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Antioxidants and degenerative diseases

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The imbalance between the generation and neutralization of Reactive Oxygen Species (ROS) within an organism is called oxidative stress and this leads to the formation of ROS and Reactive Nitrogen Species (RNS). The ROS, RNS and the external factors like smoke, diet, alcohol, ionizing radiation, pollutions, life style etc., promote the generation of free radicals and these free radicals causes protein oxidation, DNA damage and lipid peroxidation in living cells and are responsible for the generation of several degenerative diseases like diabetes, cardiovascular, cancer and neurogenerative changes associated with ageing. The antioxidants have an important role in scavenging lethal free radicals generated as bi-product during biochemical phenomena inside the living cells. The human body has an antioxidant defense system and it has been assumed that a diet rich in antioxidants strengthens this system. It has been postulated that a net work of antioxidants with different chemical properties may work in a synergistic way protecting the living cells from damage. The free radical scavenging activities carried out for the selected twenty common fruits in aqueous media and in different organic solvents shows the rich scavenging activities and the activities varied widely depending on the type of fruits and the solvents used. The results also confirm the high antioxidant activities of the some of the common fruits which are available even to a common man. The antioxidant activities carried out in different types of Indian medicinal plants extract in different organic solvents and their isolated compounds shows the importance of consuming plant products to enjoy good health and protect ourselves from the generative diseases. The isolated compounds showed lesser activity than the extract and this confirms the synergistic effect of the plant products. Findings of this study fulfills the recommendation of many national dietary guidelines which encourages eating variety of fruits, vegetables and greens every day to safe guard ones health and protect oneself from the diseases especially the ageing sickness which is also called as generative diseases.

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Creating lifestyle change through communication: Why and how?

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This talk focuses on communication as a critical component in creating lifestyle change for patients at a juncture in time when many nations are facing a costly epidemic of lifestyle-related illnesses. Historically, infectious diseases were the leading causes of death globally. More recently, however, changes in lifestyle (diet, exercise, work, stress and smoking) have resulted in the emergence of lifestyle-related illnesses as the leading cause of death across much of the world. At present, the US healthcare system struggles with the resulting explosion of lifestyle related illnesses, while increasingly, India and China, the world's most populous nations are facing similar illnesses associated with a changing lifestyle among their people. While malnourishment remains a global problem, rates of obesity, diabetes, hypertension and cancer are increasing globally, reflecting unhealthy lifestyles characterized by diet, lack of exercise, stress, smoking and more. With these changes comes a need for more physicians and healthcare providers, while rising healthcare costs impact national resources. Research shows that many lifestyle related illnesses can be prevented or treated successfully with behavioral changes in the patient's lifestyle. The importance of using communication strategies in working with patients cannot be underestimated. It is critical for healthcare providers to understand and implement strategies that will prevent and treat many chronic illnesses while improving overall health and quality of life. Evidenced-based approaches to intervening with patients to prevent and alter unhealthy lifestyle will be discussed.

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