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## **Nutrition care in life-style diseases: A holistic approach?**

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Proper nutrition and physical activity is the key towards decreasing the burden of Lifestyle Diseases (LSD) and the associated risk factors. LSD are diseases which are linked with the way people live their life. Three major diseases that impact our lifestyle and vice-versa are Type-2 Diabetes Mellitus (DM), Cardiovascular Diseases (CVD) and obesity. More and more countries are getting affected by LSD due to industrialization and globalization. Diet and lifestyle are major factors to influence the susceptibility to many diseases. The advancement in food technology, farming, livestock rearing and breeding, open trade and commerce has brought a change in the approach towards food consumption. Moreover, the consumption of processed meat, sugary drinks, refined flour, ready to eat stuff, vegetable oils, dairy products has considerably increased. LSD are developed through behavioral, social, psychological factors. The increase in the prevalence of overweight and obesity have been observed throughout the world. The international trend is referred as globesity and is the root cause of other two LSD. As it is said prevention is better than cure, the solution is within the problem. Prevention is an important tool in controlling LSD for the generations to come. Highlights of the discussion: (1) Importance of structured Type-2 Diabetes Mellitus self-management interventions which have proved to be effective in glycemic control and reduced risk of co-morbidities. (2) Bringing in positive changes in awareness, treatment and control of hypertension, CVD and related problems. (3) Brief on obesity, adolescent obesity and its management and (4) Detailed discussion and recommendation on having a 360 holistic approach to tackle the complexity of LSD.

### **Biography**

Megha Wagh is a freelance Nutrition and Diet Consultant with over 18 years of experience and proven counseling and administrative skills. She has been working as a Diet Consultant since 1999 and took various roles such as Administrative Head, Technical Head, Sales and Customer Care Management and lead her team successfully. She has experience working with diet plans for various medical conditions, lifestyle-based diseases with expertise in focused nutritional counseling to individuals regarding dietary needs. She has received a PG Diploma in Dietetics and Applied Nutrition from Nirmala Niketan College of Home Science Mumbai, India and Masters in Human Resources from University of Mumbai. He is a Life Member of Indian Dietitian Association (IDA) and Licensed Dietitian in India and Dubai.

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