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Young diabetic women from better-income family are less adhered to physical activity advices

Hasina Shipra
Bangabandhu Sheikh Mujib Medical University, Bangladesh

Young people, both men and women around the world are increasingly being affected with diabetes. Mostly they find it difficult in following advices for diabetes treatment and management. In many populations, non-adherence to physical activity advices is a major concern. This study determined the extent of non-adherence to physical activity advices among young diabetic subjects (both men and women) and factors related to non-adherence. A descriptive cross-sectional study was conducted among 250 young diabetic patients attending BIRDEM (Bangladesh Institute of Research and Rehabilitation in Diabetes, Endocrine and Metabolic Disorders) hospital in Bangladesh. The study subjects were under a particular project by which the patients were provided with 100% free drugs. Data was collected through pre-tested semi-structured questionnaire and face to face interview with respondents. Data was analyzed using SPSS. A total number of 250 diabetic patients were selected as study subjects with mean±SD of age 22±6. Proportion of non-adherence to physical activity advices is found in half (50%). Factors affecting non-adherence to physical activity advices were found as, female gender (χ^2/p =14.48/<0.0001), higher educational status of subject's father (χ^2/p=2.4/<0.05) and upper-middle income family (χ^2/p=9.063/<0.05). The findings show that, women are significantly more non-adherent than men. Higher educational and financial status is contributing to such non-adherence in Bangladesh. Special focus and alternative ways for physical activity is needed for women; especially, who are from better-income family.

hasinashipra@gmail.com

Herb BOL: Herbal barcode of life

Jingyuan Song
Peking Union Medical College, China

Numerous adverse reactions, such as aristolochic acid nephropathy and herb-induced poisoning, have prompted increased global concern over the safety of herbal medicines. DNA barcoding provides a powerful new tool for addressing this problem. A preliminary system for DNA barcoding herbal materials has been established based on a two locus combination of ITS2 + *psbA–trnH* barcodes. There are 78,847 sequences belonging to 23,262 species in the system, which include more than 95% of crude herbal drugs in pharmacopeia, such as those of China, Japan, Korea, India, USA and Europe. The system has been widely used in traditional herbal medicine enterprises. For example, a detection of 100 *Rhodiolae Crenulatae* Radix et Rhizoma decoction piece samples purchased from drug stores and hospitals showed that that only 40% of the samples were authentic *R. crenulata*, which is recorded in Chinese Pharmacopeia, whereas the other samples were all adulterants and may indicate a potential safety issue. A circular consensus sequencing (CCS) strategy involving single molecule, real-time (SMRT) DNA sequencing technology was applied to de novo assembly and single nucleotide polymorphism (SNP) detection of chloroplast genomes. Comparisons of the three assembled *Fritillaria* genomes to 34.1 kb of validation Sanger sequences revealed 100% concordance, and the detected intra-species SNPs at a minimum variant frequency of 15% were all confirmed. We recommend this approach for its powerful applicability for evolutionary genetics and genomics studies in plants based on the sequences of chloroplast genomes.

songjingyuan@hotmail.com