

# Euro Health Care and Fitness Summit

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## Independent and combined effects of diet and exercise to improve physical function in older adults

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**Objective:** To conduct a systematic review to determine the efficacy of independent and combined effects of diet and exercise-based interventions on improving performance-based measures of physical function in community-dwelling older adults.

**Data Sources:** Comprehensive bibliographic searches in MEDLINE, the Cochrane Library, and PEDro databases were conducted (September 2014).

**Study Selection:** Randomized controlled trials, cohort and cross-sectional studies of community-dwelling older adults (older than 65 years old), with and without non-communicable diseases, without dementia, and without advanced disability or end-stage disease. Included trials had to assess diet interventions, physical activity interventions or a combination of diet and physical activity interventions to improve performance-based measures of physical function in older adults.

**Data Extraction:** Two review authors independently screened the search results and performed data extraction and risk of bias assessment. We used a recent systematic review to assess the independent effects of physical activity interventions, and we focused on diet interventions and a combination of diet and physical activity interventions. Nine trials were included, 7 of them comparing a combination of diet and exercise interventions with an inactive control.

**Data Synthesis:** We are finishing the data extraction and data analysis will be finished at the end of the year 2014.

**Conclusions:** We will be able to conclude the study at the end of the year.

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## Healthcare quality for international travelers and patients: What you should know?

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The United Nations World Travel Organization announced that 1.087 billion people traveled internationally in 2013. In a study conducted by Princeton Survey Research Associates, only 21% of travelers purchase travel insurance with half of them not understanding what said policies cover. The remaining 78% of travelers admit to never purchasing insurance for lack of value, yet both the foreign common wealth office and association of British travel agents estimate that one in five travelers becomes ill, requiring hospitalization, while traveling abroad. Armed with this information, I traveled to 24 countries in 2014 to understand the accessibility, affordability and quality of care for patients who primarily work, travel and study abroad. The findings will be revealed in an upcoming documentary titled, "*Gauze: A Thinly Veiled Look at International Healthcare*", to be released summer, 2015. While some conclude that healthcare offered in their home countries is superior to those in other countries, my findings produced evidence that demonstrates quality-driven, affordable and accessible care is available throughout the World, provided that the patient takes appropriate precautions prior to admission. Failure to prepare for a likely illness while away from one's home country can result in miscommunication and frustration at best and poor experiences and outcomes and beyond at worst. This session will explore the differences in healthcare across borders, the preparation every individual should take prior to venturing beyond one's home country and the questions to ask should one find herself in a foreign hospital.

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