018 | Montreal, Canada | W: diabetes.conferenceseries.com E: diabetes@endocrineconferences.com

10th International Conference on ENDOCRINOLOGY & ENDOCRINE DISORDER
October 17-18, 2018 | Las Vegas, USA | W: endocrinology.conferenceseries.com



Engineering

6th International Conference on GREEN ENERGY
August 29-30, 2018 | Toronto, Canada | W: greenenergy.conferenceseries.com E: greenenergy@americaconferences.org

9th International Conference and Expo on BIOSENSORS, BIOELECTRONICS AND BIOMEDICAL ENGINEERING
September 21-22, 2018 | Dallas, USA | W: biosensors.conferenceseries.com E: biosensors@conferenceseries.net

5th International Conference and Expo on COMPUTER GRAPHICS & ANIMATION
September 26-27, 2018 | Montreal, Canada | W: computergraphics-animation.conferenceseries.com E: computergraphics@conferenceseries.net



Engineering & Physics

International Conference on QUANTUM MECHANICS AND APPLICATIONS
July 20-21, 2018 | Atlanta, USA | W: quantum.conferenceseries.com E: quantumphysics@americaconferences.com

International Conference on PLANETARY SCIENCE AND PARTICLE PHYSICS
August 27-28, 2018 | Boston, USA | W: particlephysics.conferenceseries.com

International conferences on PHOTONICS, OPTOELECTRONICS AND DISPLAY DEVICES
September 19-20, 2018 | Philadelphia, USA | W: optoelectronics.conferenceseries.com E: optoelectronics@americaconferences.com

International conferences on VEHICLE FIBER-OPTICS AND PHOTONICS CONFERENCE
September 19-20, 2018 | Philadelphia, USA | W: optics-photonics.conferenceseries.com E: photonics@americaconferences.com

7th International Conference on BIOSTATISTICS AND BIOINFORMATICS
September 26-27, 2018 | Chicago, USA | W: biostatistics-bioinformatics.conferenceseries.com E: biostatistics@conferencesamerica.org

6th International Conference on BIG DATA ANALYSIS AND DATA MINING
September 26-27, 2018 | Chicago, USA | W: bigdata-datamining.conferenceseries.com E: bigdata@americaconferences.com

5th World Congress and Exhibition on CONSTRUCTION & STEEL STRUCTURE
October 05-06, 2018 | Los Angeles,USA | W: construction-steel-structure.conferenceseries.com E: steelstructure@enggconferences.com

5th World Congress and Exhibition on CONCRETE STRUCTURES AND CONCRETE DESIGN
October 05-06, 2018 | Los Angeles,USA | W: concrete-structure.conferenceseries.com E: concretestructures@americaconferences.com

4th International Conference on ATOMIC AND NUCLEAR PHYSICS
October 26-27, 2018 | Boston, USA | W: atomic-nuclearphysics.conferenceseries.com E: atomic@physicsconferences.org

6th International Conference and Exhibition on MECHANICAL & AEROSPACE ENGINEERING
November 07-08, 2018 | Atlanta, USA | W: mechanical-aerospace.conferenceseries.com E: mechaero@enggconferences.com

4th International Conference on
THEORETICAL AND CONDENSED MATTER PHYSICS
November 26-28, 2018 | Los Angeles,USA | W: condensedmatterphysics.conferenceseries.com E: condensedmatterphysics@conferenceseries.net



Environmental Science

3rd International Conference on GEOCHEMISTRY & ENVIRONMENTAL CHEMISTRY
October 19-20, 2018 | Ottawa, Canada | W: geochemistry.conferenceseries.com E: geochemistry@protonmail.com

2nd International Conference on ECOLOGY AND ECOSYSTEMS
July 11-12, 2018 | Toronto, Canada | W: ecologyecosystems.conferenceseries.com E: ecology@earthscienceconferences.com

6th International Conference on OCEANOGRAPHY
September 21-22, 2018 | Dallas, USA | W: oceanography.conferenceseries.com E: oceanography@americaconferences.org

6th International Conference on MARINE SCIENCES
September 21-22, 2018 | Dallas, USA | W: marinescience.conferenceseries.com E: marinebiology@americaconferences.org

3rd International Convention on GEOSCIENCES AND REMOTE SENSING
October 19-20, 2018 | Ottawa, Canada | W: geosciences.conferenceseries.com E: geosciences@conferencesamerica.org

10th International Conference & Expo on RESERVOIR ENGINEERING FOR EXTREME OIL & GAS ENVIRONMENTS
October 31-November 01, 2018 | Buenos Aires, Argentina | W: oilgasexpo.conferenceseries.com E: oilgasexpo@conferencesamerica.org

9th International Conference on RECYCLING: REDUCE,REUSE AND RECYCLE
December 05-06, 2018 | Vancouver,Canada | W: recycling.conferenceseries.com/america E: recycling@conferencesamerica.org

9th International Conference on GLOBALWARMING AND POLLUTION
December 05-06, 2018 | Vancouver,Canada | W: global-warming.conferenceseries.com E: pollution@toxicologyconferences.org



Gastroenterology

14th International Conference on CLINICAL GASTROENTEROLOGY AND HEPATOLOGY
August 29-30, 2018 | Toronto, Canada | W: clinicalgastroenterology.conferenceseries.com E: clinicalgastro@conferencesamerica.org

3rd International Conference on HEPATOBILIARY & PANCREATIC DISORDERS
September 17-18, 2018 | Philadelphia, USA | W: pancreas.conferenceseries.com E: pancreas@gastroconferences.com

18th International Conference on GASTROENTEROLOGY AND ENDOSCOPY
October 29-30, 2018 | San Francisco, USA | W: gastroenterology.conferenceseries.com E: gastroenterology@conferencesamerica.org

3rd International Confernece on DIGESTIVE AND METABOLIC DISEASES
October 29-30, 2018 | San Francisco, USA | W: digestivediseases.gastroconferences.com E: digestivedisease@americaconferences.org



2nd Annual Summit on CELL SIGNALING & CANCER THERAPY
September 19-20, 2018 | Philadelphia, USA | W: cellsignaling.conferenceseries.com E: cellsignaling@geneticconferences.com

2nd Annual Summit on CELL METABOLISM AND CYTOPATHOLOGY
September 19-20, 2018 | Philadelphia, USA | W: cellmetabolism.conferenceseries.com E: cellmetabolism@americaconferences.com

11th International Conference on GENOMICS & PHARMACOGENOMICS
September 21-22, 2018 | Philadelphia, USA | W: genome.conferenceseries.com E: genome@americaconferences.org

5th International Conference on HUMAN GENETICS AND GENETIC DISEASES
September 21-22, 2018 | Philadelphia, USA | W: humangenetics.conferenceseries.com/america E: humangeneticscongress@geneticconferences.com

Annual Congress on CELLULAR THERAPIES, STEM CELLS & BIO MEDICAL ENGINEERING
October 17-18, 2018 | New York, USA | W: cellulartherapies.conferenceseries.com E: cellulartherapies@americaconferences.org

Annual Congress on CANCER AND STEM CELL RESEARCH
October 17-18, 2018 | New York, USA | W: cancerresearch.conferenceseries.com E: cancerstemcells@americaconferences.org

12th International Conference on TISSUE ENGINEERING & REGENERATIVE MEDICINE
November 9-10, 2018 | Atlanta, USA | W: tissuescience.conferenceseries.com E: tissueengineering@conferenceseries.net

12th International Conference on TISSUE PRESERVATION & BIOBANKING
November 9-10, 2018 | Atlanta, USA | W: biobanking.conferenceseries.com E: biobanking@geneticconferences.com

2nd Annual Summit on CELL & STEM CELL RESEARCH
November 9-10, 2018 | Atlanta, USA | W: celltherapysummit.conferenceseries.com E: celltherapysummit@geneticconferences.com

2nd Annual Summit on CELL THERAPY & REGENERATIVE MEDICINE
November 9-10, 2018 | Atlanta, USA | W: regenerativemedicine.conferenceseries.com E: Regenemedicine@americaconferences.org

Annual Congress on CELL SCIENCE, STEM CELL RESEARCH & REGENERATIVE MEDICINE
December 07-08, 2018 | Chicago, USA | W: cellscience.conferenceseries.com E: jessiecaspe@conferencesamerica.org



7th Annual Congress on PRIMARY HEALTHCARE, NURSING AND NEONATAL SCREENING
July 27-28, 2018 | Vancouver, Canada | W: primaryhealthcare.conferenceseries.com/america E: primaryhealth@healthconferences.org

2nd International Conference on WOMEN'S HEALTH, OBSTETRICS AND FEMALE REPRODUCTIVE SYSTEM
July 27-28, 2018 | Vancouver, Canada | W: womenhealth.conferenceseries.com E: womenshealth@americaconferences.org

14th International Conference on HEALTHCARE
September 19-20, 2018 | Vancouver, Canada | W: healthcare.global-summit.com/america E: globalhealth@healthconferences.org

3rd World Congress on MEDICAL SOCIOLOGY & COMMUNITY HEALTH
September 21-22, 2018 | Dallas, USA | W: medicalsociology.conferenceseries.com E: medicalsociology@conferenceseries.net

3rd World Congress on MIDWIFERY AND WOMEN'S HEALTH
September 26-27, 2018 | Chicago, USA | W: midwifery.conferenceseries.com E: midwifery@healthconferences.org

4th International Conference on WOUND CARE, TISSUE REPAIR & REGENERATIVE MEDICINE
October 05-06, 2018 | Los Angeles,USA | W: woundcare.conferenceseries.com E: woundcare@conferenceseries.net

International coference on EPIDEMOLOGY & PUBLIC HEALTH
October 17-18, 2018 | Las Vegas, USA | W: epidemiology-publichealth.conferenceseries.com E: Epidemiology@nursingconferenceamerica.com

International Conference on PATIENT SAFETY & QUALITY HEALTHCARE
October 19-20, 2018 | New York, USA | W: patient-safety.conferenceseries.com E:Patientsafety@nursingconferenceamerica.com

4th World Congress on POLYCYSTIC OVARIAN SYNDROME
October 26-27, 2018 | Boston, USA | W: pcosaa.conferenceseries.com E: pcosaa@healthconferences.org

4th International Confernece on SEXUAL AND REPRODUCTIVE HEALTH
October 29-30, 2018 | San Francisco, USA | W: reproductivehealth.conferenceseries.com E: reproductive@conferencesamerica.org



31st Annual Congress on Vaccines, Clinical Trials & B2B
July 27-28, 2018 | Vancouver, Canada | W: vaccines.conferenceseries.com E: vaccineimmunology@americaconferences.org

11th INTERNATIONAL VIROLOGY AND MICROBIOLOGY
July 27-28, 2018 | Vancouver, Canada | W: virology-infection.conferenceseries.com E: virology.infection@americaconferences.org

3rd International Conference on TUMOR & CANCER IMMUNOLOGY AND IMMUNOTHERAPY
September 17-18, 2018 | San Diego, USA | W: tumorimmunology.conferenceseries.com E: tumor@immunologyconferences.org

11th World Congress and Expo on IMMUNOLOGY
October 19-20, 2018 | New York, USA | W: immunology.conferenceseries.com E: immunology@immunologyconferences.org

11th World Congress on IMMUNITY, INFLAMMATION AND IMMUNOTHERAPIES
October 19-20, 2018 | New York, USA | W: innateimmunity.conferenceseries.com E: innateimmunity@immunologyconferences.org

6th International Conference on HIV/AIDS, STDS AND STIS
October 29-30, 2018 | San Francisco, USA | W: hiv-aids-std.conferenceseries.com E: hiv-stds@immunologyconferences.org

32nd International Conference on VACCINES AND IMMUNIZATION R&D, B2B
November 09-10, 2018 | Atlanta, USA | W: vaccines.global-summit.com/america E: americanvaccines@immunologyconferences.org

13th World Congress on VIROLOGY
December 03-04, 2018 | Chicago, USA | W: virology.conferenceseries.com E: virology@microbiologyconferences.org

4th International Conference on ANTIBODIES, PROTEIN ENGINEERING AND ANTIBIOTICS
December 05-06, 2018 | Chicago, USA | W: antibodies.conferenceseries.com E: antibodies@immunologyconferences.org



3rd International Conference on INFECTION CONTROL
June 25-26, 2018 | Vancouver, Canada | W: infectioncontrol.conferenceseries.com E: preventioncontrol@infectiousconferences.com

5th Annual Congress on RARE DISEASES
August 29-30, 2018 | Boston, USA | W: rarediseases.conferenceseries.com E: rarediseases@conferencesamerica.org

4th International Conference on INFECTIOUS DISEASES
August 29-30, 2018 | Boston, USA | W: infection.conferenceseries.com E: infectiousdiseases@infectiousconferences.com

4th International Conference on FLU & EMERGING INFECTIOUS DISEASES
November 07-08, 2018 | Birmingham, USA | W: flu.conferenceseries.com E: flu@infectiousconferences.com



20th International Conference on EMERGING MATERIALS AND NANOTECHNOLOGY
June 25-26, 2018 | Vancouver, Canada | W: emergingmaterials.conferenceseries.com E: emergingmaterials@materialsconferences.org

2nd International Conference on ENERGY MATERIALS & FUEL CELLS RESEARCH
August 27-28, 2018 | Boston, USA | W: energymaterials.conferenceseries.com E: energymaterials@materialsconferences.org

3rd International Conference on APPLIED CRYSTALLOGRAPHY
September 17-18, 2018 | Vancouver, Canada | W: crystallography.conferenceseries.com E: crystallography@materialsconferences.org

8th International Conference on POLYMER SCIENCE AND ENGINEERING
October 15-16, 2018 | Las Vegas, USA | W: polymerscience.conferenceseries.com E: polymerscience@materialsconferences.org

15th International Conference and Exhibition on MATERIALS SCIENCE AND ENGINEERING
November 07-08, 2018 | Atlanta, USA | W: materialsscience.conferenceseries.com E: materialsscience@materialsconferences.org



5th International Conference on NEGLECTED TROPICAL AND INFECTIOUS DISEASES
August 29-30, 2018 | Boston, USA | W: tropicaldiseases.conferenceseries.com E: neglectediseases@americaconferences.org

World Congress on HUMAN PLACENTA, FETAL NUTRITION AND METABOLISM
October 17-18, 2018 | Las Vegas, USA | W: placenta.conferenceseries.com E: placenta@americaconferences.org

International Conference on EMBRYOLOGY AND HUMAN GENETICS
October 17-18, 2018 | Las Vegas, USA | W: embryology.conferenceseries.com E: embryology@conferencesamerica.org

Internatioanl Conference on TRADITIONAL AND HERBAL MEDICINE
November 07-08, 2018 | Atlanta, USA | W: herbalmedicine.conferenceseries.com

International Conference on ANCIENT MEDICINES & MEDICINAL PLANTS
November 07-08, 2018 | Atlanta, USA | W: herbalmedicine.conferenceseries.com E: herbalmedicine.conferenceseries.com



2nd International Conference on MICROBIAL PATHOGENESIS AND INFECTIOUS DISEASES
June 25-26, 2018 | Vancouver, Canada | W: pathogenesis.conferenceseries.com E: microbialpathogenesis@americaconferences.org

2nd International Conference on MICROBIAL ECOLOGY AND ECOSYSTEM
July 11-12, 2018 | Toronto, Canada | W: microbialecology.conferenceseries.com E: microbialecology@microbiologyconferences.org

7th International Conference on ENVIRONMENTAL MICROBIOLOGY
July 11-12, 2018 | Toronto, Canada | W: environmentalmicrobiology.conferenceseries.com E: environmentalmicrobiology@microbiologyconferences.org

3rd International Conference on DIAGNOSTIC MICROBIOLOGY AND INFECTIOUS DISEASES
September 24-25, 2018 | Montreal, Canada | W: diagnosticmicrobiology.conferenceseries.com E: diagnosticmicrobiology@microbiologyconferences.org

7th Annual Summit on MICROBIOLOGY
September 28-29, 2018 | San Antonio, USA | W: microbiology.conferenceseries.com/america E: microbiology@conferencesamerica.org

2nd Annual Conference on MICROBES & BENEFICIAL MICROBES
September 28-29, 2018 | San Antonio, USA | W: beneficialmicrobes.conferenceseries.com E: beneficialmicrobes@microbiologyconferences.org

2nd International Congress on NOSOCOMIAL AND HEALTHCARE ASSOCIATED INFECTIONS
October 15-16, 2018 | Las Vegas, USA | W: nosocomialinfections.conferenceseries.com E: noscomialinfections@conferencesamerica.org

International Conference on DECONTAMINATION, STERILIZATION AND INFECTION CONTROL
October 15-16, 2018 | Las Vegas, USA | W: decontamination.conferenceseries.com E: decontamination@conferencesamerica.org

International Conference on APPLIED MICROBIOLOGY AND MICROBIAL BIOTECHNOLOGY
October 15-16, 2018 | Ottawa, Canada | W: appliedmicrobes.conferenceseries.com E: microbialbiotechnology@microbiologyconferences.org

International Conference on MICROBIOME R&D AND BIOSTIMULANTS
October 15-16, 2018 | Ottawa, Canada | W: microbiome.conferenceseries.com E: microbiome@microbiologyconferences.org

3rd International Conference on WATER MICROBIOLOGY AND NOVEL TECHNOLOGIES
November 07-08, 2018 | Birmingham, USA | W: water.conferenceseries.com E: wattech@microbiologyconferences.org

8th Annual Congress on CLINICAL MICROBIOLOGY
December 5-6, 2018 | Vancouver,Canada | W: clinicalmicrobiology.conferenceseries.com/america E: clinicalmicro@microbiologyconferences.org



20th World Summit on NANOTECHNOLOGY & EXPO
October 05-06, 2018 | Los Angeles,USA | W: nanotechnologyexpo.conferenceseries.com E: nanotek@nanotechconferences.org

2nd International Conference on NANOSTRUCTURED MATERIALS & NANOCHEMISTRY
November 02-03, 2018 | San Francisco | USA | W: nanochemistry.conferenceseries.com



3rd ANNUAL KIDNEY CONGRESS
June 08-09, 2018 | Baltimore, USA | W: kidney.conferenceseries.com E: kidney@nephroconferences.com

16th ANNUAL DIALYSIS & RENAL MEDICINE CONFERENCE
June 08-09, 2018 | Baltimore, USA | W: nephrology.conferenceseries.com E: nephrology@nephroconferences.com

International Conference on KIDNEY AND PERITONEAL DIALYSIS CONFERENCE
November 09-10, 2018 | Birmingham, USA (Alabama) | W: dialysis.conferenceseries.com



5th World Summit on SPINE AND SPINAL DISORDERS
July 27-28, 2018 | Atlanta, USA | W: annualspine.neurologyconference.com E: annualspine@conferencesamerica.org

13th International Conference on ALZHEIMER'S DISEASE, NEURODEGENERATION AND THERAPEUTICS
August 31-September 01, 2018 | Boston, USA | W: alzheimers.global-summit.com E: alzheimers@conferencesamerica.org

6th World Summit on STROKE & NEUROLOGICAL DISORDERS
August 31-September 01, 2018 | Boston, USA | W: strokesummit.neurologyconference.com E: stroke@conferencesamerica.org

7th International Conference and Exhibition on ADDICTION RESEARCH & THERAPY
September 19-20 2018 | San Diego, USA | W: addictiontherapy.conferenceseries.com E: dentalhealth.conferenceseries.com

Annual Summit on OPIOIDS, HEROIN AND DRUG ABUSE
September 19-20 2018 | San Diego, USA | W: opioids.conferenceseries.com E: opioids@americaconferences.org

8th International Conference on BRAIN DISORDERS AND DEMENTIA CARE
September 21-22, 2018 | Philadelphia, USA | W: braindisorders.neurologyconference.com E: braindisorders@conferencesamerica.org

3rd International Conference on SLEEP DISORDERS AND MEDICINE
September 21-22, 2018 | Philadelphia, USA | W: sleepdisorders.neurologyconference.com E: braindisorders@conferencesamerica.org

International Conference on NEUROIMMUNOLOGY, NEUROGENETICS & NEUROLOGICAL DISORDERS
September 26-27, 2018 | Montreal, Canada | W: neuroimmunology.neurologyconference.com E: neuroimmunology@conferencesamerica.org

28th World Summit on NEUROLOGY & NEUROLOGICAL SCIENCES
September 26-27, 2018 | Montreal, Canada | W: neurosummit.neurologyconference.com E: neuroscienceconference@hotmail.com

3rd International Conference on PARKINSON'S DISEASE & MOVEMENT DISORDERS
October 19-20, 2018 | New York, USA | W: parkinsons.conferenceseries.com E: parkinsons@neuroconferences.com




Nursing



14th World Congress on PSYCHIATRIC-MENTAL HEALTH NURSING
July 25-26, 2018 | Vancouver, Canada | W: mentalhealth.nursingconference.com E: mentalhealthnursing@nursingconferencecanada.com

36th GLOBAL NURSING CARE AND EDUCATION CONFERENCE
August 29-30, 2018 | Boston, USA | W: nursingcare.nursingconference.com E: nursingcare@nursingmeetings.com

36TH INTERNATIONAL NURSE EDUCATION & NURSE SPECIALIST CONFERENCE
September 14-15, 2018 | Richmond, USA | W: nursespecialist.nursingconference.com E: nursespecialist@nursingmeetings.com

3rd International Conference on PEDIATRIC NURSING & HEALTHCARE
September 21-22, 2018 | Vancouver, Canada | W: pediatricnursing.nursingconference.com E: pediatricnursing@nursingconference.net

3rd International Conference on PERINATAL NURSING & ADOLESCENT HEALTHCARE
September 21-22, 2018 | Vancouver, Canada | W: perinatalnursing.nursingconference.com E: perinatalnursing@nursingconference.net

4th International Conference on HOLISTIC NURSING AND NURSING PRACTICE
September 24-25, 2018 | Montreal, Canada | W: holisticnursing.nursingconference.com E: holisticnursing@nursingconference.net

3rd World Congress on NEONATAL NURSING & NEONATOLOGY
September 26-27, 2019 | Chicago, USA | W: neonatal.nursingconference.com E: neonatalnursing@nursingconferenceamerica.com

46th GLOBAL NURSING AND HEALTHCARE CONFERENCE
October 15-16, 2018 | Las Vegas, USA | : global.nursingconference.com E: globalnursing@nursingconference.net

42nd NURSING AND HEALTHCARE CONGRESS
October 19-20, 2018 | Ottawa, Canada | W: nursingcongress.conferenceseries.com E: nursingcongress@nursingconference.com

29th International Conference on FAMILY NURSING & HEALTH CARE
October 19-20, 2018 | New York, USA | W: familynursing.conferenceseries.com E: familynursing@nursingconference.com

39th International Conference on NURSING & HEALTHCARE
October 31-November 01, 2018 | Ohio, USA | W: nursing.conferenceseries.com/america E: nursing@nursingconference.com

6th World congress on NURSING LEADERSHIP AND MANAGEMENT
November 07-08, 2018 | Birmingham, USA (Alabama) | W: nursingleadership.nursingconference.com E: nursingleadership@nursingconferenceamerica.com

6th World congress on NURSING PRACTICE & RESEARCH
November 07-08, 2018 | Birmingham, USA (Alabama) | W: nursingpractice.conferenceseries.com E: nursingpractice@nursingconferenceamerica.com

World congress on REGISTERED NURSE AND NURSE PRACTITIONERS CONFERENCE
December 05-06, 2018 | Chicago, USA | W: registerednurse.nursingmeetings.com E: registerednurse@nursingconferenceamerica.com

World congress on NURSING EDUCATION AND MANAGEMENT
December 05-06, 2018 | Chicago, USA | W: nurseeducation.nursingconference.com E: nurseeducation@nursingconferenceamerica.com





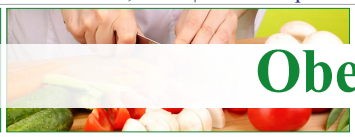
Nutrition



WOMEN'S NUTRITION CONFERENCE 2018
August 31-September 01, 2018 | Toronto, Canada | W: womensnutrition.conferenceseries.com E: womensnutrition@nutritionalconference.com

22nd International Conference on NUTRITION AND FITNESS SUMMIT AND EXPO
September 19-20, 2018 | Vancouver, Canada | W: nutrition.conferenceseries.com E: nutritionhealth@americaconferences.org

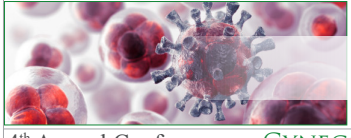
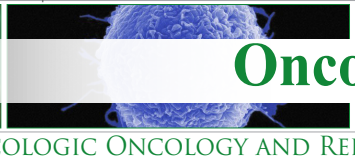
International Conference on PREBIOTICS AND PROBIOTICS
October 31-November 01, 2018 | San Francisco, USA | W: worldprobiotics.conferenceseries.com E: america@conferenceseries.com

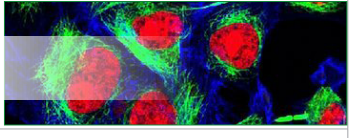

Obesity



INTERNATIONAL HEALTH & FITNESS SUMMIT
September 24- 25, 2018 | Dallas, USA | W: fitness.conferenceseries.com E: fitness@healthconferences.org


Oncology



4th Annual Conference on GYNECOLOGIC ONCOLOGY AND REPRODUCTIVE DISORDERS
July 18-19, 2018 | Atlanta, USA | W: gynecologic-oncology.conferenceseries.com E: gynecologiconcology@oncologyseries.com

4th Annual Conference on PREVENTIVE ONCOLOGY
July 18-19, 2018 | Atlanta, USA | W: preventiveoncology.conferenceseries.com E: Preventiveonco@oncologyseries.com

International Conference on ONCOGENESIS AND ONCOLOGIC EMERGENCY MEDICINE
September 17-18, 2018 | San Diego, California, USA | W:oncology.conferenceseries.com E: oncologenesis@americaconferences.com

28th International Conference on CANCER RESEARCH AND ANTICANCER THERAPIES
September 17-18, 2018 | San Diego, USA | W: cancer.conferenceseries.com E: cancer@americaconferences.com

12th Annual Congress on BIOMARKERS & CLINICAL RESEARCH
October 03-04, 2018 | Los Angeles,USA | W: biomarkers.conferenceseries.com E: biomarkers@oncologyseries.com

2nd International Conference on CANCER BIOLOGY AND DRUG DELIVERY
October 03-04, 2018 | Los Angeles,USA | W: cancerbiology.conferenceseries.com E: cancerbiology@oncologyseries.com

26th Annual Congress on CANCER SCIENCE AND TARGETED THERAPIES
October 29-30, 2018 | San Francisco, USA | W: cancer.global-summit.com/america E: cancertherapy@cancersummit.org

12th International Conference on HEMATOLOGY AND HEMATOLOGICAL ONCOLOGY
October 29-30, 2018 | San Francisco, USA | W: hematology.conferenceseries.com E: hematology@conferencesamerica.org

International Conference on GASTROINTESTINAL CANCER AND THERAPEUTICS
October 29-30, 2018 | San Francisco, USA | W: gastrocancer.conferenceseries.com E: gicancer@americaconferences.com

9th World Congress on BREAST CANCER
October 31-November 01, 2018 | Ohio, USA | W: breastcancercongress.cancersummit.org E: breastcancercongress@oncologyseries.com

27th WORLD ONCOLOGISTS ANNUAL CONFERENCE
December 07-08, 2018 | Chicago, USA | W: oncologists.cancersummit.org E: oncology@conferencesamerica.org



19th International Conference on OPHTHALMOLOGY
July 16-17, 2018 | Atlanta, USA | W: eyesurgery.ophthalmologyconferences.com

International Conference on EYE AND VISION
July 16-17, 2018 | Atlanta, USA | W: eye.ophthalmologyconferences.com

18th WORLD OPTOMETRY & PHOTOREFRACTIVE KERATECTOMY
September 24- 25, 2018 | Dallas, USA | W: optometry.ophthalmologyconferences.com

18th International Conference on GLAUCOMA & RETINAL DISEASES
September 24- 25, 2018 | Dallas, USA | W: glaucoma.ophthalmologyconferences.com E: Glaucoma2018@gmail.com



12th International Conference on PEDIATRIC DISEASES AND DIAGNOSTIC PATHOLOGY
July 13-14, 2018 | Toronto, Canada | W: pediatricpathology.conferenceseries.com E: pediatricpathology@conferencescanada.org

6th International Conference on BREAST PATHOLOGY AND CANCER
July 27-28, 2018 | Vancouver, Canada | W: breastpathology.conferenceseries.com E: breastpathology@pathologyseries.com

4th international Conference on CYTOPATHOLOGY & HISTOPATHOLOGY
August 29-30, 2018 | Boston, USA | W: cytopathology.conferenceseries.com E: cytopathology@pathologyconferences.org

10th International Conference on CLINICAL AND MEDICAL CASE REPORTS
August 31-September 01, 2018 | Toronto, Canada | W: casereports.conferenceseries.com E: casestudy@pathologyconferences.org

17th International Conference on ORAL & MAXILLOFACIAL PATHOLOGY
September 24-25, 2018 | Montreal, Canada | W: oralpathology.conferenceseries.com E: oral@pathologyconferences.org

International Conference and Expo on
DERMATOPATHOLOGY SKIN DIAGNOSIS
September 28-29, 2018 | San Antonio, USA | W: dermatology-skin.pathologyconferences.com E: derma@pathologyconferences.org

9th International Conference on CLINICAL RESEARCH AND DIAGNOSIS
September 24-25, 2018 | Chicago, USA | W: clinicalpractice.conferenceseries.com E: clinicalresearch@americaconferences.com

3rd International Conference on INTERNAL MEDICINE & HOSPITAL MEDICINE
October 15-16, 2018 | Ottawa, Canada | W: internalmedicine.conferenceseries.com E: internalmedicine@conferenceseries.net

2nd International Conference on GYNECOLOGY AND OBSTETRICS PATHOLOGY
October 17-18, 2018 | Ottawa, Canada | W: gynecology-obstetrics.pathologyconferences.com E: america@conferenceseries.com

9th International Conference on
PREVENTIVE, PREDICTIVE & PERSONALIZED MEDICINE AND MOLECULAR DIAGNOSTICS
October 26-27, 2018 | Boston, USA | W: personalizedmedicine.conferenceseries.com E: personalizedmedicine@conferenceseries.net

PRECISION MEDICINE 2018
November 07-08, 2018 | Atlanta, USA | W: precisionmedicine.conferenceseries.com E: america@conferenceseries.com

3rd International Conference on DIGITAL PATHOLOGY AND IMAGE ANALYSIS
December 03-04, 2018 | Chicago, USA | W: digitalpathology.conferenceseries.com E: digitalpathology@pathologyseries.com



17th AMERICAN PEDIATRICS HEALTHCARE & INFECTIOUS DISEASES CONGRESS
June 27-28, 2018 | Vancouver, Canada | W: pediatricshealth.conferenceseries.com E: pediatricshealth@pediatricsconferences.com

17th Annual World Congress on NEONATOLOGY
June 27-28, 2018 | Vancouver, Canada | W: neonatal.conferenceseries.com E: neonatology@americaconferences.org

20th World Congress on GENERAL PEDIATRICS AND ADOLSENT MEDICINE
September 17-18, 2018 | Philadelphia, USA | W: generalpediatrics.conferenceseries.com E: generalpediatrics@pediatricsconferences.org

20th World Congress on PEDIATRIC ONCOLOGY AND NURSING
September 17-18, 2018 | Philadelphia, USA | W: pediatriconcology.conferenceseries.com E: pediatriconcology@pediatricsconferences.org

4th Annual Summit on INFANCY, CHILD NUTRITION & DEVELOPMENT (ICND)
November 07-08, 2018 | Atlanta, USA | W: pediatricnutrition.conferenceseries.com E: infancy@pediatricsconferences.org



Pharma

8th International Conference on CGMP, GCP & REGULATORY AFFAIRS
June 08-09, 2018 | Baltimore, USA | W: gmp-gcp-quality-control.pharmaceuticalconferences.com E: gmpsummit@pharmaceuticalconferences.org

7th International Conference on PHARMACEUTICAL AUDITING
June 08-09, 2018 | Baltimore, USA | W: audit.pharmaceuticalconferences.com E: pharma.audit@conferencesamerica.org

International Conference on BIOBETTERS AND REGULATORY IMPLICATIONS
June 27-28, 2018 | Vancouver, Canada | W: biobetters.conferenceseries.com E: biobetters@conferencescanada.org

International Conference on DRUG DISCOVERY, DESIGNING AND DEVELOPMENT
June 27-28, 2018 | Vancouver, Canada | W: drugdiscovery.pharmaceuticalconferences.com E: drugdesigning@conferencesamerica.org

International Conference on PHARMACEUTICAL ANALYSIS AND QUALITY CONTROL STRATEGIES
June 27-28, 2018 | Vancouver, Canada | W:analysis.pharmaceuticalconferences.com/usa E: analysis@conferencesamerica.org

International Conference on PEDIATRIC PHARMACOLOGY
July 13-14, 2018 | Toronto, Canada | W: pediatric.pharmaceuticalconferences.com E: Pediatricpharma@conferencesamerica.org

International Conference on PHARMACEUTICAL ONCOLOGY
July 18-19, 2018 | Atlanta, USA | W: oncology.pharmaceuticalconferences.com E: oncopharma@conferencesamerica.org

11th International Conference and Exhibition on PHARMACOLOGY AND ETHNOPHARMACOLOGY
July 18-19, 2018 | Atlanta, USA | W: ethnopharmacology.pharmaceuticalconferences.com E: ethnopharma@pharmaceuticalconferences.org

International Conference on PEDIATRIC HOSPITAL MEDICINE
August 29-30, 2018 | Boston, USA | W: pediatricmedicine.pharmaceuticalconferences.com E: pediatricmedicine@conferencesamerica.org

9th International Conference and Exhibition on PHARMACEUTICAL BIOTECHNOLOGY & BIOMEDICAL ENGINEERING
August 31-September 01, 2018 | Boston, USA | W: pharmabiotech.pharmaceuticalconferences.com E: pharmabiotech@conferencesamerica.org

Internantional Conference on DRUG SAFETY AND PHARMACOVIGILANCE
August 29-30, 2018 | Toronto, Canada | W: drugsafety.pharmaceuticalconferences.com E: drugsafety@conferencesamerica.org

ANNUAL NEUROCHEMISTRY AND NEUROPHARMACOLOGY CONGRESS
September 14-15, 2018 | Richmond, USA | W: neuropharmacology.conferenceseries.com E: neuro.pharma@pharmaceuticalconferences.org

15th International Conference on PHARMACEUTICAL FORMULATIONS & DRUG DELIVERY
September 17-18, 2018 | Philadelphia, USA | W: formulations.pharmaceuticalconferences.com E: pharmaformulations@conferencesamerica.org

5th International Conference on CLINICAL PHARMACY AND PHARMACY PRACTICE
September 17-18, 2018 | San Antonio, USA | W: clinicalpharmacy.pharmaceuticalconferences.com E: clinicalpharmacy@conferencesamerica.org

11th World Congress on PHARMACOLOGY & THERAPEUTICS
September 17-18, 2018 | San Antonio, USA | W: pharmacology-usa.pharmaceuticalconferences.com E: pharmacology@conferencesamerica.org

17th International Conference on ENVIRONMENTAL TOXICOLOGY AND ECOLOGICAL RISK ASSESSMENT
September 24-25, 2018 | Chicago, USA | W: environmentaltoxicology.conferenceseries.com E: envitox@toxicologyconferences.org

7th International Conference on CLINICAL TRIALS
September 24-26, 2018 | Chicago, USA | W: clinicaltrials.conferenceseries.com E: clinicaltrials@pharmaceuticalconferences.org

WORLD DRUG DELIVERY SUMMIT
September 24-25, 2018 | Chicago, USA | W: drugdelivery.pharmaceuticalconferences.com E: drugdelivery@pharmaceuticalconferences.org

11th World Congress on PHARMACEUTICAL SCIENCES
September 28-29, 2018 | Montreal, Canada | W: pharmacy.pharmaceuticalconferences.com E: worldpharma@pharmaceuticalconferences.org

16th Global Summit on TOXICOLOGY AND APPLIED PHARMACOLOGY
October 15-16, 2018 | Las Vegas, USA | W: toxicology.global-summit.com E: toxicology@conferenceseries.net

13th International Conference on BIOLOGICS AND BIOSIMILARS
October 24-25, 2018 | Boston, USA | W: biosimilars-biologics.pharmaceuticalconferences.com E: biosimilars@pharmaceuticalconferences.org

13th International Conference on BIOPHARMA AND BIOTHERAPEUTICS
October 24-25, 2018 | Boston, USA | W: biopharmaceutics.pharmaceuticalconferences.com E: biopharma@pharmaceuticalconferences.org



Physics

10th International Conference and Exhibition on LASERS, OPTICS & PHOTONICS
November 26-28, 2018 | Los Angeles,USA | W: optics.conferenceseries.com E: optics@physicsconferences.org

4th International Conference on ASTROPHYSICS AND PARTICLE PHYSICS
December 03-05, 2018 | Chicago, USA | W: astrophysics.conferenceseries.com E: particle@physicsconferences.org



4th Global Summit on PLANT SCIENCE & ENVIRONMENTAL BIOTECHNOLOGY
June 27-28, 2018 | Vancouver, Canada | W: plantscience.global-summit.com/america

International Conference on ORGANIC FARMING & BIOLOGICAL TREATMENT
September 19-20, 2018 | Dallas, USA | W: organicfarming.conferenceseries.com E: organicfarming@americaconferences.com

International Conference on PLANT BIOTECHNOLOGY & AGRICULTURE
September 24- 25, 2018 | Dallas, USA | W: plantbiotechnology.conferenceseries.com



International Conference on PSYCHOTHERAPY & PSYCHOLOGICAL DISORDERS
July 11-12, 2018 | Toronto, Canada | W: psychotherapy.psychologysummit.com E: psychotherapy@americaconferences.com

International Conference on APPLIED PSYCHOLOGY AND BEHAVIORAL MEDICINE
July 11-12, 2018 | Toronto, Canada | W: appliedpsychology.psychologysummit.com E: appliedpsychology@americaconferences.com

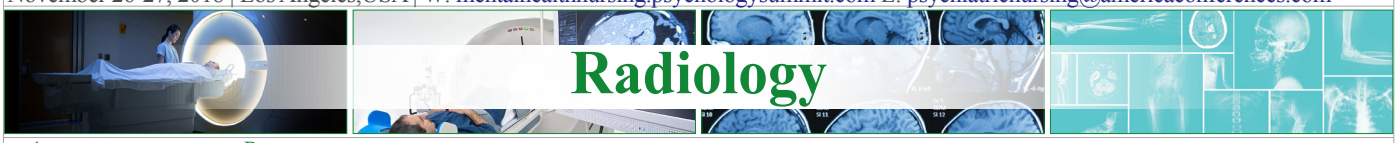
5th World Congress on MENTAL HEALTH AND WELL-BEING
July 25-26, 2018 | Vancouver, Canada | W: annualmentalhealth.psychologysummit.com E: annualmentalhealth@psychiatryconferences.com

World Summit on MINDFULNESS & STRESS MANAGEMENT
August 27-28, 2018 | Boston, USA | W: mindfulness.psychologysummit.com E: mindfulness@conferencesamerica.org

5th International Conference on OXIDATIVE STRESS DISEASES AND COGNITIVE RESEARCH
August 27-28, 2018 | Boston, USA | W: stress.pharmaceuticalconferences.com E: stress@conferencesamerica.org

30th World Summit on PSYCHOLOGY, PSYCHIATRY & PSYCHOTHERAPY
September 19-20 2018 | San Diego, USA | W: psychology.conferenceseries.com E: psychology@psychiatryconferences.com

15th World Summit on PSYCHIATRY & MENTAL HEALTH NURSING
November 26-27, 2018 | Los Angeles,USA | W: mentalhealthnursing.psychologysummit.com E: psychiatricnursing@americaconferences.com



18th World Congress on RADIOLOGY
August 27-28, 2018 | Toronto, Canada | W: radiology.conferenceseries.com E: radiology@conferencescanada.org

20th World Congress on RADIOLOGY AND ONCOLOGY
September 26-27, 2018 | Chicago, USA | W: radiology.conferenceseries.com/america E: radiology@conferencescanada.org

20th International Conference on CHEMICAL BIOLOGY AND RADIATION THERAPY
September 26-27, 2018 | Chicago, USA | W: chemicalbiology.pharmaceuticalconferences.com



7th International Conference on COSMETOLOGY & BEAUTY
July 13-14, 2018 | Toronto, Canada | W: cosmetology.conferenceseries.com E: cosmetologycanada@surgerymeetings.com

International Conference on PLASTIC SURGERY
August 31-September 01, 2018 | Toronto, Canada | W: plasticsurgery.conferenceseries.com E: plasticsurgery@americaconferences.org

10th ORTHOPEDICS & RHEUMATOLOGY ANNUAL MEETING & EXPO
August 31-September 01, 2018 | Toronto, Canada | W: orthopedics-rheumatology.conferenceseries.com E: orthopedics@surgeryconferences.org

8th American Conference on SURGERY AND CASE REPORTS
September 24-25, 2018 | Chicago, USA | W: americansurgery.conferenceseries.com E: americansurgery@conferencesamerica.org

Exhibitor

ROBARD CORPORATION

Leaders in Weight Management

Robard Corporation provides healthcare professionals with comprehensive medical and non-medical obesity treatment programs, scientifically designed nutrition products, and complimentary business management services. Whether you are new to obesity treatment or expanding an existing service, we are committed to get you up-and-running in 60 days - utilizing your existing staff - and have a vested interest in your long-term success.

Services: Our dedication to you does not stop once you've implemented a Robard program. For the lifetime of our relationship, you will benefit from complimentary business growth support and services, as well as operational assistance, from a dedicated Territory Sales Manager (TSM) and Business Development Manager (BDM) who are actively involved in educating your staff. To assist you with growing your practice and improving the quality of life of your patients, Robard leverages an extensive library of resources, including Medical Protocols, annual educational events and webcasts, an online Staff Training Tutorial Program and materials, a proprietary patient engagement system, Patient Education Modules, training and marketing kits, a Key Operating Statistics (KOS) program, and more.

Team: The members of Robard's Medical Advisory Panel are well respected, highly trained experts in the field of obesity treatment who actively treat overweight and/or obese patients. In addition to continually reviewing and enhancing our obesity treatment protocols, they consult with Robard customers to advance modern approaches for evidenced-based patient management and treatment.

Products:

- Nutrimed Products
- New Direction Products (Original)
- New Direction Products (Natural)
- Kosher
- Bariatric
- Aspartame Free
- Lactose Free
- Gelatin Free
- Wheat Free
- Naturally Flavored
- Probiotic
- Natural Sweeteners
- Natural Flavors

Christopher Case - Medical Director
Jay Satinsky - Territory Sales Manager at Robard Corporation
Vanessa Ramalho - Special Projects Coordinator

Robard Corporation
Phone: 856 778 9200; Toll Free: 800 222 9201
E: info@robard.com | W: www.robard.com

1705th Conference

Obesity & Fitness 2018





International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA

Supporting Journals

SUPPORTING JOURNALS

Aerobics & Fitness

International Journal of Physical Medicine & Rehabilitation



Nano World 2018

1705th Conference

Obesity & Fitness 2018





International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA

Keynote Forum

Day 1

International Conference on
OBESITY & FITNESS EXPO
June 06-07, 2018 | Philadelphia, USA



Teddy Rothstein

OJW Protocol, USA

Providing orthodontic jaw wiring weight-control (OJW®: weight control) as part of a "healthcare team"- A new service in the dental professional's office

My work demonstrates that Dental Professionals (DPs) are welcomed by the public and as providers of weight control services as part of a Healthcare team that includes dieticians, physicians, psychotherpists and baritric surgeons. OJW is a fixed intra-oral, bio-mechanical appliance and protocol for controlling compulsive overeating in carefully selected patients who are obese/heading toward obesity, that help them start regaining control over compulsive eating habits with potentially grave health consequences. Patients are wired into the physiologic rest position thereby limiting the extent they can open their jaw. Permission to begin a liquid diet is obtained from their phsician. The clarity of speech is unaffected. Seemingly extreme, after seventeen years providing OJW, it is arguably rather a benign non-invasive, safe and effective method, when using my protocol. Under my protocol, the DP is responsible for maintaining the health of the TMJ, Dentition and Gingiva. The patient is responsible for losing weight by dint of their passionate dedication and adherence to a long-term, low-calorie, liquid diet authorized by their physican or proxy (psychotherapist) with guidance from dietitians and nutritionists. Today I will enumerate the myriad consequences of obesity, and the DPsfunction as a member of a Healthcare team. I will describe the appliance and how-why it works. Then demonstrate how to wire the jaws and tell you about the position the jaw is wired into. I will outline the scope of the service. I will address safety and effectivness by referencing a questionnaire I mounted in 2009. Documents will include the Informed Consent, Poor candidates; how to address problems, and a list of the ten most important elements of the OJW Service.

Biography

Having practiced every phase of Orthodontic-Orthopedics for thirty-seven years, I moved from Brookyn, NY to Portland, OR in August '16 where on Dec.16, 2016 I petitioned the OR Board of Dentisty to sanction OJW: Weight control services for Dental Professionals. On June 26, 2017 "Weight control" services were approved. I invented the appliance and developed the protocol for providing OJW: Weight-control. I provide OJW in Brooklyn NY. I have treated 200+ patients most of whom come from everywhere in the United States simply because I am the sole provider. My dedicated OJW website: www.ojwforweightcontrol.com See youtube.com Ted Rothstein DDS to view some of the videos I posted on providing the OJW service.

drted35@gmail.com

Notes:

International Conference on
OBESITY & FITNESS EXPO
June 06-07, 2018 | Philadelphia, USA



Sharon Phelan

Institute of Technology, Ireland

Fitness through folk dance

This paper identifies folk dance as a means through which people can increase their fitness levels, psychologically and physically. It will use Irish dance as a case study and recordings and live demonstrations during the presentation will validate the academic theories presented. The first section of the paper will focus on the use of dance as a physical fitness tool. Then, the paper will focus on the impact of dance from psychological perspectives. Specific areas receiving attention include Self-Expression, Identity, Authenticity and Isolation. Then the paper addresses methods of teaching dance which facilitate optimum levels of fitness. The paper argues that dance can increase fitness more intensely if it is approached from artistic perspectives. In an artistic context, there is a mind-body connection. There, both physical and psychological fitness levels are being challenged simultaneously. This approach is in direct contrast to the popular dancercise class. There, the experience is skills driven and the participants often move in isolation to each other. In this superficial context, there is little room for socio-emotional expression.

Biography

Sharon Phelan lectures in Physical Education and Dance at the Institute of Technology, in Tralee, Co. Kerry, Ireland. She has danced with Siamsa Tire, the National Folk Theatre of Ireland, for over twenty-five years and she is a National Facilitator in Dance with the Department of Education. Sharon was responsible for the first dance syllabus at second level in Ireland and she has also published internationally on dance, from educational, artistic and cultural perspectives. In 2014, her book, 'Dance in Ireland: Steps, Stages and Stories' was published by Cambridge Scholars Press. Her current areas of interest include supervision of dance research at masters and at doctoral levels and the use of distance learning in dance in third level. She is also completing another book, which focuses on dance-in-education from an all-inclusive perspective.

sharon.phelan@ittralee.ie

Notes:

John Ebnezar, J Obes Weight Loss Ther 2018, Volulme: 8
DOI: 10.4172/2165-7904-C2-059

International Conference on
OBESITY & FITNESS EXPO
June 06-07, 2018 | Philadelphia, USA



John Ebnezar

Wholistic Orthopedic Expert, India

Exercises for modern life style backache – Conventional v/s mind body, which is the better option?

Low backache is known to affect 80% of the world population and 80% of it is caused by mechanical factors like poor posture, weak back and abdominal muscles and a poor modern day life styles. Muscles, ligaments, disc related problems are responsible for 5% of these low backaches. Hence to prevent and treat common low backaches, maintaining a back healthy life style is of paramount importance. Among other measures, back exercises that stretch and strengthen the core muscles involving the back, abdomen and thigh muscles, are the most important. While today's exercise regimen followed all over the world involving warm-up, stretching and strengthening exercises have shown to be quite effective in keeping our backs healthy, the emergence of modern day life styles and stress both as a cause and effect of low backache has made the conventional exercises and back healthy regime less effective. The need of the hour is a set of exercises that restores this imbalance and helps tackle stress as well. We need a paradigm shift from the body based exercises to mind body exercises. Yoga based integrated exercise approach seems to be the perfect choice when it comes to this form of exercise. The effectiveness of this yoga based approach over the conventional back care approach has been proved by RCT's conducted by Dr Ebnezar et al and Dr Padmini et al, at SVYASA Bangalore. They have in their study shown that patients of common low backache who were treated with Yoga based approach showed a significantly better ($P<0.001$) results in all the variables like pain, spinal flexibility, Oswestry Disability Index, and most importantly reduction in stress scores and overall improvement in the quality of life over the patients who underwent the conventional therapeutic approach for modern day life style lower back pain. Yoga based exercises provides the missing link in the present day healthy back regime and apart from maintaining all the benefits of the previous therapeutic exercises adds a new dimension of mental and emotional control making this exercise program more complete and thereby effectively fulfills the lacunae of the earlier treatment methods for common low backache. Thus Yoga based exercises is emerging as the new gold standard in the conservative management of this most common malady afflicting the mankind since time immemorial and is undoubtedly the new mantra in keeping your back healthy, fit and fine.

Biography

John Ebnezar is an internationally renowned orthopedic surgeon, passionate about creating, conceptualizing, implementing preventive new orthopedic health awareness modules with an aim to propagate low cost orthopedic health care. He is specialized in trauma, spine, geriatric orthopedics and sports medicine. He holds Guinness World Records both for academics (2010) and social service (2015), only orthopedic surgeon in the world to do so. He is a PhD in yoga, involved in 6 original-yoga researches, won Best Research Award from SVyasa Yoga University (2012) for his work on knee arthritis and role of yoga in fracture healing (2010). He has pioneered a new treatment method, WHolistic Orthopedics, by blending modern orthopedics with Indian Yoga, which is simple, cheap, effective alternative for patients for whom knee replacement is not an option and also for patients with modern life style orthopedic problems and has redefined the way orthopedic ailments are treated across the globe.

johnebnezar@gmail.com

Notes:

1705th Conference

Obesity & Fitness 2018





International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA

Scientific Tracks & Abstracts

Day 1

Sessions

Obesity & Weight Management | Obesity and Diabetes | Obesity and Heart disease | Chronic Diseases linked to Obesity & Treatments | Obesity and Oncology | Recent Advances in Obesity | Clinical Nutrition | Nutrigenetics and Nutrigenomics | Sports Nutrition | Nutrition and Cancer | Current Research in Nutrition and Dietetics

Session Chair
Teddy Rothstein
OJW Protocol, USA

Session Co-chair
John Ebnezar
Wholistic Orthopedic Expert, India

Session Introduction

Title: **To Study the Effectivenes of Cyriax Manual Therapy Versus Muscle Energy Technique in Subjects with Tennis Elbow in Pain, Grip Strength and Functional Disability**

Sarin Avnee, Dav Institute of Physiotherapy and Rehabilitation Centre, India

Title: **Challenges in Combating Obesity and limportance of Counseling for Good Dietary Compliance among Patients**

Chaya P Mishra, Consultant Nutritionist & Clinical Dietitian, India

Title: **Hypolipidemic and Cardioprotective Effects of *Tabebuia Impetiginosa* (Lapacho Tea) Extract in Wistar Rats Fed a High Fat and Fructose Diet**

Beatrice N Kiage-Mokua, Jomokenyatta University of Agriculture and Technology, Kenya

Title: **Milk: There's More to it than Meets the Eye**

Jaymar Saniatan, Nutrition & Fitness Institute, USA

Title: **Unhealthy Weight Control Practice among Female High School Adolescents in Addis Ababa, Ethiopia**

Tigest Ajeme, Addis Ababa University, Ethiopia

Title: **A Suggested Strategy for Aerobic Gymnastic in the Egyptian Federation of Gymnastics**

Mohamed Elsayed Ahmed Elhabashi, Benha University, Egypt

Avnee Sarin, J Obes Weight Loss Ther 2018, Volulme: 8
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International Conference on
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To study the effectivenes of cyriax manual therapy versus muscle energy technique in subjects with tennis elbow on pain, grip strength and functional disability

Avnee Sarin
Dav Institute of Physiotherapy and Rehabilitation, India

Introduction: Tennis elbow is a syndrome characterized by an insidious onset of elbow pain brought on by wrist extension with pronation or supination and aggravated by gripping. Tennis elbow affects 1-3% of the population.

Objective: To compare the effectiveness of Cyriax manual therapy and Muscle Energy Technique in pain, grip strength and functional disability in subjects with tennis elbow.

Methodology: A minimum of 45 subjects were taken for the study. Study was done in the D.A.V Institute of physiotherapy, Jalandhar and affiliated hospitals. Total duration was one and half year. Convenient sampling technique was done, with three equal groups of 15 subjects i.e. Group A (control) received ultra sound, static stretching, eccentric exercises. Group B received ultrasound, Cyriax manual therapy, static stretching and eccentric exercises. Group C received ultrasound, Muscle Energy Technique, static stretching, eccentric exercises .Treatment was given for 8 sessions within two weeks. Data was collected on 1st (pre-treatment), 4^{th} and 8^{th} (post-treatment) session. Total of 8 treatment sessions were given to each group within 2 weeks.

Result: The result showed significant improvement in Grip Strength, VAS and PRTEE within three groups. Intergroup analysis showed that there was non significant difference between the effectiveness of Cyriax Manual Therapy and Muscle Energy Technique in patients with tennis elbow.

Conclusion: Cyriax Manual Therapy and Muscle Energy Technique are equally effective in decreasing pain, functional disability and increasing grip strength in subjects with tennis elbow.

Key Words: Tennis elbow; Cyriax Manual Therapy; Muscle Energy Technique; Patient rated tennis elbow evaluation questionnaire; Visual Analogue Scale; hand dynamometer.

Biography

Avnee Sarin (PT,MPT ortho), completed her bachelors in physiotherapy from Christian medical college Ludhiana, india and her masters degree from dav institute of physiotherapy and rehabilitation in 2014. She has also done certification course in diet and nutrition. She has been working as assistant professor and consultant physiotherapist at Dav Institute of physiotherapy and rehabilitation. She has been guide to undergraduate and post graduate students of physiotherapy for their dissertations and 3 of her articles have been published in reputed journals and few are under the process of publication.

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Chaya P Mishra, J Obes Weight Loss Ther 2018, Volulme: 8
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Challenges in combating obesity and importance of counseling for good dietary compliance among patients

Chaya P Mishra
Consultant Nutritionist & Clinical Dietitian, India

A successful case study of transformation of a morbidly obese (BMI-53kg/m2) to obesity Gr-III (BMI-37kg/m2) with total reduction of 43kg (94.6lbs) achieved in a span of 10 months with dietary approach and minimal activity (5 to 40 minutes of walk) in ten months, thus majorly attributable to diet therapy and successful counseling. An individual male aged 27 yrs, height-170cms, weight-149.7kg (329.3lbs) BMI 53 kg/m2, abdominal girth 142 cms with hypertension (on medication since two years Telmesarten 80) with a history of several episodes of yo-yo effect of weight loss and poor self esteem. He was explained about diet therapy and the time required for achieving weight reduction of 80 kg (176 lbs) with emphasis on regular follow ups. In each follow up different types of 10 days menu plans were prescribed (high protein-low fat-adequate CHO, complex CHO adequate protein and high fiber diets) according to the likings of the patient for better compliance. With each follow up body weight and abdominal girth were measured which showed a reducing trend motivating him further to adhere to the diet. With every follow up challenges like, over enthusiasm to shed more weight, urge to work out more, inadequate compliance to diet, social and emotional binging, greedy diet, lack of interest due to unsatisfactory weight reduction were all dealt with appropriate counseling and involving the family and friends for support. By the end of eight months his hypertensive drugs were totally withdrawn by the consultant physician after tapering and the parameters like VLDL and Triglycerides were well within normal limits with satisfactory general well being.

Biography

Chaya P Mishra, BSC Medical Technology in Radio diagnosis with distinction from Bangalore University, MSc Dietetics & Nutritional Sciences with distinction from Allahabad University, NET qualified for Assistant Professor in 2013.Formerly served in scientific posts for Indian Council of Agriculture Research- Nainital and Bhabha Atomic research centre Hospital- Mumbai. Presently Consultant Nutritionist and Clinical Dietitian at Allahabad, India.

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Hypolipidemic and cardioprotective effects of *Tabebuia impetiginosa* (Lapacho Tea) extract in wistar rats fed a high fat and fructose diet

Beatrice N Kiage-Mokua
Jomokenyatta University of Agriculture and Technology, Kenya

In earlier studies *Tabebuia impetiginosa* extract inhibited lipase and slowed the increase of postprandial triglycerides in rats given a fat load. Therefore we investigated its triglyceride lowering and cardioprotective effects in Wistar rats fed a high fat and fructose diet (HFFD). In a dose-effect trial three groups of 21 rats each were fed for 74 days only HFFD (controls), or HFFD, to which either 0.3 (HFFD+lowL) or 0.6 mg dry *Tabebuia impetiginosa* extract per kg food (HFFD+highL) was added. Fasting blood samples were drawn before and at the end of intervention. *Tabebuia impetiginosa* extract lowered dose-dependently and significantly ($p<0.05$) plasma triglycerides (TG), total cholesterol (TC), atherogenic index (AI), cardiovascular risk index (CRI) and liver TG, as well as fasting blood glucose (FBG) and glycated hemoglobin (HbA1c), with correlation coefficients (R) between ±0.288 and ±0.519 (General Linear Model (GLM) procedure). Fat malassimilation was not observed. In conclusion, *Tabebuia impetiginosa* extract might be a promising adjunct in the management of hypertriglyceridemia and other risk factors of cardiovascular disease, common in obesity and diabetes.

Keywords: *Tabebuia impetiginosa* extract (lapacho tea); high fat and fructose diet; lipase inhibitor; triglycerides; cardiovascular disease; diabetic obese rats.

Biography

Beatrice Nyanchama Kiage Mokua has completed her PhD at the age of 37 years from Christian Albrechts University (CAU), Kiel, Germany. She is a lecturer at Jomokenyatta University of Agriculture and Technology at the Department of Food science and Technology. She has papers in reputed journals.

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Milk: There's more to it than meets the eye

Jaymar Saniatan
Nutrition & Fitness Institute, USA

Research includes Discuss basic information regarding Milk, Review studies involving Milk and Fitness and Review the outcomes/results of studies involving Milk and Fitness

Origin of Milk: Founded in 9000-7000 BC in SW Asia, First bottled milk used in 1870's US is the top producers of Milk worldwide. The Following components of milk contains Casein makes up 76-86% of protein Whey makes up around 20% of protein, Carbohydrate: lactose, glucose, galactose, Calcium and Vitamin D. muscle hypertrophy: protein 1.2-2.0 grams/kg, calories 44-50 kcal/kg maintenance, Protein 0.8 grams/kg, Calories 25-30 kcal/kg

ELLIOT,T: 24 untrained men and women.237 gm fat free milk v/s 237 gm whole milk v/s 393 gm isocaloric fat free milk. Results: whole milk increased utilization of available amino acid for protein synthesis.

TIPTON, K: 23 untrained men and women. Each given 20 gram casein, 20 grams whey, or artificially sweetened water 1 hr after leg resistance exercise.

Results: participants given milk protein showed increased protein synthesis.

HARTMAN, J: 56 young untrained males. 500ml fat free milk vs soy protein beverage vs isocaloric carbohydrate beverage 1 hr after workout.

Results: Milk intake showed increased lean body weight and decreased body fat.

WILKINSON, S: 8 weight trained men 500ml skim milk vs soy protein beverage

Results: Both increased protein syntheses and muscle mass. Skim milk had greater impact on muscle mass.

JOSSE,A: 20 untrained women 12 wks 5d/wk exercise, 500ml fat free milk vs Isocaloric Maltodextrin,

Results: Milk increased LBM, had a greater fat mass loss, and a greater strength gain.

KARP, J: Trained endurance athletes. Chocolate milk v/s carbohydrate drink. Participants performed a ride to exhaustion after 4 hours of consumption and revcovery.

Results: the time to exhaustion were similar for both beverages.

Biography

Jaymar is a Nutrition Expert who has a history with personal training and physical fitness. He has been consulting in the Los Angeles area for 12+ years. He is a Registered Dietitian, so legally he is allowed to give nutrition advice. His clients come from every part of the world and come in many shapes and sizes. He has consulted with kids to the elderly, athletes to the common Joe, and everyone in between. Any issue that has to do with Nutrition and or Fitness will be resolved by Jaymar and his Nutrition Phitness Team.

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Unhealthy weight control practice among female high school adolescents in addis ababa, Ethiopia

Tigest Ajeme Tuffa
Addis Ababa University, Ethiopia

Unhealthy weight control practices are a serious concern with clinical implication as a potential risk factor for eating disorder. Despite recent epidemiological studies indicate a high prevalence of unhealthy weight control practices in developing countries, there is lack of such knowledge in Ethiopia. This is the first Ethiopian study aimed to determine the magnitude of unhealthy weight control practice among female high school adolescents in Addis Ababa, Ethiopia. We conducted a school based cross-sectional study among randomly selected 721 adolescents in private and government schools. We used a nine item question to measure engagement in unhealthy weight control practice. We also used an eight item body part satisfaction scale to measure body part dissatisfaction. The body part satisfaction scale was translated into the local Amharic language and tested for face validity. Logistic regression was used to calculate odds ratios for predictors of unhealthy weight control practice. The magnitude of engagement in unhealthy weight control practice at least once a week in the last one month was 232 (33.8%). The overall prevalence of purging and non-purging behavior was 10 (1.5%) and 222 (32.3%), respectively. Factors that were significantly associated were perceived overweight [AOR=2.88, 95% CI=1.08-7.69], being overweight [AOR=2.84; 95% CI =1.31-6.17], severe depression [AOR=1.98; 95% CI =1.17-3.35], family influence to lose weight [AOR=1.59; 95% CI= 1.03-2.45] and being wealthy [AOR=2.09; 95% CI=1.24-3.52]. This study revealed a high prevalence rate of unhealthy weight control practices including both purging and non-purging behaviors among female adolescents in Addis Ababa, Ethiopia. Such findings imply that public health systems should pay attention to these behaviours and design prevention and intervention strategies.

Biography

Tigest Ajeme is working in Addis Ababa University, Ethiopia. My research includes weight management and unhealthy weight control.

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A suggested strategy for aerobic gymnastic in the Egyptian federation of gymnastics

Mohamed El sayed Ahmed Elhabashy
Benha University, Egypt

The researcher studied under the title "A Suggested Strategy for Aerobic gymnastic In The Egyptian Federation Of Gymnastics." and use descriptive method survey manner, was the research sample way intentional random from the research community and the number of choice (40) members, including 27 members of the faculty, (8) members of the members of the board of the Egyptian Federation of Gymnastics management, (5) members of the training of experts in the field of gymnastics and the researcher to apply the basic study during the period of 10 | 5 | 2014 m to 30 | 5 | 2014 m on the core sample of (30) one of them (7) members of the Council of the Egyptian Federation of Gymnastics Management, (20) a member of the faculty members, (3) experts in the field of training of gymnastics, then the researcher to apply the research project proposed on the sample number questionnaire (20) expert of them (7) individual members of the Board of Directors Egyptian Federation of Gymnastics (13) of faculty members, and (3) training of experts and gymnastics during the period from 11/15/2014 to 12/01/2014 AD.

Biography

Mohamed Elsayed Ahmed Elhabashi is a Faculty of physical education in Benha university, Egypt.

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Keynote Forum

Day 2

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Kranthi Sitammagari

Methodist University, USA

Obesity-The neglected epidemic

Obesity is a global epidemic which is most blatantly visible, yet most neglected public health problem. Obesity is a chronic, relapsing, multifactorial, neurobehavioral disease resulting in adverse metabolic, biomechanical, and psychosocial health consequences, that affects virtually all age and socioeconomic groups and threatens to overwhelm both developed and developing countries. Worldwide prevalence of obesity nearly tripled between 1975 and 2016. In 2016, more than 1.9 billion adults (≥18 years old) were overweight. Of these 650 million were obese. 39% of adults (39% of men and 40% of women) were overweight and 13% of adults (11% of men and 15% of women) were obese. 2.8 million people die each year as a result of being overweight or obese. 41 million children under age of 5 were overweight or obese in 2016. Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016. Obesity increases morbidity, all cause mortality and healthcare costs. Despite all these facts, Obesity is not being perceived and treated as a serious problem like other common chronic diseases like diabetes or hypertension by community and clinicians. Obesity is a multifactorial desease that requires comprehensive evaluation of the patient with individualized treatment plans. Obesity management requires interdisciplinary approach including Nutritional intervention, Physical activity, Behavioral therapy, Pharmacotherapy, referral to a obesity medicine specialist and bariatric procedures to improve patient health, body weight and composition and quality of life. A special emphasis on latest advancments in diet and pharmacotherapy will be discussed as well.

Biography

Kranthi Sitammagari is a board certified Internist, board certified Physician Advisor, Faculty at Campbell University School of Osteopathic Medicine an Associate Professor of Clinical Medicine at Methodist University in Fayetteville, NC, USA. He is an editorial board member of Society of Hospital Medicine's official magazine "The Hospitalist", Editor-in-Chief of Quality Assurance and Utilization at “StatPearls” online database publishing peer-reviewed, PubMed indexed articles and review books. He is also a Scientific reviewer for multiple peer-reviewed journals including Annals of Internal Medicine, Journal of Hospital Medicine, Journal of Preventive Medicine etc. and has published peer reviewed articles and actively involved in research and clinical teaching.

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Scientific Tracks & Abstracts

Day 2

Fitness Research & Development | Physical Education & Rehabilitation | Nutrition Immunology | Aerobic Exercise | Orthopedic Physical Therapy | Sports Science and Medicine | Liposuction & Advanced Weight Loss Treatments

Session Chair
Kranthi Sitammagari
Methodist University, USA

Session Introduction

Title: **Energy Drinks Intake Modulates Motor Cortical Excitability, Plasticity and Motor Performance**
Fortunato Battaglia, Seton Hall University, USA

Title: **Non-Exercise Activity Thermogenesis: A Neat Approach to Weight Loss**
Ayaz Virji, Georgetown University, USA

Title: **Quality Attribiutes of Cakes Incorporated Wheat with Legumes Flour**
Amira Sabry Rasalan, Alexandria University, Egypt

Title: **Effect of Vacuum Massage Therapy on the Post-Burn Scar: Single Blind Randomized Controlled Study**
Mahmoud Elshazly, South Valley University, Egypt

Title: **Fast Food consumption and its Association with Obesity among Female College Students in Al-medina al-munwarah, Saudi Arabia: a Cross Sectional Study**
Suha Hashim Abduljawad, Taibah University, Saudi Arabia

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Energy drinks intake modulates motor cortical excitability, plasticity and motor performance

Fortunato Battaglia
Seton Hall University, USA

Energy drinks (EDs) containing caffeine, taurine and glucuronolactone are very popular. In the field of athletic training, previous reports showed that consumption of caffeinated EDs might affect motor behaviors and performances. The physiology of cortical circuitries can be investigated in humans by using transcranial magnetic stimulation (TMS). I will discuss the use of TMS as a tool to investigate the effects of EDs intake on motor cortical circuitries to further understand the mechanisms underlying to the putative ergogenic and performance-enhancing effects of EDs. Furthermore, I will discuss the effects of EDs intake on sensorimotor integration, cortical plasticity, movement preparation and exercise-induces cortical plastic adaptations in humans.

Biography

Fortunato Battaglia is an MD, PhD neurologist who specializes in clinical neurophysiology. He graduated from the University of Messina, Italy. Currently he is a Professor at Seton Hall University where he teaches neuroscience, clinical neurology and motor control. He is interested in exploring cortical synaptic plasticity to better understand the pathophysiology of neuropsychiatric diseases and to develop treatments for these conditions. His current research focus on integrative health and wellness, motor control and cognition and he is conducting studies using non-invasive brain stimulation techniques such as transcranial magnetic stimulation (TMS) and direct current stimulation (tDCS). He published over 70 papers on high-impact journals that have been extensively cited by other researchers.

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Non-Exercise Activity Thermogenesis: A NEAT approach to weight loss

Ayaz Virji
Georgetown University, USA

Non-exercise activity thermogenesis (NEAT) refers to calorie burn associated with non-volition exercise and lifestyle activity. NEAT plays a significant role in energy expenditure from daily physical activity, often times greater than that of exercise. Quantitative enhancements of NEAT activity includes taking the stairs, avoidance of moving platforms, and parking far from destination. Qualitative enhancements of NEAT include the utilization of exogenous weights such as ankle and wrist weights during activities of daily living. Studies show that maintenance of energy expenditure from NEAT activity has greater sustainability than that of exercise activity for most patients.

Biography

Ayaz Virji received his MD from Georgetown University Medical School and completed residency at Duke University Medical Center. He is board certified by the American Board of Family Medicine and American Board of Obesity Medicine, and American Board of Physician Nutrition Specialists. He practices bariatric medicine in Southwest Minnesota as part of Johnson Memorial Health Services. Dr. Virji has written numerous scientific and layman publications in the field of obesity research and prevention.

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Quality attributes of cakes incorported wheat with legumes flour

Amira Rasalan Sabry
Alexandria University, Egypt

Background: legumes flours, due to their amino acid and fibre content are ideal ingredients for improving the nutritional value of bread and bakery products.

Objective: This study the influence of the partial replacement of wheat flour by legumes flours (chickpea, lentil and white bean) the study was to investigate the effects of wheat flour substitution with legume flour in cake in terms of the sensory and nutrition properties of the prepared cake samples were evaluated. Cake samples were prepared from (a) Control (100% wheat flour), Chickpea (b) (wheatflour 80% + chickpeaflour 20%), (c) (wheatflour 80% + Chickpeaflour 40%), Lentil (d) (wheat flour 80% + Lentil flour 20%), (e) (wheat flour 80% + Lentil flour 20%), White beans (f) (wheat flour 80% + white beans 20%) and (g) (wheat flour 80% + white beans 20%). The sensory and quality attributes of the seven types of cakes were evaluated. Result showed all products were found to be acceptable as recorded the panelist in terms of color, odor, texture, taste, and over acceptability. The study showed an increase in amino acids composition of the cake as compared to the control. In addition, the high trend in the essential amino acid increased in samples cake prepared from wheat with legumes in 20% compared with the wheat control.

Conclusions: From the present investigated work, it can be concluded that replacement of wheat flour with chickpea, lentil and white beans flour at (20-40%) can be followed without any adverse effect on sensory characteristics of cake. Legumes flour supplementation significantly caused improvement in cake's composition of amino acid score. It can be recommended that the technology of using composite flour should be encouraged among food industries to make economic use of local raw material and produce high quality food products such as cake particularly for the populations of development nations.

Biography

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International Conference on
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Effect of vacuum massage therapy on the post-burn scar: Single blind randomized controlled study

Mahmoud Elshazly
South Valley University, Egypt

Introduction: post burn scar is a chronic, debilitating problem that is frequently has negative effect on the patient function and psychology.

The aim: this study was conducted to investigate the effect vacuum therapy on the post burn scar.

Methods: 48 adult patients suffered from lower limb post-burn hypertrophic scar with age between 20-40 years were recruited by from the Out-Patient Clinic of burn and surgery in the South Valley University Hospitals between December 2016 and July 2017. Patients were randomly assigned into either control or study group, using block randomization, with blocks of four and six stratified by sex. Control group received 20 minutes session of friction massage on the scar area for 10 minutes and stretching of the lower limb muscles for 10 minutes. Study group received vacuum treatment on the scar in a session of 10 minutes. Sessions in both groups repeated 3 times per week for 4 weeks. The main outcome measure was the ultrasonographic assessment of scar thickness.

Results: results of scar thickness for 48 patients were analyzed (study group N= 24 and control group N=24) with follow up measure after 4 weeks showed significant within groups improvement with 19.1% and 34.9 % percentage of improvement in control and study group respectively with no significant difference between both groups. Also, there is no considerable adverse effects are noted during or after intervention in both groups.

Conclusion: vacuum therapy was an effective modality for treatment of the post burn scar but not superior to traditional physical therapy program, in form of friction massage and stretching.

Biography

Mahmoud has completed his PhD at the age of 30 years from Cairo University, Egypt and postdoctoral studies from south valley university, Egypt. I am lecturer and the manager of physical therapy and rehabilitation center at south valley university.

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Prevalence of overweight and obesity among adolescents in public and private school in two senatorial district of Osun State, Nigeria

Oyetunji Akinola
Federal Polytechnic Institute, Nigeria

The study finds out the prevalence of overweight and obesity among adolescents in public and private school. Obesity is the most serious long term health problem currently facing adolescents and its prevalence increasing worldwide including developing countries. Adolescent is an important growth and development period which has implication for future nutritional status and food consumption .Cross sectional study was carried out among age 11-19 years in both public and private school in urban area of the state. The data was collected using pretest self-administered questionnaire, Anthropometric measurement was also used to examine their nutritional status. Obesity status were determined using BMI cut off point, the overweight was found to be 3.06% among female and 0.6% among male whereas prevalence of obesity was 0.46% in female and non among male. 62.6% snack daily, fruit consumption pattern was low 84.9 % take fruit once daily, 14.4% twice daily while only 0.6% take fruits thrice daily especially after meal, Majority of the respondents mothers had secondary education (13.26%) while 9.53% had tertiary education which was a good pointer that mothers of the respondents were literate. 43.7% spend between 4-5 hours watching television daily after school. Positive association exists between the lifestyle and nutritional status of the respondents. Education effort to improve nutrition knowledge can be incorporated into course curriculum and as well as physical and health education should be made compulsory in all primary and secondary schools and also focus on various components within the system when implementing preventive measure on obesity.

Biography

Oyetunji Akinola is working in Nutrition and Dietetics Department, Federal Polytechnic Institute, Nigeria.

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Poster Presentations

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Periconceptional antioxidant micronutrient intake on fetal growth and maternal blood pressure in obese and overweight women

Frey Gugsa
University of Pittsburgh School of Medicine, USA

Background: Reactive oxygen species are normally generated during the development of maternal–placental system, which are removed by antioxidant defenses such as copper/zinc superoxide dismutases (Cu/Zn SODs) and selenium-dependent glutathione peroxidases. These process is influenced by maternal diet and inadquent maternal antioxidant intake can lead to poor pregnany outcome. We propose that an especially important time to assess maternal diet is the periconceptional period (4 wk before the last menstrual period (LMP) through 8 wk. after the LMP). We believe this time period is conceptually relevant exposure time since it relates with spiral arteries remodeling timeline. Based upon literature review, we selected six antioxidant micronutrient: vitamins C, vitamin E, copper, zinc, selenium, and magnesium, that act as precursor, essential cofactors for or themselves act as antioxidants. The aim of our study is to examine the interaction of maternal antioxidant micronutrients intake with fetal growth and maternal blood pressure (mean arterial pressure (MAP)) during periconceptional time in obese and overweight underserved women.

Methods: Study subjects were recruited as part of the Prenatal Exposures and Preeclampsia Prevention 3 Study, a longitudinal cohort study of preeclampsia mechanisms in obese and overweight women. Food Frequency Questionnaire (FFQ) (Berkeley Nutrition Services, Berkeley, California) was used to assess the usual dietary intake during periconceptional period. 286 women completed early-pregnancy (first trimester) FFQ. Linear regression model adjusted for maternal race, age, marital status, prepregnancy BMI, education, household income, parity, smoking, and periconception vitamin use was used to assess the association between maternal antioxidant micronutrients intake with fetal growth and MAP.

Results: Low birth weight was higher in younger (<20) or older (>30), non-hispanic black, not married, less educated, low-income, and smokers, overweight at the start of pregnancy. Vit E (P value=0.014) and Magnesium (P value=0.045) intake was positively correlated with birth weight. There was no significant association between antioxidant micronutrient and change in MAP.

Conclusion: Magnesium and Vitamin E intake were significantly associated with birth weight. Overall, our study population had lower intake of antioxidant nutrients compared to the Recommended Dietary Allowance (RDA). Dietary assessment, including appropriate supplementation, and intervention to improve antioxidant micronutrient intake during the periconception time may be indicated in underserved pregnant women to decrease the risk of fetal growth restriction.

Biography

Frey Gugs is a a 4th year medical student at Unversity of Pittscbugh School of Medicine. She has completed M.Sc in Global heath from UCSF, and has earned B.A in Molecular cell Biology, from UC Berkeley. She has published one paper in reputed journal and was contributing author on a second paper.

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An examination of class rank and lifestyle habits among YSU undergraduate students

Lindsey Swanson
Youngstown State University, USA

Recent research demonstrates that 35% of college students are overweight or obese with the majority of weight gain and obesity occurring in individuals between ages 18 and 29 (Mokdad, et al., 2001). This suggests that college campuses can be a setting for health-related interventions. Weight also increases in the freshman year, continuing into the sophomore year, and possibly beyond (Huang, et al., 2003). Students at Youngstown State University (n= 100) were surveyed to determine health behaviors and dietary habits. Students were compared by rank using a one-way ANOVA. Results showed no significant difference between rank and weekly fast food consumption (F(3,96,99)=1.240,p=.299). Rank and weight change were also examined using Fishers Exact Test. Results indicated that there was no significant difference in weight patterns across academic rank (p=0.369).

Biography

This study was conducted by five, Youngstown State University, Senior Dietetic students along with advisement from their Professor.

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Youngstown state university students comprehension of old and new label designs

Jonathan Francis
Youngstown State University, USA

Food labels provide nutrition information for consumers to make informed food purchases. In May 2016, the FDA redesigned the food label to assist Americans in making healthier choices (2017). Seventy-five students at Youngstown State University were randomly surveyed regarding serving sizes, calories, saturated fat and specific nutrients on the old and new food label designs. More students were able to correctly identify added sugars on the new food label compared to the old food label ($t(74)=-7.302$, $p<.001$). Using a frequency test, results indicated that 80% of students struggled to identify the amount of saturated fat content on both the old and new labels. Students scored higher overall on the new food label (77.52%) design compared to the old food label design (70.03%). This was also significant ($t(74)= -5.465$, $p<.001$).

Biography

Jonathan Francis is a student at Youngstown University, USA

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Obesity in pediatric primary care: Provider approach to the early childhood and adolescent patient population

Anna Marie Nass
The State University of New Jersey, USA

Obesity is a nationwide epidemic. Obesity in the early childhood and adolescent populations is on the rise resulting in long-term adverse health outcomes. Primary healthcare providers need to utilize evidence-based research interventions in order to assess, educate, and treat this devastating disease process. Though current guidelines, recommendations and programs exist like 5-2-1-0, providers continue to struggle. At Children of Joy Pediatrics, healthcare providers have noted similar problems to what other healthcare providers report in the literature. The purpose of this DNP Project is to evaluate how the 5-2-1-0 evidence-based message is utilized in the COJP practice for children in the 2 to 5 and 12 to 18 year old age groups diagnosed with obesity, defined as having a BMI greater than or equal to the 95th percentile according to the CDC guidelines, to establish if the 5-2-1-0 message is being utilized and to what extent it is documented in the EMR. Retrospective data will be collected to determine the number of obese patients in each of the respective patient populations with additional data to be gathered to include age, gender, height, weight, BMI percentile and current interventions specifically focused on the 5-2-1-0 components. Recommendations for future quality improvement protocols may be proposed at the conclusion of the project.

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Physical observation for nutritional deficiencies: Therapeutic assessment of sub-clinical symptoms and organ health

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Physical Observation for Nutritional Deficiencies: Learning how to observe physical features can help one determine nutritional deficiency patterns and health needs prior to disease occurring. This information is imperative in today's health care and in the "sub-clinical" patient, before disease progresses to outright symptoms and blood changes. Traditional doctors used physical observations of our body to confirm our health issues. They did not and could not rely on testing or blood work. Physical observations enable one to take the guess work out of nutritional deficiencies and organ health patterns. This class insures a measurement of patient evaluation as a critical tool in the medical toolbox. If pre-and post-nutritional evaluations and sound patient observations are added, the practitioner can confirm the findings while creating a recordable and even visual benchmark for patients to see the change and progress. This approach heightens the practitioner's ability to identify root causes, target priorities, and integrate patient interaction, while improving understanding, retention and compliance. Using functional assessments of the digestive system, thyroid, adrenals, and more, the health and direction of care becomes more obvious to see, treat, and monitor. While correlating specific observations and testing procedures, one can determine organ health, utilization of nutritional factors, and what direction is best for the client. We will look at the tongue, face, nails, reflex points, simple office testing procedures and holistic care to determine how to help our patients through physical observations for nutritional deficiencies.

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Does fitnessgram® promote mediocrity? using fitnessgram's ® standards to raise the fitness bar

Tara B Blackshear
Towson University, USA

FitnessGram® is the national fitness test endorsed in the United States but may not meet the needs of American students. Physical education teachers can use FitnessGram's ® fitness criterion as a baseline to establish and assess more vigorous fitness standards, develop fitness testing complementary to physical education curricula, and use evidence to bring value back to physical education. Presented and discussed are examples of how teachers can use data to establish fitness standards for programming, evidence of student fitness data exceeding FitnessGram's ® healthy zones, and assessment and grading approaches that may lead to improved fitness.

Keywords: Processed Food, Adolescents, Factors of Consumption, Advertisement, Affordability, Availability.

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Mifflin St. Jeor Equation versus Indirect Calorimeter: What is the accuracy of the Mifflin St. Jeor Calculation?

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There are many ways to calculate resting metabolic rate (RMR) and indirect calorimetry is considered the "gold standard" in calculating caloric needs. However, when indirect calorimetry is unavailable, dietitians and healthcare professionals need to rely on calculations to estimate caloric needs. When it comes to obese female patients, estimating caloric needs becomes increasingly complicated due to the metabolic activity of muscle mass versus fat free mass and fat distribution. This research examines the literature on the accuracy of the Mifflin St. Jeor equation as it compares to indirect calorimetry focusing on obese females. The goal of this research is that dietitians and health professionals can make the best clinical judgment when recommending caloric needs.

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Identification of bifidobacterium animal ssp.lactis based on 16s-23s rrna gene and using in fermentation dairy products

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Bifidobacterium represent one of the major genera of the intestinal tract of human and animals used as probiotics in dairy and nondairy foods for restore the intestinal microflora which confers a health benefit. The identification of Bifidobacterium by phenotypic features is commonly unreliable, time, money, and effort consuming. We sought to improve the Bifidobacterium identification method based on molecular level to identify probiotic bacteria in complex microbial communities. The application of 16S-23S rRNA oligonucleotide primers is the best and most reliable, rapid, and precise species and sub species identification approach. The ribosomal intergenic spacer region (ISR) located between the highly conserved 16S rRNA and 23S rRNA shows a high degree of variation in length and sequence and potential for intra species discrimination and providing the phylogenetic Relationship of the Genus Bifidobacterium spp. Results showed that one of the two primer sets Bflac2-Bflac5 species specific gives positive results differentiating between B. animalis ssp. Lactis isolated from breast fed infants milk of human and that isolated from feces of breast fed infant and detecting reference strain for B. animalis ssp. Lactis DSM10140. DNA sequences of the two strains were submitted to the Genbank NCBI under accession number (KT758845) named as B. animalis ssp. Lactis Egm1 (Egyptian milk) and accession number (KT758846) named as Egf1 Egyptian feces while the second primer give false positive result. Also, we aim to obtain patent protection under Intellectual property rights (IPRs) for B. animalis ssp. Lactis which was isolated from Egyptian resources to be used for a better and healthier food and dairy products.

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Effect of dairy products intake and some physical activities in body mass index and bone mineral density: A survey at sohag university

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This study designed to determine the effects of dairy products (milk, yogurt and cheese) intake and some physical activities (walking, running and using elevators) on bone mineral density (BMD) and body mass index (BMI) which are used as indicators of Osteoporosis and Obesity respectively. BMI was calculated by dividing weight (kg) by the square of height (m2) and classified as following: Underweight (< 18.5 BMI), Normal weight (18.5-24.9 BMI), Overweight (25-29.9 BMI) and Obese (>30 BMI) considered as Obesity degrees. BMD was measured for the right foot with a pDEXA densitometer with a dual-energy X-ray absorptiometry (DXA) and expressed as a T-score index then divided as following: Normal (T ≥ 1), Osteopenia (T (-1) - (-2.5)) and Osteoporosis (T < -2.5). The correlation has been done according to Pearson Correlation Coefficient Formula. Results showed that the average of BMI, BMD and dairy products intake were 27.3±0.98, 0.79±0.76 and 62±0.43 respectively. Findings revealed that the most of respondents used to consume insufficient amounts of dairy products which led to high rate of osteoporosis (21%) and osteopenia (37%). Correlation value of physical activities was negative with PMI (-0.073) and it was positive with BMD (0.053). Findings conclude that dairy products consumption and daily physical activities may enhance bone mineral density and prevent obesity.

Keywords: Dairy Products, Bone Mineral Density, Body Mass Index, Osteoporosis.

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The relation between the sports trainer development and the machine development

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In the last period I have noticed that most of the clubs depend on machines more than humans that happen because the trainer doesn't want to develop himself or his work, and he doesn't want to work harder. When it comes to the machines, it can work for a long hours without any problem, but it doesn't develop itself as a mindset, it follows instructions which we sat up before, and as a trainers the question for us is, do we develop our selves enough. Let me give an example: 10 years ago, the trainer was thinking, was working, was giving new ideas, and he was developing himself. When the trainer stopped developing himself, machine and mobile developed quickly, and people depend on mobile in gym training more than the gym couch. We don't need to stop developing our skills, because gyms are depending now completely on mobile and computers only, because the trainees can use the technology on their own. So they don't depend on us or music any more. I made an experiment on three different people, the first one, I played music for him only, but he tired so fast, and the second one I played music and gave him a motivational speech, he started to work a bit harder. Due to my speech to the third one, I gave him a motivational speech only, and I separate that kind into two different types, one of the I used to use a high votive with him, but he got annoyed, and the other type I used to use variety types of voice, there is one question here, is the tune of voice very important? Yes, it is, because you will make the trainee feel that you will benefit him through my motivational words which affect his effort. The most important part is a motivation to training, and a professional trainer, I have to make the trainee on fire. I have to back to light again, we all took workshops, but we should develop our selfish in our field. You as a gym trainer, you can't say that I can depend on YouTube during the training; we have to work hard, because if we don't work hard on developing our skills, we will lose our jobs. I hope that I delivered my massage clearly, and on another side, we have to care of human developing courses, to grow the since o humor between us and our trainees. The last but not list, we should control a tools, sorry no tool can't control me either a trainee, I work for money, so I won't lose my job, because I didn't do what I have to do in front of tools such as smartphones, because most of people went towards mobile and its apps, and get their information through it. Finally, on one day you became past because you didn't develop yourself, there is a huge growing technology development that we have to follow as a humans, to avoid losing our chances in front of some mobiles, and we should lead that process to restore our role again, and control both of the tool or our clients. We as a humans are more important than any other tools or technology, because we made that technology, and we don't want it to bet us. Thank you for listing, and have a wonderful day.

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Efficacy of polarized light versus shock wave in the treatment of pressure ulcer

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Background: In clinical practice many wounds are slow to heal and difficult to manage and so, this study was performed to compare the efficacy of Polarized light versus Shock wave in the treatment of pressure ulcer.

Methodology: thirty patients were included in this study. Their ages ranged from 40 to 60 years were selected randomly and divided into two groups each group contains 15 patients: Group (A) received traditional medical treatment and polarized light, 3 days/week for 8 weeks. Group (B) received treatment with shock wave therapy plus traditional medical treatment, one session/week for 8 weeks. The measurements were done before the study and after 8 weeks of treatment for both groups by using wound surface area tools (Tracing method) and epithelialisation rate (ER).

Results: It showed reduction in wound surface area after treatment for group (A) and (B), with percentage of 50 %, 40.58 % respectively and for epithelialisation rate there was a significant increase in ER of group (A) post treatment compared to group (B) as 52.14 %, 42.24 % respectively. Conclusion: Both polarized light and shock wave had the same significant effect on pressure ulcers healing with high significant improvement in epithelialization rate using polarized light than shock wave therapy.

Key words: polarized light, shock wave Therapy, pressure ulcer.

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Wet cupping therapy (Hijamah): Sports & physical therapy through suction

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Wet cupping is a form of bloodletting that involves first making superficial incisions on the skin, then applying the suction cups to suck out small amount of blood. It is the application performed to draw out stagnant, congested blood and Vital Force, as well as other stagnant or morbid humors. Cupping therapy is an incredibly ancient and universal practice that spans both East and West. In the East, the Chinese have been practicing the art of cupping for at least three thousand years. Cupping is applied to the acupuncture points to relieve the stagnation of Qi and blood, both locally and in the organ(s) activated by the point. Traditional healers have long recognized the association between pain and conditions of congestion, stagnation and blockage. An old Chinese medical maxim states: Where there's stagnation, there will be pain. Remove the stagnation, and you remove the pain. Not only pain, but the vast majority of all illness and disease including a number of psychiatric conditions come from stagnation, congestion and blockage - of energy, like the Vital Force, or of vital fluids or humors, like blood, phlegm or lymph. The suction applied by cupping sucks out and breaks up that congestion, stagnation, or blockage, restoring a free flow to the vital energies and humors of the organism. After falling out of favor with medicine in the modern era, cupping therapy is enjoying resurgence in popularity, promoted by acupuncturists, Unani (Greek) medicine physicians and other holistic healthcare practitioners. New and exciting variations on this ancient technique, like cupping massage, are also being developed. One secret of cupping's perennial popularity is its great ability to promote a state of deep pleasure and profound relaxation. Hopefully, cupping is here to stay.

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The comparative analysis of obesity risk factors among Indian and Ukrainian adolescents

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Childhood obesity is one of the most serious public health challenge affecting many low- and middle-income countries. The aim: to analyze and correlate various factors of daily life that may result in general health disorders in children and their parents. Materials and methods. The study was held in four schools, two schools from each country, with total number of 202 observations. The 1st part of investigation included questionnaires, the 2nd - was general examination (anthropometry, blood pressure and pulse recordings, orthostatic test). Correlation was done with Odds Ratio(OR). Results. The orthostatic complaints correlate with sedentary lifestyle OR 5.9 95% CI(2.0-17.1), headache OR 2.8 95% CI(1.1-6.5), dizziness after playing OR 3.4 95% CI(1.4-8.0) in Indian children on contrary stomachache OR 5.2 95% CI(2.0-13.3) in Ukrainian. Particularly in Indian population complaints after playing correlates with less visit to sport section OR 2.8 95% CI(1.2-6.4) and orthostatic complaints OR 2.35 95% CI(1.0-5.3). Obesity in parents highly correlates with good social status of family in both populations, in Indian OR 4.2 95% CI(1-14.7), in Ukrainian OR 4.1 95% CI(1.5-11.3). High magnitude of correlation was found between less episodes of respiratory illness and good intake of fresh food among both populations, in Indian OR 6.3 95% CI(1.6-25.7), in Ukrainian OR 18.2 95% CI(4.8-69.3). Conclusion. The sedentary lifestyle of parents is a major factor behind inactive life of their children, which in turn results in childhood obesity in both populations.

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Three-year analysis of changes in lifestyle behaviors and health status of the health science community of Kuwait University

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Health professionals who adopt healthy lifestyles are more likely to promote healthy living practices in their community and with their patients. We aimed to evaluate health indicators of students, and staff of the Health Sciences Center of Kuwait University. We extracted data on health behavior profiles related to smoking, physical activity, stress and sleep and objective measures such as systolic and diastolic blood pressure (SBP and DBP), heart rate (HR), random blood sugar (RBS), Body mass index (BMI), and waist-to-hip ratio (WHR). 206 participants (107 staff, 99 students) attended three academic-years. Pairwise analysis showed significant changes from unhealthy in 2014-15 to healthy in 2016-17 among all participants in WHR (4.4%, p=0.001), HR (27.3%, p=0.001), and stress (15.3%, p=0.020). Subgroup analyses reported similar changes among female and student participants. Male participants remained unhealthy in BMI (74.2%), SBP (81.2%), and WHR (72.7%). Amongst female participants, healthy to unhealthy changes were in sleep (83.5 %) and BMI (74.2%), while unhealthy to healthy changes were observed in HR (67.6%), Stress (18.8%), and DBP (82.0%). Three-year analysis showed significant improvements in WHR, HR and stress. Health indicators that were a concern for males were BMI and blood pressure while for females they were sleep and BMI. We shall continue to encourage participation in annual health assessments and take advantage of individualized health coaching, advice and follow-up. In this way, the baseline of student and staff health will be expanded and evaluated in terms of change over years.

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Comparative study of depression and health seeking behaviour in geriatric population in pokhara - A community based study

Priyanka Shakya
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Objective: To compare the degree of depression and health seeking behaviour among elderly residing in the old age home and the community in Pokhara.

Design: Community based Cross-sectional study (Qualitative and Quantitative)

Study Area: Pokhara, Nepal

Methodology: Face to face interview was conducted with the elderly aging 60 years and above in Institutional care and in the surrounding community. They were recruited in the study by purposive sampling technique. The instrument used to measure the depression score was internationally approved 30 question items Geriatric Depression Scale (GDS) and self-structured questionnaire.

Results: The study showed that the depression among the elderly living in Old age home was 93.8% and those living with their respective family in the community was 57.5%. Among the total population mild depression was seen in 43.6% and severe was 30.7%. Due to the lack of the caregivers 33.1 % were residing in the old age home and 70% seek health through the faith healers. There was association of depression with the duration of stay in old age homes, physical illnesses, loneliness, lack of family and social support.

Conclusion: Depression was seen mostly among elderly population residing in the old age homes. Majority of respondents were found to be living with varying level of depression. Poverty, presence of physical illness and lack of social and family support contributes to depression.

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Factors associated with processed food consumption among school-going adolescents in Karachi

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Nutrition transition may have influenced processed food consumption, particularly in middle-income countries like Pakistan. Rise in consumption of processed food items is observed due to ongoing nutritional shift. The excessive consumption of processed food and lack of physical activity is associated with obesity and other diet-related non communicable diseases. To find out contributing & promoting factors towards processed food consumption and frequency of consumption among school-going adolescents in Karachi, a cross sectional survey was conducted with sample n=478. Of the total, 92% of adolescents consumed processed food on weekly basis due to taste (64%) and diversified range of items (41%). Out of these, 59% were males and 52.3% older adolescents (15 to 19 years) consuming more. Affordability (98%) and availability (94%) were found as the two main contributing factors for the high consumption, whereas print and electronic media advertisements (91%), peer pressure (83%) and women employment (59%) were found as the major promoting factors for excessive consumption of processed food. Most consumable items included cold drinks (76%), breads and buns (68%), Banaspati ghee (67%), butter (64%), tetra pack sweetened milks (60%), ready to eat parathas (44%), jams and marmalades (43%), crisps and snacks (42%), fruit juices (40%), and chocolates (39%) weekly. Convenience, affordable prices, peer influences, and heavy marketing has increased processed food consumption and its major impact on health are commonly seen in adolescent group.

Keywords: Processed Food, Adolescents, Factors of Consumption, Advertisement, Affordability, Availability.

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Evaluation of a new therapeutic sacroiliac joint manipulation technique for patients with sacroiliac joint dysfunction

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Purpose: The sacroiliac joint (SIJ) can be a cause of low back pain and sciatica. The aim of this study was to assess and introduce a new physiotherapy manipulation intervention for SIJ-related back and leg pain.

Methods: As a double-blinded, randomized trial, we evaluated the short-term therapeutic efficacy of a new intervention therapy against the current traditional practice. In this study, 60 patients with SIJ-related leg and back pain were studied. Following the initial assessment of each patient with respect to their perception of pain and quality of life (QOL), the effect of the treatment was evaluated. Using the visual analogue scale (annexure 1), perception of pain was assessed before and after the 1st, 2nd and 5th day (3rd day) of treatment. The instrument used for evaluation of quality of life was SF-36 (annexure1). At the outset of the study, QOL status was determined using this instrument. After the course of treatment by the assigned treatment method, each patient was reassessed using the SF-36 at the 5th week following a lapse of 4-week treatment free period. Except for having to drop out one patient for his failure to keep to the appointment, another 59 patients were treated successfully.

Results: The results show that the effect is highly significant at $\alpha = 0.001$(CI 4.3+0.7) for pain reduction and $\alpha = 0.001$(CI 1447.5+24.2) for QOL improvement. Of the 59 patients, 100% (n=30) have recovered from pain with the new treatment after the 3rd visit, while the recovery rate among patients who received the traditional treatment is 6.8% (n=29) after the 3rd visit.

Conclusion: In this double-blinded intervention study, the new manual therapy technique appeared to be the choice of treatment and more beneficial to the patients with back pain due to sacroiliac dysfunction than the traditional treatment. Further study to investigate its benefits with larger population should be encouraged.

Keywords: Sacroiliac joint, Treatment, Manual therapy, Physiotherapy, Heat therapy, Exercise therapy, Joint mobilization, Quality of Life.

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The association between cardiorespiratory fitness, and physical activity levels of central obese adults in Enugu state (eastern part), Nigeria

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Central obesity and its implicated adverse health conditions are a major concern of some people. Central obesity is one of the predisposition factors to cardiovascular disease, respiratory conditions, type 2 diabetes mellitus, cancer and others. The purpose of this study was to determine the relationship between central obesity, cardio respiratory fitness and physical activity level among adults in Enugu State. Three hundred and seventeen subjects (158 obese and 159 non obese) who met the inclusion criteria and gave their informed consent participated in the study. Their waist to hip ratio was determined using measuring tape. Body Mass Index measured with stadiometer and weighing scale. Cardio respiratory fitness was determined using Harvard Step Test and International Physical Activity Questionnaire (IPAQ) was used to determine their physical activity level. Data collected was analyzed descriptively and inferentially using correlation test. The level of significance was set at p = 0.01. The physical activity level of obese adults in Enugu state increases in an ascending order of vigorous, low, moderate while the cardiorespiratory fitness decreases in reverse direction as low, average, good, excellence and very low. There was a significant relationship between cardio respiratory fitness and physical activity (r = 0.146, sig = 0.009). There was also a significant relationship between waist-hip ratio and cardiorespiratory fitness (r=-0.221, sig=0.000) keywords: obesity, cardiorespiratory fitness, physical activity level, adults.

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Effectiveness of an eight-week low impact aerobic dance programme on the management of osteoarthritis

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Pain and major physical disabilities are major symptoms of osteoarthritis. How patients cope with a chronic disorder greatly affects their quality of life. Randomnised controlled trials clearly shows that regular moderate-level exercise does not exercebate osteoarthritis pain or accelerate the pathological process of osteoarthritis. The study therefore examined the effectiveness of eight week low impact aerobic dance in the management of oesteoathritis. Thirty (30) osteoarthritis patients from the Physiotherapy Clinic participated in the study. Joint flexibility of the participants improved as well as cardiovascular fitness. BMI of patients did not improve like other variables and this might be attributed to the short duration of the study. The study concludes that low impact exercises especially the ones involving dance can be an adjorn in the management of patient with osteoarthritis. For those who enjoy being with others, exercise dance classes for people with osteoarthritis are a safe and effective way to learn and enjoy exercise.
Keywords: osteoarthritis, physical activity, low impact aerobics.

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INDEX

Amara Rasalan Sabry	47
Avnee Sarin	35
Ayaz Virji	46
Beatrice N Kiage-Mokua	37
Chaya P Mishra	36
Fortunato Battaglia	45
Frey Gugsa	52
Jaymar Saniatan	38
John Ebnezar	32
Jonathan Francis	54
Kranthi Sitammagari	42
Lindsey Swanson	53
Mahmoud Elshazly	48
Mohamed El sayed Ahmed Elhabashy	40
Oyetunji Akinola	49
Sharon Phelan	31
Teddy Rothstein	30
Tigest Ajeme Tuffa	39

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