

Use of probiotics to tackle hypercholesterolemia, skin diseases, post-menopausal symptoms and stress

Min-Tze Liong

Universiti Sains Malaysia, Malaysia

Abstract

Probiotics are microorganisms that exert health benefits on the hosts upon adequate administration and have been a subject of increasing interest in humans as well as in animals. Although the consumption of probiotics has been popular for hundreds of years, the practice has only gained scientific acceptance recently. They have been much emphasized on their roles to regulate gut well-being, including the alleviation of lactose intolerance, improvement of diarrhoea and inhibition towards pathogenic bacteria in the gut. However, for the past two decades, unconventional new roles have been investigated, and this includes the modulation of blood lipid cholesterol levels, topical applications for dermal diseases, alleviation of post-menopausal symptoms and stress management. Both *in-vitro* experimental evidences and *in-vivo* clinical data have supported some of these new health claims, while recent molecular advancement has provided strong indications to support and justify the hypotheses. My talk highlights some of these new roles; their hypotheses and evidences.

Biography

Min-Tze Liong obtained her PhD from Victoria University (VU), Melbourne, Australia in 2006 at the age of 28. She joined Universiti Sains Malaysia in Dec 2006, and was promoted to Senior Lecturer/Assistant Professor in Aug 2008 and Associate Professor in July 2010. She has a H-index of 14 (as of April 2013) and has published over 90 papers in international indexed journals, four book chapters and edited two scientific books. Dr. Liong is also on the Editorial Board of several international journals and has delivered keynote and plenary lectures both nationally and internationally. Dr. Liong has graduated both MSc and PhD students and is currently supervising two MSc and seven PhD students, all in full research mode. Dr. Liong was the recipient of the Best Research Student Award presented by VU in 2006, top three finalists for the Malcolm Bird Award presented by AIFST in 2006, and named one of the three top young women scientists in Malaysia in 2007 by L'Oreal-UNESCO.