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Obesity and diabetes mellitus in Arab world

Sultan Ayoub Meo

King Saud University, Kingdom of Saudi Arabia

Abstract

The Arab world covers a vast geographic area, consists of 23 countries with a combined population of about 358 million people. Geographically, this part of the globe is variable ranging from dry desert areas to heavily raining green land. This part of the globe is also unique for its wide cultural, social and ethnic variations. Most of the Middle East countries are well-heeled with significant oil and natural gas resources and are benefited from high income. The socio-economic progress has brought benefits in the region such as improved access to health care, education, and safe drinking water. This rapid economical change has also set the scene for the modern lifestyles activities, people are eating more and exercising less. These changes in the lifestyle cause obesity, metabolic syndrome and probably responsible for Diabetes mellitus. In spite of marvelous advancement in medical sciences, obesity and diabetes mellitus are swiftly increasing in all age groups, both gender and leading challengeable issues of the region. The incidence of obesity is highest in Kuwait 42.8 percent of its adult population and Saudi Arabia and Qatar are not far behind with 35.2 and 33.1 percent respectively. Currently, six countries in the region including Saudi Arabia, Bahrain, United Arab Emirates, Kuwait, Oman and Egypt are among the world's highest for the prevalence of diabetes.

Biography

Sultan Ayoub Meo is a medical graduate [MBBS] with higher postgraduate degrees [M.Phil] and Doctorate [Ph.D] in Physiology. He also received Fellowship (FRCP) of Royal College of Physicians of London, Dublin, Edinburgh, and Glasgow. In addition to achieve MBBS, M.Phil, Ph.D and four fellowships of highly respectable Royal Colleges of UK and Ireland, he also obtained higher postgraduate Degree, Master in Medical Education, University of Dundee, Scotland, UK. Prof. Meo has a teaching experience of about 18 years and actively involved in undergraduate and post graduate teaching in physiology and research. He has been appointed as a Ph.D supervisor and examiner College of Medicine, King Saud University. Prof. Meo is author of 8 books and published 80 scientific papers in peer reviewed national / International Journals. His area of interest in research is Respiratory Physiology, Diabetes Mellitus, and Medical Education. Prof. Meo served as an Associate Editor of International Journal of Diabetes Mellitus and Editorial Board member for Saudi Medical Journal. Prof. Meo has been invited as a speaker to deliver talk in about 75 National / International conferences in different countries including Kingdom of Saudi Arabia, Kingdom of Bahrain, United Arab Emirates, Pakistan, Turkey, China, UK and USA.