



## How to cope with obesity by changing your lifestyle and eating habits

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### Abstract(600 Word Limit):

Medical education and clinical practice in many Arab countries have witnessed a dramatic change in the past three decades. Many medical schools, hospitals, and specialized medical research centers have been established. Research in the medical field reflects excellence and quality of medical education and clinical practice. Actually, quality and quantity of research output in any health subject reflects country's interest and efforts to provide better health standards to the people of that country. One method to assess research output from any country is Bibliometric analysis which refers to the implementation of statistical methods for evaluating the research productivity, for individuals, institutes and countries. Bibliometric analysis is a useful tool to obtain information about the current state of research in particular areas and allows researchers to identify and undertake new lines of research. Bibliometrics has been applied to various diseases and is now widely accepted as a method of measuring research and literacy output in any particular area. It is believed that medical research output from Arab countries is still lagging behind compared to non-Arab countries in the region like Israel, Turkey or Iran [9–14]. However, Egypt has surpassed Israel in Urology research but lags behind Israel in cardiology research. Historically speaking, Arabs have made valuable contribution to medicine and urology. Actually, pharmacological and surgical aspects of urology has been known in ancient Egypt [17]. Urology and nephrology are subjects of great importance in the Arab world since risk factors for such diseases, like diabetes mellitus, hypertension and obesity are prevalent in the Arab world. According to International Diabetes Federation, 6 out of the world's top ten countries for highest prevalence of diabetes are in the Middle East and North Africa Region—Kuwait, Lebanon, Qatar, Saudi Arabia, Bahrain and the United Arab Emirates. Prevalence of hypertension, another important risk factor for chronic kidney disease (CKD), is also believed to be high among Arabs. A recent mini review indicated that there is an urgent need for epidemiological studies about CKD in the Arab countries. Arab researchers have established several peer reviewed journals dedicated for Urology and nephrology to encourage Arab researchers in this field.

### Importance of Research (200 Word Limit):

Contrary to medical advice, Kerala's practice of eating green jackfruit as a meal instead of rice and roti is really beneficial for diabetes and weight management. Kerala can stop the spread of non-communicable diseases by reintroducing green jackfruit to the center of its plate instead of rice and wheat. Green jackfruit flour is a simple solution for food manufacturers to satisfy WHO recommendations to reduce energy density and increase the ratio of vegetables and fruits in processed foods to combat non-communicable diseases. Through a 40,000-year-old early man movement and human settlement, this research indicates a global similarity between the Mediterranean diet, today considered the perfect plate for diabetes and weight reduction, and our god's own plate. While only a small percentage of mothers. They frequently used unsuitable restricting and pressured feeding behaviors because they were concerned about their weight. To identify children's eating patterns and avoid childhood obesity, it's critical to

understand moms' feeding behaviors. Because little is known about Saudi mothers' feeding habits, more research is needed to confirm the disparities in infant feeding habits and concerns about child weight in moms who exclusively live in Saudi Arabia.

### **Biography (150 word limit):**

Dr. Fiji Antony has been with NMC Specialty Hospital Dubai as the Chief Clinical Dietician for more than 14 years. Earlier she has worked with Ministry of Health Muscat, Sultanate of Oman and also in India. She is practicing as a Clinical Dietitian for more than 19 years. European ESPEN Diploma in Clinical nutrition and metabolism from European society for clinical nutrition and metabolism (ESPEN) is her latest achievement in the year 2016. She has earned her Doctor of Medicine in the year 2005 in Food and Nutrition. Post-Graduation in the year 1999 with First Rank in Food & Nutrition and an ICAR fellow. She has been actively following her profession in three different countries (India, Sultanate of Oman and United Arab Emirates).

### **Information of Institute/ University/ Laboratory :(200 Word Limit)**



NMC Healthcare is the largest private healthcare company in the UAE. Over the last 46 years, NMC has earned the trust of millions, thanks to its personalized care, genuine concern and a sincere commitment to the overall well-being of the communities it serves. Before going for delisting in April 2020, NMC had enjoyed recognition as the first company from Abu Dhabi to list on the London Stock Exchange and be a part of the premium FTSE 100 Index, an elite club of top 100 blue-chip companies by market cap. NMC's strategic acquisitions coupled with its legacy institutions have allowed it to fill the service gap in the healthcare delivery system and offer a continuum of care to patients in acute, chronic care and long term care.

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