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Scandinavian boiled coffee – An arctic example of residual confounding in CVD epidemiology

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Basic information of a plant species is important in the improvement of the species. This study was carried out to investigate and understand the biology, utilization and phytochemical composition of *Gongronema latifolium* Benth., which is a spice plant growing in the humid forest vegetation of South-Eastern Nigeria. Results obtained showed that the species had culinary and medicinal properties. *G. latifolium* was found to have simple and opposite leaves, dehiscent seed pod (follicle), that opens along a single seam. The seeds are flat with white hairy pappus, the flowers are bisexual, regular with pale yellow coloured petals and superior ovary. Phytochemical analysis of the tender fruits and mature leaves of *Gongronema latifolium* revealed the presence of alkaloids, tannins, saponins, flavonoids, phenols, phytic acid and hydrocyanic acid. The phytochemicals were found to be higher in the fruits than the leaves ($P < 0.001$) except the flavonoids which was higher in the leaves than in the fruits ($P < 0.001$). The presence of these phytochemicals account for the nutri-ceutical/medicinal properties of *Gongronema latifolium*.

Biography

Lena Maria Nilsson, has a Ph.D. in public health (2012), with her thesis focusing on traditional Sami lifestyle factors as determinants of public health. Up to date Nilsson has written or contributed to 18 peer-reviewed and four popular-science publications. Nilsson is the secretary of the Nordic Society for Circumpolar Health, and a member of the steering group of Neon, the Nordic Nutrition Epidemiological Network. She is also a deputy board member of the Centre for Sami Research at Umeå University (CeSam). Based on her broad expertise, Nilsson is often invited to speak to both scientific and public audiences.

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