THESSALONIKI GREECE

8th
Macedonian Congress
ON NUTRITION
AND DIETETICS
16-17 October ’08

5th
Balkan Congress
ON OBESITY
17-19 October ’08
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Exhibition Plan
WORD OF WELCOME

Dear colleagues,

It is with great pleasure and honour that we welcome you to the 3rd Balkan Congress on Obesity which is taking place on October 17-19, 2008, at the Porto Palace Hotel, in Thessaloniki, Greece. The congress is being organised by the Balkan Network for the Study of Obesity (BalNeSO) and the Hellenic Medical Association for Obesity (HMAO).

Due to HMAO’s long history of well organised and successful scientific events, both locally and internationally, we believe that the 3rd BCO will be a unique experience. The congress addresses all the important topics in the field of obesity, aiming to focus primarily on the region of the Balkan Peninsula. We feel honoured that eminent scientists from all over Europe are going to contribute to a scientific programme of high level.

The 3rd BCO is being preceded by the 8th Macedonian Congress on Nutrition and Dietetics, which is being organised by the Technological Educational Institution of Thessaloniki and is taking place on October 16-17, 2008. Although its official language is Greek, specific topics will be presented in English.

We hope that you will enjoy this interesting scientific and social journey in the city of Thessaloniki, where the heart of Macedonia beats.

Welcome in Greece!

I. Kaklamanos, MD
President
3rd Balkan Congress on Obesity

Prof. M. Hassapidou
President
8th Macedonian Congress on Nutrition and Dietetics

Th. Tzotzas, PhD
Executive Director
3rd Balkan Congress on Obesity
The Balkan Network for the Study of Obesity (BalNeSO) is a non-governmental, non-profit scientific association founded in 2005, in Athens, by the representatives of seven national associations for obesity from Bulgaria, Greece, Israel, Romania, Serbia, Turkey and Cyprus. The initiative for the formation of such a Network had been taken by the Hellenic Medical Association for Obesity in 2002 and, in 2005, the expansion of the Network and the enlargement of its goals and perspectives were decided.

The aims of BalNeSO are:

- To encourage and support activities related to research on the prevention and treatment of obesity.
- To facilitate communication between members of the Balkan countries on related issues.
- To organise the Balkan Congress on Obesity.
- To promote the study of obesity in the interbalkan field through the scientific cooperation of scientific associations, institutions, universities and other bodies.
- To promote research and teaching in all levels of education in the area of obesity.
- To promote the establishment of related Institutes and Research Scientific Centres.
- To contribute to the general scientific knowledge, education and progress in the area of obesity of the member Balkan countries.
- To promote peace and friendship among the people of the Balkan countries.

Up to now, BalNeSO have organised two congresses: the 1st Balkan Congress on Obesity (BCO) was held in Athens, Greece in 2003, in collaboration with the Hellenic Medical Association for Obesity and the 2nd BCO was held in Albena, Bulgaria, in May 2006, in collaboration with the Bulgarian Association for the Study of Obesity.

The Administrative Committee of the Balkan Network for the Study of Obesity for the triennium 2006-2008 stand as follows:

President: Ioannis Kaklamanos, MD - Greece
Secretary: Volkan Yumuk, MD - Turkey
Treasurers: Efthymios Kapantais, MD - Greece
Svetoslav Handjiev, MD - Bulgaria
The Hellenic Medical Association for Obesity (HMAO) is a non-governmental scientific association, operating on a non-profit basis in Athens, Greece. Founded in 1990, it ranks up to 1,070 active members from various areas of professional expertise, such as physicians, dietitians and other health professionals. HMAO is a member of the European Association for the Study of Obesity (EASO) and of the International Association for the Study of Obesity (IASO), as well as one of the founding members of the Balkan Network for the Study of Obesity (BalNeSO).

According to its Memorandum, HMAO aims to promote "the scientific research and study of obesity and the metabolic diseases in Greece" as well as "the scientific research in the field of healthy nutrition of the contemporary individual". During the last eighteen years, HMAO has organised numerous scientific and non-scientific events, which were crowned with great scientific and organisational success. The most important events are listed below:

- Seven Pan-Hellenic Medical Congresses on Obesity organised every other year
- Five Scientific two-day Symposia organised every other year
- Four Scientific one-day Symposia in major cities of the Greek province with broad participation, organised during autumn 2003

Aiming to provide knowledge on all basic issues regarding physical examination, assessment, management (diet-drugs-physical activity) and monitoring of obese and overweight patients, HMAO organises yearly a series of educating workshops.

Up to now four Educational Workshops on Obesity have been organised:

- 1st Educational Workshop on Obesity titled “Assessment and Management of Obese Patients” (2004)
- 2nd Educational Workshop on Obesity titled “Assessment and Management of Obese Patients” – A SCOPE course accredited by EASO (2005)
- 3rd Educational Workshop on Obesity titled “Obesity: contributing factors and multifactorial management” – A SCOPE course accredited by EASO (2006)

Further to HMAO’s activities nationwide, a strong presence has been accomplished in Europe and in the Balkan Peninsula through the organisation of several events:

- The 14th European Congress on Obesity (ECO 2005) took place in Athens, Greece, on 1-4 June 2005, at the International Conference Centre of Megaron – the Athens Concert Hall and it has been crowned with great success.
- The 17th Annual Meeting of the European Childhood Obesity Group (ECOG) was held in Athens, Greece, on 5-7 July, 2007.
- The 3rd Balkan Congress on Obesity takes place in Thessaloniki, Greece, on 17-19 October, 2008.

The Hellenic Medical Association for Obesity has carried out the "First National Epidemiological Large-scale Survey on the Prevalence of Obesity in the Greek Population" based on a nationwide population sample of 35,386 individuals (17,341 adults and 18,045 children and adolescents). The results and the conclusions of the survey were announced during the 13th European Congress on Obesity (Prague 26-29/5/2004) and the 14th European Congress on Obesity (Athens 1-4/6/2005). The full paper concerning the adults’ results of the survey has been published in the “Annals of Nutrition & Metabolism”, while the full paper on the adolescents’ results of the survey has been published in the “Obesity”, the official journal of “The Obesity Society”.

ABOUT HMAO
COMMITTEES

ORGANISING COMMITTEE

President: I. Kaklamanos
Members:  
S. Handjiev
M. Hassapidou
E. Kapantais
M. Maislos
D. Micic
Z. Mouslech
G. Roman
S. Stavrou
Th. Tzotzas
V. Yumuk

3RD BCO EXECUTIVE COMMITTEE

Executive Director: Th. Tzotzas
General Secretary: M. Hassapidou
Member: Z. Mouslech

3RD BCO COORDINATION

A. Gerodemou
K. Gerodemou

BALNESO EXECUTIVE COMMITTEE

President: I. Kaklamanos
Secretary: V. Yumuk
Treasurers: E. Kapantais
S. Handjiev

BALNESO
Balne Network for the Study of Obesity

46, Kifissias Ave.
115 26 Athens, Greece
T. +30210 698 5987-8
F. +30210 698 5986
info@balneso.com
www.balneso.com
HMAO AWARDS

The Council of the Hellenic Medical Association for Obesity has unanimously decided to present with an award two abstracts, from those submitted to the 3rd Balkan Congress on Obesity. These awards aim to support the efforts of scientists and students from all over the world towards the scientific research in the field of obesity.

Winner Authors

Basic Science

Angeliki Karamitri, Michael Lomax
University of Nottingham, Division of Nutritional Sciences, Nottingham, UK

Combinatorial transcription factor regulation of the cAMP response element of the PGC-1α promoter in white and brown preadipocyte cell lines

Clinical Research

Mirjana Sumarac-Dumanovic, Dragan Micic, Jagoda Jorga, Danica Stamenkovic-Pejkovic, Goran Cvijovic, Aleksandra Kendereski, Svetlana Zoric
Institute for Endocrinology, Diabetes and Diseases of Metabolism, Department for Metabolic Disorders, Belgrade, Serbia

Visfatin levels during euglycemic hyperinsulinemic clamp study in obese women

The prizes will be awarded during the Opening Ceremony of the 3rd Balkan Congress on Obesity.
INVITED SPEAKERS AND CHAIRPERSONS

- Agirbasli Mehmet
  Professor, Department of Cardiology, Medical Faculty, Marmara University, Turkey

- Athyros Vassilios
  Internist, Assistant Director, 2nd University Department of Medical Medicine "Ippokratia" Hospital, Thessaloniki, Greece

- Babatzimopoulou Maria
  Professor, Department of Nutrition and Dietetics, Technological Educational Institute of Thessaloniki, Greece

- Blair N. Steven
  Professor, Arnold School of Public Health, University of Carolina, USA

- Caroli Margherita
  Head of Nutrition Unit of the Department of Prevention, Italy

- Chrousos P. George
  MD, MACP, MACE, FRCP (London)
  Professor and Chairman, 1st Dept of Paediatrics, University of Athens Medical School
  Children's Hospital Aghia Sophia, Athens, Greece

- Coppack Simon
  Centre of Diabetes and Metabolic Medicine, Barts & The London School of Medicine, UK

- Dedoussis George
  Adjunct Professor of Biology, Department of Nutrition & Dietetics, Harokopio University, Athens, Greece

- Dicker Dror
  Head of Internal Medicine and Obesity Clinic, Rabin Medical Center - Golda Campus, Israel

- Didaggelos Triantafyllos
  Lecturer of Internal Medicine, Aristotle University of Thessaloniki, Greece

- Dimitrov Dimiter
  Nutrigenomics Center Varna, Medical University of Varna, Bulgaria

- Galli-Tsinopoulou Assimina
  Lecturer in Paediatric Endocrinology, 4th Department of Paediatrics, Aristotle University of Thessaloniki, Papageorgiou Hospital, Thessaloniki, Greece

- Gonidakis Frangiskos
  Psychiatrist, Eating Disorders Unit, Athens University Medical School, 1st Psychiatric Department, "Aiginiteio" Hospital, Athens, Greece

- Grammatikaki Eva
  Dietician-Public Health Nutritionist, Department of Nutrition & Dietetics, Harokopio University, Athens, Greece

- Handjiev Svetoslav
  Professor, Department of Nutrition Dietetics and Metabolic Diseases, Bulgaria

- Hassapidou Maria
  Professor of Nutrition, Department of Nutrition and Dietetics, Technological Educational Institution of Thessaloniki, Greece

- Ioannidis Ioannis
  Internist-Diabetologist, 2nd Department of Internal Medicine, "Konstantopoulio" Hospital of Athens, Greece

- Kafatos Anthony
  Emeritus Professor of Preventive Medicine and Nutrition, School of Medicine, University of Crete, Greece

- Kaklamanos Ioannis
  Endocrinologist-Diabetologist, Athens, Greece

- Kapantzis Efthymios
  Internist, Diabetologist, Head of Diabetes, Obesity & Metabolism Department, Metropolitan Hospital, Piraeus, Greece

- Karagiozoglou-Lampoudi Thomais
  Nutrition and Dietetics, School of Food Technology and Nutrition, Thessaloniki, Greece

- Karamitsos Dimitrios
  Professor Internal Medicine – Diabetology, Aristotle University of Thessaloniki, Greece

- Katsilambros Nicholas
  Professor of Internal Medicine, Medical School, University of Athens, Greece

- Kiortsis Dimitrios
  Associate Professor, Endocrinologist, Medical School, University of Ioannina, Greece

- Kokkinos Alexander
  MD, PhD, Lecturer in Internal Medicine, Athens University Medical School, "Laiko" General Hospital, Greece

- Komninou Despoina
  Mezitis Education and Research Institute, USA

- Kouidi Evaggelia
  Cardiologist, Associate Professor of Sports Medicine, Aristotle University of Thessaloniki, Greece

- Krassas Gerasimos
  Chairman, Department of Endocrinology, Diabetes and Metabolism, "Panagia" General Hospital, Thessaloniki, Greece

- Lenart Elisabeth
  Phd, Harvard, USA

- Lindberg Fedon Alexander
  Medical Director, Specialist in Internal Medicine, Dr. Lindberg’s Klinik, Norway

- Linos Dimitrios
  Associate Professor in Surgery, Athens University Medical School, Greece
- Lobstein Tim  
  Director, Childhood Obesity Programme, International Association for the Study of Obesity, UK
- Maislos Maximo  
  Head of Atherosclerosis and Metabolism Unit, Soroka UMC Department of Medicine, Israel
- Manes Christos  
  MD, PhD, Consultant Physician – Diabetologist, Thessaloniki, Greece
- Manios Ioannis  
  Department of Nutrition & Clinical Dietetics, Harokopio University, Athens, Greece
- Marcos Ascensión  
  Professor, Head of Immunonutrition Research Group, Department of Metabolism and Nutrition - Institute Frio, Spain
- Margioris Andrew  
  Clinical Chemistry, Endocrinologist, School of Medicine, University of Crete, Greece
- Micic Dragan  
  Professor, Institute of Endocrinology, Diabetes and Diseases of Metabolism, Department for Metabolic Disorders, Belgrade, Serbia
- Molnár Dénes  
  University Medical School of Pecs, Department of Paediatrics, Hungary
- Mortoglou Anastasios  
  Endocrinologist, Director, Endocrine Department, Athens Medical Centre Hospital, Greece
- Mouslech Zadalla  
  Endocrinologist, Greece
- Oppert Jean-Michel  
  Department of Nutrition, Pitié-Salpêtrière Hospital (AP-HP), France
- Paletas Konstantinos  
  Associate Professor of Internal Medicine, Medical School, Aristotle University of Thessaloniki, Greece
- Papadimitriou Vassiliki  
  Institute of Biological Research and Biotechnology National Hellenic Research Foundation, Greece
- Papazoglou Dimitrios  
  Assistant Professor of Internal Medicine, Medical School, Democritus University of Thrace, Greece
- Pervanidou Nena  
  1St Department of Paediatrics, University of Athens, “Agia Sofia” Children's Hospital, Greece
- Pietrobelli Angelo  
  Paediatric Endocrinologist, Newborn Intensive Unit Care, Verona Paediatric Clinic, Verona University, Italy
- Rayner Geof  
  Associate Professor in Public Health - Brunel University Visiting Research Fellow- City University London, UK
- Roman Gabriela  
  Associate Professor “Iuliu Hatieganu” University, Clinical Center of Diabetes, Nutrition, Metabolic Diseases, Romania
- Somali Maria  
  Endocrinologist, Greece
- Spiliotis Bessie  
  Associate Professor, University Hospital of Patras, Greece
- Theodorakis Michael  
  Lecturer in Internal Medicine and Therapeutics University of Athens Medical School Department of Clinical Therapeutics Alexandra Hospital Athens, Greece
- Tourkantonis Achilleas  
  Emeritus Professor of Internal Medicine, Medical School, Aristotle University of Thessaloniki, Greece
- Trichopoulou Antonia  
  Department of Hygiene and Epidemiology, University of Athens, Medical School, Greece
- Tzotzas Themostoklis  
  PhD, Endocrinologist, Department of Endocrinology, Diabetes & Metabolism, “Panagia” General Hospital, Thessaloniki, Greece
- Van Gaal Luc  
  Department of Diabetology, Metabolism and Clinical Nutrition, Antwerp University, Belgium
- Vazeou - Gerasimidi Andriani  
  Assistant Director, Scientific Director, 1St Department of Paediatrics, Diabetes Centre, “P. & A. Kyriakou”, Greece
- Vlachos Dionysios  
  General Physician, President of NGO Nutrition & Life
- Yiannakouris Nikolaos  
  Assistant Professor in Biology-Physiology, Harokopio University of Athens, Greece
- Yovos Ioannis  
  Endocrinologist, Professor, Aristotle University of Thessaloniki, Greece
- Yumuk Volkan  
  Professor of Medicine, Istanbul University, Cerrahpasa Medical Faculty, Division of Endocrinology, Turkey
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SCIENTIFIC PROGRAMME
FRIDAY OCTOBER 17 2008

1430 - 1600 ORAL PRESENTATIONS - Chairpersons: M. Hassapidou - Ch. Manes

- Intervention and public health programmes
- Nutrition and physical activity
- Obesity epidemic worldwide and in the Balkan countries

**OP01**
**INCREASING PREVALENCE OF OBESITY, DIABETES, AND PREDIABETES (IFG & IGT) IN A SCREENING PROGRAM IN TIRANA - THE CAPITAL OF ALBANIA**

Florian Toti¹, Agron Ylli¹, Thanas Furerraj¹, Gazmend Bejtja², Gerond Husi¹, Odeta Lena³
1 University Hospital Centre Service of Endocrinology & Metabolic Diseases, Tirana, Albania
2 Institute of Public Health, Tirana, Albania
3 INSTAT, Tirana, Albania

**OP02**
**FOOD CONSUMPTION PATTERNS AND WEIGHT GAIN IN UNDERWEIGHT, NORMALWEIGHT, OVERWEIGHT, AND OBESE PREGNANT WOMEN OF TEHRAN**

Maryam Mohammadi¹, Ghasem Fadavi², Fatemeh Mohammadi³
1 Faculty of Nursing and Midwifery, Shaheed Beheshti University, MS, Tehran, Iran,
2 Standard and Industrial Research Institute, Karaj, Iran,
3 National Nutrition and Food Technology Research Institute (NNFTRI), Tehran, Iran

**OP03**
**THE IMPACT OF LIFESTYLE PARAMETERS ON OBESITY STATUS**

Maria Hassapidou¹, Myrto Kaklamanou², George Vlahavas¹, Ioannis Kaklamanos¹, Efthymios Kapantais¹, Sousana Papadopoulou¹
1 Department of Nutrition and Dietetics, Technological Educational Institution of Thessaloniki, Thessaloniki, Greece
2 Hellenic Medical Association of Obesity, Athens, Greece

**OP04**
**A DIETARY INTERVENTION PROGRAM FOR PSYCHIATRIC PATIENTS BASED ON THE MEDITERRANEAN DIET**

Maria Hassapidou, Konstantina Papadimitriou, Niki Athanasiadou
Department of Nutrition and Dietetics, Technological Educational Institution of Thessaloniki, Thessaloniki, Greece

**OP05**
**PREDICTORS OF ATTITRITION IN A WEIGHT LOSS CONTINUOUS CARE PROGRAMME IN GREECE**

Daphne Kaklamanou, Chris J. Armitage, Myrto Kaklamanou
University of Sheffield, United Kingdom

**OP06**
**EFFECT OF A HIGH DAIRY CALCIUM DIET ON BODY WEIGHT AND COMPOSITION OF POSTMENOPAUSAL WOMEN - LESSONS FROM A 1 - YEAR STUDY**

George Moschonis, Evangelia Grammatikaki, Anastasia Vandorou, Alkaterini-Eustathia Kyriakou, Vasiliki Dede, Anthi Naourni, Sofia Kostea, Sofia Tanagra, Yannis Manios
Harokopio University of Athens, Department of Nutrition and Dietetics, Athens, Greece

1600 - 1730 ROUND TABLE - Chairpersons: I. Kaklamanos - A. Tourkantonis

- Childhood obesity prevention (T. Lobstein)
- Directions and actions for the prevention and treatment of childhood obesity in US and EU (I. Manios)
- Initiatives by WHO (A. Trichopoulou)
- Community-based approaches (G. Rayner)

1730 - 1800 COFFEE BREAK
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<tr>
<td>1800</td>
<td>OPENING CEREMONY</td>
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<td>1900</td>
<td>OPENING LECTURE - Chairperson: N. Katsilambros</td>
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<td>LECTURE - Chairperson: E. Kapantais</td>
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<td>LECTURE - Chairperson: I. Kaklamanos</td>
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Physical activity in the prevention and management of obesity (J.-M. Oppert)

“Oh that this too too solid flesh would melt”: excess fluid in obesity (S. Coppack)

Non-exercise activity thermogenesis (NEAT) as a causative factor for weight gain. Practical issues for the treatment of obesity, as well as for primary and secondary prevention (A. Mortoglou)

Weight loss: benefits beyond the loss (I. Yovos)

*(will take place at the Grand Pietra Hall of the congress hotel)*
SATURDAY OCTOBER 18 2008

0900 - 1030 ORAL PRESENTATIONS - Chairpersons: S. Handjiev - Z. Mouslech
Adipocyte products and diseases
Obesity, diabetes and other related diseases

OP07
VISFATIN AND EOTAXIN LEVELS IN STATES OF THYROID DYSFUNCTION: RELATIONSHIP WITH BODY WEIGHT AND COMPOSITION ALTERATIONS AFTER ACHIEVEMENT OF EUTHYROIDISM
Nikolaos Pontikides, Foteini Papadopoulou, Argyrios Dumas, Maria Bougoulia, Kostas Tziomalos, Gerasimos E. Krassas
1 Department of Endocrinology, Diabetes and Metabolism, Panagia General Hospital, Thessaloniki, Greece

OP08
VISFATIN LEVELS DURING EUGLYCEMIC HYPERINSULINEMIC CLAMP STUDY IN OBESE WOMEN
Mirjana Sumarac-Dumanovic, Dragan Micic, Jagoda Jorga, Danica Stamenkovic-Pejkovic, Goran Cvijovic, Aleksandra Kendereski, Svetlana Zoric
1 Institute for Endocrinology, Diabetes and Diseases of Metabolism, Belgrade, Serbia
2 Institute for Hygiene, Belgrade, Serbia

OP09
ADIPONECTIN SIGNAL TRANSDUCTION LEADING TO MACROPHAGE TOLERANCE TO PRO-INFLAMMATORY STIMULI VIA INDUCTION OF IRAK-M
Vassiliki Zacharioudaki, Ariadni Androulidaki, Christos Tsatsanis, Andrew Margioris
School of Medicine, University of Crete, Heraklion, Greece

OP10
ADIPOCYTOKINES AND GHERELIN LEVELS OF TEEN-AGE ARAB GIRLS AS INFLUENCED BY DIET AND SLEEPING PATTERN
Dara Al-Disi, Abdul-Aziz Al-Othman, Lateefa Khanam, Nasser Al-Daghri, Moammad Al-Saif, Shaun Sabico
King Saud University, Riyadh, Kingdom of Saudi Arabia

OP11
COMBINATORIAL TRANSCRIPTION FACTOR REGULATION OF THE CAMP RESPONSE ELEMENT OF THE PGC-1A PROMOTER IN WHITE AND BROWN PREADIPOCYTE CELL LINES
Angeliki Karimitri, Michael Lomax
Nutritional Sciences, School of Biosciences, University Of Nottingham, Leicester, United Kingdom

1030 - 1200 ROUND TABLE - Chairperson: A. Kafatos
Obesity epidemic worldwide and in the Balkan Peninsula
Greek epidemic obesity. Relations to nutrition and physical activity (A. Kafatos)
Obesity and its implications in Romania (G. Roman)
Obesity in Turkey (V. Yumuk)
Current trends of obesity in Bulgaria (S. Handjiev)
Obesity in Serbia (D. Micic)
Obesity in Greece (Th. Tzotzas)

1200 - 1230 COFFEE BREAK
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<td>1230 - 1400</td>
<td><strong>SPONSORED SYMPOSIUM SANOFI AVENTIS</strong> - Chairperson: D. Kiortsis</td>
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<td><em>Is diabesity the storm of our century?</em></td>
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<td>Introduction (D. Kiortsis)</td>
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<td>Greek epidemiological data (V. Athyros)</td>
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<td>Is diabetes the vehicle to re-think about treatment? (L. van Gaal)</td>
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<td>Questions - Conclusion (D. Kiortsis)</td>
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<td>1400 - 1430</td>
<td><strong>LECTURE</strong> - Chairperson: N. Yiannakouris</td>
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<td>Nutrigenomics and personalised medicine in obesity (D. Dimitrov)</td>
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<td>1430 - 1530</td>
<td><strong>POSTER SESSION</strong> - Chairpersons: D. Dimitrov - M. Somali</td>
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<td>PP001 - PP054</td>
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<td>1530 - 1600</td>
<td><strong>LECTURE</strong> - Chairperson: D. Kiortsis</td>
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<td>New therapeutic approach of the metabolic syndrome (L. van Gaal)</td>
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<td>1600 - 1730</td>
<td><strong>ROUND TABLE</strong> - Chairpersons: G. Roman - Th. Tzotzas</td>
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<td><strong>Global therapeutic approach</strong></td>
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<td>How diets influence somatic consequences (D. Komninou)</td>
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<td>Cognitive-behavioural approach for weight maintenance (F. Gonidakis)</td>
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<td>Surgery: which technique, when and for whom (D. Linos)</td>
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<td>1730 - 1800</td>
<td><strong>COFFEE BREAK</strong></td>
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<td>1800 - 1930</td>
<td><strong>ROUND TABLE</strong> - Chairpersons: G. Krassas - A. Margioris</td>
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<td><strong>New concepts in the metabolic syndrome (MS): a treatable disease</strong></td>
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<td>New concepts in the aetiology of MS: MS as an inflammatory disease.</td>
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<td>Chronic and postprandial (PPD) inflammatory reaction. Food ingredients and PPD (A. Margioris)</td>
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<td>New concepts in the pathophysiology of MS: new roles of adipokines and gastrenteric hormones in MS (M. Theodorakis)</td>
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<td>New concepts in the treatment of MS: dietary intervention, life style modifications, drugs (D. Kiortsis)</td>
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<td>1930 - 2000</td>
<td><strong>LECTURE</strong> - Chairpeson: D. Micic</td>
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<td>Thyroid dysfunction and morbid obesity: classical and new concepts (G. Krassas)</td>
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<tr>
<td>2000 - 2130</td>
<td><strong>SPONSORED SYMPOSIUM ABBOTT LABORATORIES (HELLAS)</strong> - Chairperson: A. Mortoglou</td>
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<td><strong>6 year presence of sibutramine - the Greek experience</strong></td>
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<td>Open discussion</td>
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<td>Guests: I. Ioannidis, D. Kiortsis, Th. Tzotzas</td>
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</tbody>
</table>
SUNDAY OCTOBER 19 2008

0930 - 1000  LECTURE - Chairperson: T. Didaggelos
Metabolic syndrome and atherogenesis during schizophrenia and antipsychotic therapies (V. Athyros)

1000 - 1030  LECTURE - Chairperson: M. Babatzimopoulou
Antioxidants and free radicals. Evaluation of the antioxidant properties of commercial fruit & vegetable shots and juices (V. Papadimitriou)

1030 - 1200  ROUND TABLE - Chairpersons: I. Ioannidis - M. Maislos
Obesity and cardiometabolic risk factors
Inflammation and obesity (A. Marcos)
Obesity and emerging cardiovascular risk factors (M. Agirbasli)
Normometabolic obesity: myth or reality? (D. Dicker)

1200 - 1230  COFFEE BREAK

1230 - 1400  ROUND TABLE - Chairpersons: A. Galli-Tsinopoulou - Th. Tzotzas
Physical activity - genes: correlations and interactions with obesity and health
Fitness or fatness: which is the more important determinant of health? (S. N. Blair)
Impact of physical activity on children's body weight and other health indices (E. Grammatikaki)
Gene interactions and physical activity in childhood obesity (G. Dedoussis)
The role of exercise in disease and quality of life (E. Kouidi)

1400 - 1430  LECTURE - Chairperson: A. Vlachos
The role of protein sparing modified fast and low carbohydrate VLCD in the treatment of obesity, diabetes and metabolic syndrome (F. A. Lindberg)

1430 - 1530  POSTER SESSION - Chairpersons: D. Dicker - A. Kokkinos
PP055 - PP102

1530 - 1600  LECTURE - Chairperson: I. Yovos
Drugs of everyday use and obesity (M. Maislos)

1600 - 1630  CLOSURE
**ORAL PRESENTATIONS** - Chairpersons: K. Paletas - V. Yumuk

**Childhood and adolescent obesity**

**OP13**
**PSYCHOLOGICAL ASPECTS OF OBESITY IN CHILDHOOD**

Oana-Maria Udrea  
“Grigore Alexandrescu” Clinical Emergency Hospital for Children, Bucharest, Romania

**OP14**
**THE INDEX WAIST-TO-HEIGHT RATIO (WHTR) IN ADOLESCENT OBESITY: RESULTS FROM THE PANHELLENIC SURVEY**

Themistoklis Tzotzas, Efthymios Kapantzis, Myrto Kaklamanou, Konstantinos Tziomalos, Maria Hassapidou, Ioannis Kaklamanos  
Hellenic Medical Association for Obesity, Athens, Greece

**OP15**
**COMPARISON OF PERCENT BODY FAT ESTIMATIONS IN ADOLESCENTS USING FOUR DIFFERENT FIELD METHODS**

Vassilis Zafropoulos, Zacharias G. Fthenakis, Dimitra Balaska, Athanassia Markaki, Petros Dimitropoulakis, George A Fragkiadakis, Eli Andrioti, Irini Giakoumaki  
Laboratory of Applied Physics & Measurement of Human Body Composition, Technological Educational Institute of Crete & Center for Technological Research – Crete, Greece

**OP16**
**PRE- AND POSTNATAL PREDICTORS OF CHILDHOOD OBESITY. THE PROGRESS STUDY**

Paraskevi-Eirini Siatitsa, George Moschonis, Alexandra Koupitski, Aikaterini Sioipi, Aliki-Eleni Farmaki, Maria Kantilafti, Anthi Naoumi, Sofia Tanagra, Aikaterini Kondaki, Yannis Manios  
Department of Nutrition and Dietetics, Harokopio University of Athens, Athens, Greece

**OP17**
**THE INFLUENCE OF “BEHAVIOR MODIFICATION” INTERVENTIONAL PROGRAM ON BMI IN THE OBESE STUDENTS OF THE PUBLIC HIGH SCHOOLS OF Khorramabad, IRAN**

Touabli Tahereh, Khosh Niyat Mohsen, Amini Fariba, Nazari Hedayat, Mardani Mahnaz  
1 Lorestan University of Medical Sciences, Khoram, Abad, Iran  
2 Tehran University of Medical Sciences, Tehran, Iran  
3 Lorestan University of Medical Sciences, Khoram, Abad, Iran  
4 Lorestan University of Medical Sciences, Khoram, Abad, Iran  
5 Lorestan University of Medical Sciences, Khoram, Abad, Iran

**OP18**
**DRAFT FOR REDUCING CHILDHOOD OBESITY - NOT STRETCH OR BUSHING**

Ana Paula Alves 1, Susana Cunha 1, Jacinta Ribeiro 1, Carlos Valente 1, Liliana Carola 1, Manuela Barros 2  
1. Unidade De Saúde De Valongo E Ermesinde  
2. Estagiárias da Faculdade de Ciências de Alimentação e Nutrição da Universidade do Porto

**LECTURE** - Chairperson: D. Papazoglou

Childhood obesity and depression (N. Pervanidou)
## CLINICAL WORKSHOP
Practical issues on clinical investigation and treatment of childhood obesity

**1100 - 1115**  
**WELCOME REMARKS**  
M. Caroli - G. Chrousos - I. Kaklamanos

**1115 - 1200**  
**OPENING LECTURE**  
Growth, development and childhood obesity (G. Chrousos)

**1200 - 1230**  
**COFFEE BREAK**

**1230 - 1630**  
**LECTURES**

### A
- **1230 - 1250** How can we investigate an obese child? (A. Gerasimidi-Vazeou)
- **1250 - 1310** Body composition. Do we need to evaluate it? Which are the best methods? (A. Pietrobelli)
- **1310 - 1320** Discussion

### B
- **1320 - 1340** Which is the ideal diet for an obese child or adolescent? (M. Hassapidou)
- **1340 - 1400** Physical activity. What kind and how often? (E. Lenart)
- **1400 - 1410** Discussion

### C
- **1410 - 1430** Individual, family or community approach? (M. Caroli)
- **1430 - 1450** Defining and labelling “healthy” and “unhealthy” food (T. Lobstein)
- **1450 - 1500** Discussion

### D
- **1500 - 1530** Acute and chronic complications; how to follow up and how to treat (B. Spiliotis)
- **1530 - 1545** Discussion

### E
- **1545 - 1600** Are drugs suitable for morbidly obese children? (D. Molnar)
- **1600 - 1615** Is bariatric surgery suitable for morbidly obese children? (T. Karagiozoglou-Lampoudi)
- **1615 - 1630** Discussion

---

This workshop is dedicated to the memory of Vassos Haralambides, a dear friend and colleague, who is no longer with us.

Hellenic Medical Association for Obesity
REGISTRATION

ON-SITE REGISTRATION

You may register on site at the Congress Secretariat, which will be operating at the congress venue at the following hours and days:

<table>
<thead>
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<th>Day</th>
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<th>Time</th>
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<tr>
<td>Friday</td>
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<td>08:00 - 20:30</td>
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<tr>
<td>Saturday</td>
<td>18th October 2008</td>
<td>08:00 - 21:30</td>
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<tr>
<td>Sunday</td>
<td>19th October 2008</td>
<td>08:00 - 17:30</td>
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CONGRESS REGISTRATION FEES (ON-SITE)

<table>
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<tr>
<th>CATEGORY OF REGISTRATION</th>
<th>8th Macedonian Congress on Nutrition &amp; Dietetics</th>
<th>3rd Balkan Congress on Obesity</th>
<th>Participation in both Congresses</th>
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Notes:

- Students entitled to reduced registration fees are kindly requested to provide the PCO with the relevant documentation (valid student pass or official document from the institution they attend) upon registration.
- The registration fees do not include insurance of participants against accidents, sickness, cancellation, theft, property loss or damage. Participants are advised to take out adequate personal insurance.

The delegate’s registration fee includes:

- Admission to all scientific sessions
- Admission to the opening ceremony
- Admission to the exhibition
- All congress material, i.e. congress satchel, final programme - book of abstracts
- Certificate of attendance
- Coffee breaks
- Welcome reception

The accompanying person’s registration fee includes:

- Admission to the opening ceremony
- Welcome reception
GENERAL INFORMATION

CONGRESS VENUE

The 3rd Balkan Congress on Obesity takes place at Porto Palace hotel in Thessaloniki, from October 17th to October 19th, 2008. The scientific sessions take place at the Crystal Hall and Dock Six Hall. The poster sessions take place at the Grand Pietra Hall.

LANGUAGE

The official language of the 3rd Balkan Congress on Obesity is English with simultaneous translation in Greek.

EXHIBITION

A commercial exhibition of pharmaceutical companies, medical equipment companies, food industries, etc. will be held in the Grand Pietra Hall during congress days. The exhibition will be open during congress days, from 08:00 to 20:00.

BADGES

Delegates’ badges are available at the Congress Secretariat in the congress venue throughout the duration of the congress. Please keep in mind that it is necessary for all participants to wear their badges both in the congress and the exhibition area.

Committee members  Blue
Speakers, chairpersons  Red
Participants  Orange
Students  Yellow
Exhibitors / AC&C Staff  Light Blue
Accompanying persons  Pink

AUDIOVISUAL EQUIPMENT

A Speaker Ready Room operates throughout the duration of the congress. Speakers are kindly requested to hand in all material of their presentation (slides, USB-key, CD-Rom, DVD) at least one hour before their scheduled presentation time. If the presentation is scheduled early in the morning, speakers are kindly requested to check their presentation at the Speaker Ready Room the day before.

Please note that slides should be 5cm x 5cm each. All versions of MS power point are accepted excluding Mac.

The following equipment are available:

• Laptop
• Data video projector
• Double slides projector
• Overhead projector
• Laser pointer
EUROPEAN CME CREDITS (UEMS - EACCME)

The 8th Macedonian Congress on Nutrition and Dietetics and 3rd Balkan Congress on Obesity is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide 22 European CME credits to medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS).

A certificate of attendance will be provided to all delegates on Sunday, October 19th from 10:00 until congress closure.

POSTER PRESENTATION

For posters to be exhibited, please note:

• The necessary material for displaying the posters will be distributed by the Congress Secretariat, operating in the congress venue.
• Poster panel numbers will be displayed at the top of the panels.
• The corresponding poster panel number for each poster presented has been provided by the PCO.
• Mounting and unmounting of posters will be done as specified in the information already sent to poster presenters by the PCO.
• As a courtesy to other presenters, participants are kindly requested not to move or remove poster numbers or change the order of the assigned poster boards.
• It is essential that presenters clear their poster board promptly and within the schedule. Material left on a poster board after the removal deadline will be discarded.
• The PCO is not responsible for material left behind, lost, stolen or damaged.

SOCIAL EVENTS

Opening Ceremony

The Opening Ceremony of the 3rd Balkan Congress on Obesity will be held on Friday, 17th 2008, at 18:00 in the Crystal Hall at Porto Palace Hotel.

Welcome Reception

The Welcome Reception of the 3rd Balkan Congress on Obesity will be held on Friday, 17th 2008, at 21:00 in the Grand Pietra Hall at Porto Palace Hotel.

Closing Ceremony

The Closing Ceremony of the 3rd Balkan Congress on Obesity will be held on Sunday, 19th 2008, at 16:30 in the Crystal Hall at Porto Palace Hotel.
GENERAL INFORMATION ABOUT GREECE

LANGUAGE
Greek is the official language. Most Greeks speak English as a foreign language.

TELECOMMUNICATIONS
The international access code for Greece is +30. The outgoing code is 00 followed by the relevant country code (e.g. 001 for the USA or Canada, 0044 for the United Kingdom). Public payphones are available all over Greece and use phone cards, which can be purchased from kiosks. For information concerning mobile phone use in Greece (telephone transmissions are based on GSM technology), please ask your provider.

TIME
Greece is GMT+2. Greece 12:00 - London 10:00

ATMS
They are widely available in Greece for Master or Visa cardholders.

BANKS
Banks are open from Monday to Thursday 08:00-14:30 and on Friday 08:00-14:00.

CLIMATE
The climate in Greece is mostly dry and temperate. At the middle of October, temperatures usually range from 15° to 27° Celsius with frequent rainfalls. In Thessaloniki, the temperature is commonly 2 to 5 degrees lower than in the rest of the country.

CREDIT CARDS
All major credit cards are accepted in almost all hotels, shops and restaurants. Stickers in the front windows will advise you as to which cards are accepted.

CURRENCY
EURO is the official currency. Information about exchange rates can be found at hotel lobbies and banks.

EMERGENCY PHONE NUMBERS

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HEALTHCARE
Emergency treatment is free to all, in public hospitals. Public and private hospitals can be found in big cities. Small and large islands usually have hospitals and health centres.

POPULATION
Greece has 11,000,000 inhabitants, the majority of whom live in the big cities.

RELIGION
The majority of Greeks (95%) are Christian Orthodox.

RESTAURANTS
Restaurants and taverns are normally open for lunch from 12:30 to 16:00 and for dinner from 19:00 to midnight. Fast food and souvlaki shops usually serve food all day long, and some of them stay open till late at night. Cafes and bars are open all day from about 08:00 until late in the night.

SHOPPING HOURS
Varying; downtown Monday - Friday 09:00-20:00 non-stop, Saturday 09:00-15:00; Suburbs Monday - Wednesday 09:00-14:30, Tuesday - Thursday - Friday 09:00-14:00 and 15:30-20:30, Saturday 09:00-15:00; Supermarkets: Monday - Friday 09:00-21:00, Saturday 09:00-20:00; On Sundays all shops are closed, except tourist shops.

TIPPING
Tipping is not compulsory but is quite usual in Greece.

WATER
Tap water is drinkable in Thessaloniki. For places outside Thessaloniki water quality varies, so please ask at your hotel reception.

GENERAL INFORMATION ABOUT THESSALONIKI
The Metropolitan area of Thessaloniki and its neighbouring municipalities has a population of about 745,000 and it hosts numerous of administrative and public services, as well as numerous of socio-economic organisations, industries, manufactures and department stores. It is the home of the Ministry of Macedonia & Thrace, the Region of Central Macedonia and the Prefecture of Thessaloniki. The BALKINET (Balkan Cities Network) has its headquarters in Thessaloniki and it is the network of thirty-two major cities located in eight different Balkan countries (www.balconet.org).

Every year, Thessaloniki becomes the world’s focal point due to its International Trade Fair, a commercial, economic, political and social event which takes places in September and is a great promotion and celebration for the city.

Thessaloniki’s location is very significant not only for the Pan-European transportation network, including road, air, railway and marine transport, but also internationally.

In Thessaloniki are also situated:
• The country’s second largest International Port
• The city’s Railway Station, with domestic and international destinations
• The city’s Bus Terminal (KTEL), only to domestic destinations
Περισσότερες Επιλογές... Χωρίς Ζάχαρη

Ανταποκρινόμενοι στις σύγχρονες τάσεις αλλά και τις διαφορετικές ανάγκες των καταναλωτών μας, διευρύνουμε τη μεγάλη γκάμα των προϊόντων μας και με αναισθητικά χωρίς ζάχαρη, δίνοντας έτσι, τη δυνατότητα στους καταναλωτές να απολαμβάνουν άφοβα τα αγαπημένα τους προϊόντα.

Επιπλέον, με την εισαγωγή του νέου Όδηγού Διατροφής «Μάθε τι Τρώς» στις ετικέτες των προϊόντων μας, δίνουμε τη δυνατότητα στους καταναλωτές να κάνουν συνειδητοποιημένες επιλογές, με βάση αυτό που ταιριάζει περισσότερο στις διατροφικές τους ανάγκες. Αφού θα μπορούν να δουν πόσες θερμίδες, αλάτι, σάκχαρα και λιπαρά περιέχει η κάθε μερίδα του αγαπημένου τους αναισθητικού, σε σχέση με την Ενδεικτική Ημερήσια Πρόσληψη.

Μηνείτε λένε να βρίσκετε τον πίνακα με τις διατροφικές πληροφορίες στις ετικέτες των παραδείγματων προϊόντων μας:

Μάθε τι Τρώς με μια ματιά!

The Coca-Cola Company®
INTRODUCTION: Diabetes and obesity are becoming increasingly important as causes of morbidity and mortality in developing countries. Aims: To evaluate the prevalence of undiagnosed diabetes and weight patterns in adults living in Tirana district.

Methods: Measurement of capillary blood glucose and anthropometric measures for healthy people not diagnosed with diabetes. Diabetes is defined according to ADA criteria: fasting glycaemia≥126mg/dl or casual glycaemia≥200 mg/dl, IFG ≥ 110 and <126mg/dl, and IGT 120-200 mg/dl.

Results: 2450 participants in the study, but all the data collected for 2211 of them. M/F 1190/1021, mean age 50.8±14.02 yrs, mean BMI 26.3±1.6 kg/m². Prevalence of obesity was 21.4%, equally present in both sexes, overweight 44.61% (M/F 48.19/40.45%) (p<0.05). The obesity was more frequent in the group 40-60 yrs old 25%, but 14.8% in the group 30-40 yrs old. Prevalence of Diabetes 4.07%, IFG 2.8% of the total, but 17.03% for persons with fasting glycaemia, IGT 16.01%. The overweight and obese persons had the tendency to be more frequently diagnosed with diabetes, 4.88% (p<0.07) and 13% (p<0.03), more anamnesis for diabetes (p<0.02) and suffer from HTA (p<0.05). In the multivariate analysis the obesity and familiar anamnesis were risk factor for Diabetes or IFG, whilst HTA, sex and age were not.

Conclusions: The prevalence of Obesity, Diabetes and prediabetes is increasing rapidly in Albania and especially in the younger age group. It is important to raise the awareness of younger population about creating healthy eating habits, physical activity, as well as the frequency of controlling blood glucose level.

Key words: Pregnant women, Food Guide Pyramid (FGP), Weight gain, Overweight, Obesity
A DIETARY INTERVENTION PROGRAM FOR PSYCHIATRIC PATIENTS BASED ON THE MEDITERRANEAN DIET

Maria Hassapidou, Konstantina Papadimitriou, Niki Athanasiadou
Department of Nutrition and Dietetics, Technological Educational Institution of Thessaloniki, Thessaloniki, Greece

Introduction Psychotropic drugs are frequently associated with weight gain. Typical antipsychotics that have been recently released have better results when treating the disease, but the problem of weight increase still remains. The results of a long term dietary intervention program in psychiatric patients are presented in this study.

Methodology 365 psychiatric patients (mean age 39.3±11.2 years) participated in the study (290 women and 75 men). Anthropometric measurements, measurement of Basal Metabolic Rate (BMR), dietary intake, clinical and biochemical data (cholesterol, LDL, triglycerides, etc.) were collected. A personalised diet, based on the Mediterranean diet, was given for weight control in each patient by a dietician. The patients were visiting the dietician every two weeks. Results were analysed after three and six months of intervention. The statistical analysis was processed with SPSS.

Results According to the results, mean BMI of the participants was 34.6±6.7 and mean %body fat was 38.8±7.7. The mean body weight decrease was 5.7±4.5Kg after three months and 9.1±6.2Kg after six months. The mean % body fat decrease was 2.63Kg, after three months and 4.4±3.8 Kg after six months. Mean waist circumference, total cholesterol, and LDL and triglycerides mean values also decreased.

Conclusion The dietary intervention program for psychiatric patients has been very successful in reducing body weight, body fat and improves specific biochemical parameters.
PREDICTORS OF ATTRITION IN A WEIGHT LOSS CONTINUOUS CARE PROGRAMME IN GREECE
Daphne Kaklamanou, Chris J. Armitage, Myrto Kaklamanou
University of Sheffield, Sheffield, United Kingdom

Introduction: Attrition from weight management programmes varies between 10% and 80%, and so an understanding of the factors that might ameliorate attrition is vital to promoting long-term weight loss. Previous studies have mainly focused on non-continuous care models of treatment, and have used primarily psychosocial variables as predictors.

Aim: Establish predictors of attrition in a Greek adult population attempting to lose weight in a continuous care clinical treatment programme.

Method: Secondary data were taken from a private clinic in Greece, in which a continuous care approach to weight loss was being employed. Data from a total of 2928 non-active patients recorded over a period of 19 years were included in the analysis. Of these patients, 2377 were women and 551 were men.

Results: Logistic regression was used to predict attrition. Gender, age, free fat mass, fat mass and BMI were discovered to be significant predictors. The independent variables included in the analysis were a mix of demographic, psychological, medical history and anthropometric measures. In addition, survival analyses (Kaplan-Meyer and Cox regression) revealed that the mean survival time of patients attending treatment before dropping out was 132.51 days and that age and gender were significant predictors of attrition.

Conclusion: The study supports findings of previous studies, which cite gender, age and BMI as significant predictors of attrition. The findings also strengthen the case for the use of further anthropometric measures, other than weight and BMI, as predictors of attrition (e.g. fat mass).

EFFECT OF A HIGH DAIRY CALCIUM DIET ON BODY WEIGHT AND COMPOSITION OF POSTMENOPAUSAL WOMEN - LESSONS FROM A 1-YEAR STUDY
George Moschonis, Evangelia Grammatikaki, Anastasia Vandorou, Aikaterini-Eustathia Kyriakou, Vasiliki Dede, Anthi Naoumi, Sofia Kostea, Sofia Tanagra, Yannis Manios
Department of Nutrition and Dietetics, Harokopio University of Athens, Athens, Greece

Introduction: Several previous studies have reported inverse associations between calcium intake and adiposity indices.

Aim: To examine whether supplementation of calcium or dairy products enriched with calcium and vitamin D3 in postmenopausal women for 12 months could induce favourable changes in several anthropometric and body composition indices.

Materials and methods: A sample of 101 postmenopausal women were randomized to a dairy intervention group (DG: n=39), receiving approximately 1200 mg of calcium and 7.5 μg of vitamin D3 per day via fortified dairy products and attending biweekly nutrition education sessions; a calcium supplemented group (CaG: n=26) receiving a total of 1200 mg calcium per day; and a control group who continued with their usual diet (CG: n=36).

Results: No significant differences were observed in the mean 12-month changes in body weight, BMI, total body fat and lean mass between groups. However, subjects in the DG were found to have a lower decrease in mid-arm muscle circumference (P<0.001) and a lower increase in the sum of skinfolds' thickness (P=0.042) compared with the CaG and the CG. Furthermore, the DG was also found to have a greater decrease in the percentage of legs' fat mass (P=0.025) and a higher increase in legs' lean mass (P=0.012) compared with the two other groups.

Conclusions: The application of a holistic intervention approach combining nutrition education and consumption of fortified dairy products for 12 months can induce more favorable changes in certain anthropometric and body composition indices than calcium supplementation alone and the usual diet.
Background: Visfatin, a novel adipocytokine, which is associated with obesity and has insulin-mimetic effects. Eotaxin is an important chemokine in extrinsicing or allergic asthma and has recently reported to be increased in obesity in mice and humans. Thyroid disorders, both hyper- and hypothyroidism are associated with rapid alterations in body composition, which are restored mostly after achievement of euthyroidism.

Objective: The aim of our prospective-interventional study was to examine the relation between eotaxin and visfatin levels and somatometric parameters as well as changes in thyroid hormone and TSH levels in hyper- and hypothyroid patients. To our knowledge, there are no similar data in the literature so far.

Design: Eighty-six, 34 hyper-, 52 hypothyroid patients with Graves’ and Hashimoto’s disease respectively examined. The two groups did not differ regarding age (47 vs 50 yrs), gender (70.6 vs 84.6% females) and smoking habits (29 vs 25%). In all patients thyroid function indexes [free T4 (fT4), Total T3 (tT3), and TSH, AB-TPO and AB-HTG], somatometric parameters [body weight (BW), waist circumference (WC), BMI, and percentage of body fat (BF)], as well as eotaxin and visfatin levels were measured before and about 3-4 months after medical restoration of thyroid dysfunction (titrated doses of antithyroid drugs or L-thyroxine therapy).

Results: Hyperthyroid patients had higher eotaxin median levels before (90.1, 28.3-214.0) vs after treatment (71.4, 23.2-130.9 pg/ml, p=0.025), while visfatin levels did not change. In hypothyroid patients, no difference was found in the above hormones before vs after treatment. At baseline also, no difference was found between hyper- and hypothyroid groups. However, post-treatment median visfatin levels were higher in hyperthyroid patients (7.3, 4.7-31.0) vs (6.1, 3.9-25.9 ng/ml, p=0.049).

There were also some significant correlations between: eotaxin vs BF (r=-0.356/p=0.039), vs TSH (r=0.364/p=0.035) in hyper- before, eotaxin vs BMI (r=-0.282/p=0.043), vs WC (r=-0.297/p=0.032) in hypothyroid patients before treatment, as well as between the percentage changes in eotaxin vs WC (r=-0.450/p=0.008) in hyper-, and eotaxin vs BF (r=-0.420/p=0.002) vs BW (r=-0.292/p=0.036), vs tT4 (r=0.301/p=0.030), vs fT4 (r=0.325/p=0.019) in hypothyroid patients after treatment.

Conclusions: a) eotaxin baseline levels are higher in hyperthyroid patients in comparison with post-treatment levels, b) visfatin levels do not change in states of thyroid dysfunction, c) both eotaxin and visfatin baseline levels do not differ between hyper- and hypothyroid patients, while, in the euthyroid state, hyperthyroid have marginally statistically significant visfatin levels, d) eotaxin is negatively related with BF in hyper-, and BMI and WC in hypothyroidism at baseline, and finally, e) the percentage changes in eotaxin after treatment positively related with WC and tT3 in hyper-, and BF and BW (negatively) and thyroxine levels changes (positively) in hypothyroid patients.

Visfatin Levels During Euglycemic Hyperinsulinemic Clamp Study in Obese Women

Mirjana Sumarac-Dumanovic¹, Dragan Micic¹, Jagoda Jorga², Danica Stamenkovic-Pejkovic¹, Goran Cvicovic¹, Aleksandra Kendereski¹, Svetlana Zoric¹

1 Institute for Endocrinology, Diabetes and Diseases of Metabolism, Belgrade, Serbia
2 Institute for Hygiene, Belgrade, Serbia

Introduction: Visfatin was recently reported to be expressed in human adipose tissue and to exert insulin-mimicking effects. Despite some recent studies on this topic, the proposed role of visfatin in metabolism remains largely unknown.

Aim: The aim of this study was to investigate possible role of visfatin in obesity (endogenous or exogenous) in condition of hyperglycemia and in euglycemic state.

Materials: Eight obese women (age: 34.87 yrs, BMI: 38.73kg/m2) were included in study. All women had normal fasting plasma glucose (4.72 mmol/l) as well as normal glucose tolerance during oral glucose tolerance test (OGTT). Euglycemic hyperinsulinemic clamp were performed in all subjects (plasma insulin and visfatin were measured at 0, 30, 60, 90, 100, 110 and 120 min of the clamp study).

Results: During clamp studies there were no significant changes in visfatin levels (0 min 6.40±1.84, 30min 7.65±2.32, 60 min 8.30±1.78, 90 min 6.10±0.847, 100 min 4.72±1.02, 110min, 6.00±1.49 and 120min 5.8±1.69 ng/ml, p>0.05 respectively. Mean insulin levels during clamp study were: 0min 18.62±2.08, 30min 106.7±29.2, 60min 123.7±26.64, 90 min 135.97±33.51, 100 min 133.55±33.60, 110 min 124.04±34.92 and 120 min 134.93±37.68 ng/ml.

Conclusions: Our data could not confirm direct effect of hyperinsulinemia on visfatin levels in obese women.
ADIPONECIN SIGNAL TRANSDUCTION LEADING TO MACROPHAGE TOLERANCE TO PRO-INFLAMMATORY STIMULI VIA INDUCTION OF IRAK-M

Vassiliki Zacharioudaki, Ariadne Androulidaki, Christos Tsatsanis, Andrew N. Margioris
Department of Clinical Chemistry-Biochemistry, Faculty of Medicine, University of Crete, Heraklion, Greece

Introduction: Adiponectin is the most abundant gene product in adipose tissue and circulates at high concentrations in the blood. It is believed that adiponectin has protective actions in the initiation and progression of atherosclerosis through anti-inflammatory effects which are exerted via macrophages, through suppression of the production of pro-inflammatory cytokines in response to LPS. We and others (Tsatsanis et al. BBRC 2005; 335 (4) 1254-63, Park et al. JBC 2007; 282 (30) 21695-703) have shown that the potential anti-inflammatory effect of adiponectin is due to the induction of macrophage tolerance.

Aim: Here, we investigate the molecular mechanisms initiated by adiponectin that render macrophages tolerant to pro-inflammatory stimuli.

Materials: Thioglycollate-elicitated peritoneal macrophages from TPL2-/-, AKT1-/- and IRAK-M-/- mice were treated with adiponectin and LPS and molecular mechanisms of tolerance were studied with Western blotting, Real time RT PCR and ELISA.

Results: In this study we show that adiponectin controls macrophage tolerance by inducing IRAK-M expression via ERK/Tpl2 and PI3K/AKT dependant mechanisms. IRAK-M expression is induced in mouse peritoneal macrophages upon gAd stimulation, leading to the suppression of the induction of pro-inflammatory cytokines by LPS. The tolerogenic properties of adiponectin were abrogated in IRAK-M deficient mice further supporting the involvement of IRAK-M in adiponectin induced macrophage tolerance.

Conclusions: Adiponectin is an important regulator of macrophage activation, by lowering the magnitude of the inflammatory response via induction of IRAK-M, which is one of the major negative feedback mechanisms in TLR4 signaling.

ADIPOCYTOKINES AND GHRELIN LEVELS OF TEEN-AGE ARAB GIRLS AS INFLUENCED BY DIET AND SLEEPING PATTERN

Dara Al-Disi1, Abdul-Aziz Al-Othman1, Lateefa Khanam1, Nasser Al-Daghri1, Moammad Al-Saif1, Shaun Sabico1
King Saud University, Riyadh, Kingdom of Saudi Arabia

INTRODUCTION: There is an epidemic of childhood obesity in the developing world and hence of great concern. It’s associated with adipocytokines and ghrelin. Understanding there interplay in diet and sleeping pattern may help design effective intervention strategies for obesity.

AIMS: To study the association between serum levels of these hormones with sleeping pattern and diet in obese and normal teen-aged Saudi girls.

MATERIALS: In this cross-sectional study, all subjects underwent anthropometric measurements; filled a questionnaire which included dietary recall, and information regarding sleeping. Fasting blood samples were collected and analyzed for serum levels of leptin, adiponectin, resistin & ghrelin using ELISA.

RESULTS: 126 girls (62 normal and 64 obese) aged 14 -18 years (16.5 ± 1.5) participated. Subjects with sleeping hours of < 5 hours/day showed higher percent of carbohydrate intake (p= 0.04) and lower percent of fat intake (p= 0.03) as compared to those who sleep >7 hours/day. Ghrelin showed inverse associations to hours of sleep (r= -0.18; p= 0.04). Resistin levels showed a sharp increase that was directly proportional to the hours of sleep. Adiponectin levels increased in proportion to hours of sleep, and more pronounced in the normal group.

CONCLUSION: Adipocytokines and ghrelin are modestly influenced by the pattern and the duration of sleep among Arab adolescent girls. Further studies in a bigger population using a prospective approach in a more controlled experimental environment are needed to confirm these findings.
EFFECT OF CHOLESTEROL REDUCTION ON BAROREFLEX SENSITIVITY IN OBESE AND NONOBESE PATIENTS WITH TYPE 2 DIABETES

Pinelopi Grigoropoulou, Nicholas Tentolouris, Despoina Perrea, Eavanthia Diakounopoulou, Stavros Liatis, Ioanna Eleftheriadou, Kleopatra Alexiadou, Konstantinos Kyriakopoulos, George Panagoulias, Ioanna Balla, Nicholas Katsilambros
First Department of Propaedeutic Medicine, Athens University Medical School, Laiko General Hospital, Athens, Greece

Introduction: Impaired baroreflex sensitivity (BRS) is a negative prognostic factor for cardiovascular disease. BRS is inversely correlated to BMI and significantly reduced in patients with diabetes. However, little is known about the effect of dyslipidemia on BRS.

Aim: To evaluate the effect of atorvastatin administration for 6 months on BRS in patients with type 2 diabetes and hypercholesterolemia.

Materials: Thirty patients with type 2 diabetes were recruited (11 male and 19 female). All had LDL-C concentrations ≥100 mg/dl. They were classified as obese or nonobese (14 obese and 16 nonobese patients: BMI: 34.2 ±4.1 Kg/m2 vs 27.2 ±3.6 Kg/m2 respectively, P<0.001). All patients received atorvastatin (10 mg daily) for 6 months, as well as a low-fat diet. Age, total cholesterol, LDL-C, and Hba1C were comparable between the two groups at baseline. BRS was assessed using the BaroCor® device, which records spontaneous changes in heart rate and blood pressure. Plasma lipids, Hba1C, and BRS were evaluated at baseline, at 3 and 6 months.

Results: Total cholesterol and LDL-C levels were significantly reduced in both groups after 6 months (all p<0.001). BRS was significantly increased (26.8%, p=0.004) after 6 months' treatment in all patients. Subanalysis according to obesity status showed that the obese subjects displayed a non-significant increase in BRS. In the nonobese group, BRS was already improved after 3 months (28.2%, p=0.056), and significantly increased after 6 months' treatment (43.3%, p=0.006).

Conclusions: Intensive cholesterol reduction with atorvastatin significantly improves BRS in nonobese patients with type 2 diabetes.
**PSYCHOLOGICAL ASPECTS OF OBESITY IN CHILDHOOD**
Oana-Maria Udrea
“Grigore Alexandrescu” Clinical Emergency Hospital for Children, Bucharest, Romania

The overweight and obese children are at risk for a wide range of difficulties in psychological functioning, psychological well being status, both as children and as developing adults.

The study aims on the psychological implications of child obesity focusing on self esteem, body image, perception of weight bias, indicators of psychopathology from the perspective of how do the child in the years of preadolescence experience the overweight condition.

73 obese and overweight children (40 girls) aged 9 to 14, BMI ≥ 95th percentile participated in the study in the Children's Hospital Clinical Ambulatory.

The psychological assessment included: structured interviews conducted with the child (KID-SCID); a clinical interview with the participant parent including indicators of emotional distress, anxiety, depression, ADH; Children's Eating Behavior Questionnaire; Self esteem assessment (Harter); Body image pictorial scale for children. The results show a negative body perception for most obese children (54.7%), moderate negative self esteem – general self worth, especially for the girls (32.9% of obese children). Overweight and obese children who are victimized because of their weight are more vulnerable to depression, anxiety, lower self esteem, poor body image. For the obese children depression tendencies had a significant correlation with negative self worth (r= 0.54, p<0.01). Clinical obesity, emotional eating and negative body image were found as predictors of negative self esteem. Even a causality relation can not be estimated, significant negative scores for self-esteem and body image are a relevant aspect of child obesity with an impact on the psychological wellbeing and mental health of the children.

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**THE INDEX WAIST-TO-HEIGHT RATIO (WHTR) IN ADOLESCENT OBESITY: RESULTS FROM THE PANHELLENIC SURVEY**
Themistoklis Tzotzas, Efthymios Kapantas, Myrto Kaklamanou, Konstantinos Tziomalos, Maria Hassapidou, Ioannis Kaklamanos
Hellenic Medical Association for Obesity, Athens, Greece

Introduction: Waist-to-height ratio (WHTR) has been recently proposed as a clinically helpful index to identify adolescents with abdominal obesity (AO) and high cardiometabolic risk. It does not require percentile tables and may be applied to both sexes of all ages and in different populations.

Aim: To examine correlations of WHTR with anthropometric and sociodemographic parameters and to estimate prevalence of abdominal obesity in Greek adolescents.

Material: 14,456 adolescents (6,677m, 7,779f), 13-19 y, had direct measurements (BMI, WC, WHtR) taken at school throughout the whole of Greece in 2003. Sociodemographic factors (ethnicity and residence) were also examined. Obesity (OB) prevalence was calculated according to IOTF. AO was calculated using waist circumference (WC) according to curves provided for Chypriot children (Sava, ObesRes 2001) and also using WHTR with a cut-off of 0.5 (Maffeis, JPediatr 2008).

Results: OB prevalence was 6.1% in boys and 2.7% in girls. WHTR was higher in adolescent boys than in girls (0.46±0.07 vs 0.44±0.06, p<0.0001) and, in both genders, it correlated strongly with BMI (r=0.65) and WC (r=0.90). Prevalence of WHTR>0.5 was much higher in boys than in girls (23.9% vs 14.5%, p<0.0001) while prevalence of high WC was 13.5% in boys vs 21.7% in girls (p<0.001). Only in boys, WHTR was higher in Greeks compared with foreigners (0.46±0.07 vs 0.45±0.07, p=0.02).

Conclusions: In Greek adolescents, Waist-to-Height ratio identified almost ¼ of boys with abdominal obesity and high cardiometabolic risk. This index is simple and useful, however, further validation is needed.
COMPARISON OF PERCENT BODY FAT ESTIMATIONS IN ADOLESCENTS USING FOUR DIFFERENT FIELD METHODS
Vassilis Zafiropulos, Zacharias G. Fthenakis, Dimitra Balaska, Athanassia Markaki, Petros Dimitropoulakis, George A. Fragkiadakis, Eli Andrioti, Irini Giakoumaki
Laboratory of Applied Physics & Measurement of Human Body Composition Department of Human Nutrition & Dietetics Technological Educational Institute of Crete & Center for Technological Research – Crete Sitia, Crete, Greece

Introduction: There are many different methods for measuring body composition, a few of them are accurate but time-consuming and difficult to perform, while the so-called “field methods” are simple and quick but lack in accuracy. What method to use in estimating the percent body fat (%BF) in children and adolescents? This is always a timely question.

Aim: The aim of this study was to compare the four different easy to apply field-methods: whole-body and lower-body Bioelectrical Impedance Analysis (BIA), Near-Infrared Interactance (NIR) and Skinfold (SKF) methods. In addition, we aimed in finding the deviations in the predictions of these methods and how they could lead to possible errors in individuals.

Material: A dietary intervention study was performed in 55 volunteers from selected High-Schools in Lassithi prefecture. We measured the percent body fat (%BF) of 55 adolescents, ages 15-17, twice in a period of three months. In all subjects we used the four well-known field-methods mentioned above. Body mass index (BMI) values were measured as well.

Results: For NIR and lower-body BIA the %BF values were obtained from the instruments’ software, while for whole-body BIA and SKF all known prediction equations were applied. The %BF predictions from all methods were compared to each other using regression analysis. Correlation coefficients as high as R=0.96 were found when comparing BIA with NIR, while R=0.6 for BIA-SKF and NIR-SKF correlations. The BMI values were better correlated with the NIR method (R=0.77), then with BIA (0.75) and last with SKF (R=0.52). It was also found that inaccuracies in individual subjects were huge, especially when comparing SKF with the other methods.

Conclusions: NIR and BIA correlate very well when using certain BIA prediction equations. There are specific suggestions on how to avoid errors originating from the inaccuracy of certain measurements.

PRE- AND POSTNATAL PREDICTORS OF CHILDHOOD OBESITY. THE PROGRESS STUDY
Paraskevi-Eirini Siatitsa, George Moschonis, Alexandra Koupitski, Alkaterini Siopi, Aliki-Eleni Farmaki, Maria Kantilafti, Anthi Naoumi, Sofia Tanagra, Alkaterini Kondaki, Yannis Manios
Department of Nutrition and Dietetics, Harokopio University of Athens, Athens, Greece

Introduction: In many developed countries childhood overweight and obesity has reached epidemic proportions, as these have been doubled in the last 20 years.

Aim: To identify those perinatal parameters predisposing prepubertal children to an increased risk of obesity.

Materials and methods: We examined a representative sample of 870 primary schoolchildren aged 9-13 years old participating in the “Prediabetes, Obesity and Growth Epidemiological Study in Schoolchildren” (The PROGRESS study). Body weight and standing height were obtained by using standard procedures and measuring equipment. Structured interviews were conducted with parents to collect information on anthropometric, demographic, medical and behavioural data. Finally, children’s anthropometric data at birth were recorded from their birth certificates and medical records.

Results: Children born to mothers that were overweight before pregnancy were more likely (OR=2.24; P=0.023) of being obese than children born to normal-weight mothers. Furthermore, the likelihood of obesity was significantly higher for children born to mothers that were smoking during pregnancy (OR=8.10; P=0.001) and children that were born large-for-gestational age (3.81; P=0.009), respectively. On the other hand the likelihood of being overweight was lower for children that were exclusively breast fed for 6 months after birth (OR=0.227; P=0.019).

Conclusions: Our findings showed that some of the perinatal factors examined in the current study were associated to childhood obesity. Priority should be given to size at birth, breastfeeding, maternal smoking during pregnancy and maternal overweight before pregnancy, when developing public health strategies to reduce the prevalence of childhood overweight and related chronic disease later in life.
THE INFLUENCE OF “BEHAVIOR MODIFICATION” INTERVENTIONAL PROGRAM ON BMI IN THE OBESE STUDENTS OF THE PUBLIC HIGH SCHOOLS OF KHORRAMABAD, IRAN

Touliabi, Tahereh1, Khosh Niyyat, Mohsen2, Amini, Fariba1, Nazari, Hedayat4, Mardani, Mahnaz5
1 Lorestan University Of Medical Sciences, Khorram, Abad, Iran
2 Tehran University Of Medical Sciences, Tehran, Iran
3 Lorestan University Of Medical Sciences, Khorram, Abad, Iran
4 Lorestan University Of Medical Sciences, Khorram, Abad, Iran
5 Lorestan University Of Medical Sciences, Khorram, Abad, Iran

The influence of “behavior modification” interventional program on BMI in the obese students of the public high schools of Khorram Abad, Iran

Introduction: The prevalence of obesity and overweight among children and adolescents is increasing rapidly, and has been doubled in the last three decades. Specifically, the 13-19 yrs age group is at higher risk for obesity and the related physiologic complications. Therefore, the present research was performed to determine the influence of “behavior modification” interventional program on BMI in the obese students of the public high schools of Khorram Abad, Iran.

Materials & Methods: In the present interventional research, 152 students and parents meeting the inclusion criteria were selected from 12 high schools of Khorram Abad between 2004 and 2006, and then were randomly assigned to either the case or the control groups. The “behavior modification” interventional program consisted of nutritional education, modifying & changing dietary habits, teaching exercise programs and their benefits to the students, teaching nutritional facts to the parents, and performing exercises 3 days a week. The subjects’ height, body weight, BMI, waist and hip circumferences, WHR, wrist circumference, and blood pressure were measured before and after implementing the interventional program; a questionnaire for evaluating students’ and parents’ awareness level regarding nutrition and also the Beck’s Depression Questionnaire (for screening the signs & symptoms of depression) were completed for both groups. The collected data were analyzed by descriptive and inferential statistical tests (t-student and Chi Square) and by using the SPSS (version 11) software.

Results: The mean and standard deviation for variables such as body weight, BMI, and waist and hip circumferences indicated a statistically significant difference before and after implementing the interventional program, revealing a significant decrease in these variables in the case group after implementing the interventional program. The research hypothesis (i.e. “behavior modification” interventional program affects BMI in the obese students of the public high schools) was supported (p ≤ 0.001); in addition, the students’ and parents’ awareness level was evaluated in the case group after implementing the interventional program (p < 0.046). The signs & symptoms of mild & moderate depression were decreased in the case group, but the frequency of students without signs & symptoms of depression was increased, which didn’t reveal a statistically significant difference between the two groups.

Conclusion: The “behavior modification” interventional program (including nutritional education, modifying & changing dietary habits, teaching exercise programs and their benefits to the students, teaching nutritional facts to the parents, and performing exercises 3 days a week) is effective in reducing BMI in obese students, and therefore, school principals and planners can play an important role in preventing obesity and its numerous potential complications by implementing this program via the students, their parents, and the school staff.

Key Words: “behavior modification” interventional program; BMI; depression; modifying dietary habits; exercise.

DRAFT FOR REDUCING CHILDHOOD OBESITY - NOT STRETCH OR BUSHING

Ana Paula Alves1, Susana Cunha1, Jacinta Ribeiro1, Carlos Valente1, Liliana Carola2, Manuela Barros2
1. Unidade De Saúde De Valongo E Ermesinde
2. Estagiários da Faculdade de Ciências de Alimentação e Nutrição da Universidade do Porto

Portugal is one of the European countries that has higher rates of childhood obesity. According to Padez (2004) the incidence of overweight and obesity reaches the 31.5%, and recent studies point to similar values in Porto district and, particularly, in Ermesinde. Given the overall situation and the associated morbidities, it is crucial to intervene and change this reality.

School-based intervention is the most efficient and successful way to intervene given its continuous and extended contact with children during their youth. This project aims to reduce the overweight and obesity prevalence to half of their values, in 2009, within a sample comprising children aged 6 to 9 from five Primary schools in Ermesinde. We also intend with this four year project to inculcate healthy eating habits in 60% of 4th grade children enclosed by the project.

Information is collected through direct inquiry and every group of children had personalized alimentary education sessions, regarding their age and teaching program. Children with overweight or obesity disorders were supervised by a nutritionist.

The initial sample included 116 children. Several parameters were evaluated, such as parent’s age and level of studies, number of brother(s)/sister(s), number of hours of sleep per night and number of hours in the TV/computer/video-games per day. A statistically significant decrease (p<0.001) at the IMC level was observed when comparing the values from 2005/2006 and 2006/2007. These results suggest that this kind of intervention is becoming effective in the reduction of overweight and obesity in this children sample.
Introduction: Cardiovascular disease (CVD) is the leading cause of morbidity and mortality in Iran and throughout the world, a major cause of which is hyperlipidemia to which one third of Iranian middle aged women are susceptible. Hence the aim of this double blind clinical trial was to examine the effect of soy lecithin on serum lipid parameters of hyperlipidemic postmenopausal women referring to Dr. Shahid Faghihi Hospital of Shiraz University of Medical Sciences.

Materials and Methods: Following approval by Iran University of Medical Sciences’ Ethics Committee for Human Studies, Sixty free living, 50-60 years old postmenopausal women with mild to moderate hyperlipidemia were recruited and assigned to one of the three treatments: A-Yoghort (control group I), B-Yoghort+16g soy lecithin granules (intervention group), C-Yoghort+10g sunflower oil, containing the same amount of linoleic acid as of the administered lecithin (control group II). Strawberry syrup was added to ensure blindness. To assess the effects of confounding factors, BMI and waist circumference were measured. 24-hour dietary recall and 3 days food record questionnaires were completed. Changes in physical activity level was assessed by seven day physical activity recall questionnaire. Serum lipid parameters were measured twice at baseline and 4 weeks of treatment.

Results: While there were no any significant between treatment groups effects, nonetheless, in the intervention group (soy lecithin), significant within group decrease was found in the average level of TC (252.33±24.02 vs 255.22±24.82 mg/dl and P=0.02), LDL(C)/HDL(C) (3.99±0.50 vs 4.17±0.56 and P=0.001) and Non-HDL(C) (211.94±23.94 vs 216.00±23.73 mg/dl and P=0.005) and accompanying significant increase in serum HDL(C) level (40.39±5.21 vs 39.22±5.58 mg/dl and P=0.04).

Conclusions: In present study soy lecithin treatment had no significant hypocholesterolemic effect on serum lipid profile, in a way that we can not claim any independent effect for soy lecithin linoleic acid content.

Key Words: Soy Lecithin, Hyperlipidemia, Menopause, Linoleic acid, Lipid Profile

THE BENEFITING EFFECT OF MEDITERRANEAN DIET AND PHYSICAL EXERCISE IN HYPERTRIGLYCERIDAEMIA IN OBESE PATIENTS WITH DEPRESSION SYNDROME

Alexandra Sianni 1, Asimina Ganotopoulou 2, Aikaterini Kosma 1, Neratzoula Karagianni 1, Eustathios Laskos 1, Konstantinos Liatos 1, Dimitrios Vassilopoulos 1
1 «Dramokaitio» Psychiatric Hospital of Athens, Athens, Greece
2 «Tzanio», General Hospital of Piraeus, Athens, Greece
3 «Alithn» Maternity Hospital of Athens, Athens, Greece

Introduction: Triglycerides (tg) are the organic chemical substances comprising of one glycerol molecule and three molecules of superior fatty acids and consist the 86%, 55%, 23% of chylomicron, VDRL and IDL respectively. Hypertriglyceraemia (Htg) especially in obese patients is a cardiovascular disease factor and is related to high cardiovascular mobility and mortality. It is accepted that many patients with depression are obese, either because they receive new antidepressive drugs which are known for this disorder or due to their mal nutrition habits and the lack of physical exercise.

Aim: To highlight the unique benefits of mediterranean diet and physical exercise together with drug treatment in Htg in obese depressed patients.

Material: 108 patients were included in the study. 63 men (56%) and 45 women (44%) with long suffering depression (>5 years) and body mass index BMI>25kg/m2 and average age 46±12 years. All patients had tg>200mg/dl.

Method: Over a period of 6 months factors like the body weight and the number of post-absorbing (fasting) and postprandial tg were studied on all patients. The patients were split up in two groups. Group A had 38 patients with tg between 200-400mg/dl who received medication treatment (fibrates with or without ω3 fatty acids). Group B had 70 patients with tg>400mg/dl who followed additionally to the above described medication a physical exercise program of long duration and low intensity (150-250kcal per session, 2-3 times a week) as well as low-caloring mediterranean diet (Lyons Study, limited in fat <15% of total calories and mainly in saturated carbohydrates <7%).

Results: After the 6 months period, a reduction of body weight was observed: in Group A 1-2kg and 5-9kg in Group B. Women showed marginally higher weight loss in comparison with men. Fasting tg (before breakfast) and postprandial tg (3 hours after lunch) were measured on the 1st, 3rd and 6th month on both groups.

Conclusion: The negative energy equilibrium whether it originates from higher calories expense due to physical exercise or caused by reduced calorie intake due to a low calorie diet or a combination of both, together with medication treatment significantly reduces the Htg as well as the cardiovascular risk of obese depressed patients and improves their organic and mental health.
EVOLUTION OF CENTRAL ADIPOSITY TO CARDIO-VASCULAR COMPLICATIONS – IS THAT A MATTER OF TIME?
Adorata Elena Coman 1, Cynthia Petrovanu 1, Gabriel Murariu 2, Rodica Petrovanu 1
1 Family Medicine Department, University of Medicine, Iasi, Romania
2 Family Medicine Practice, Iasi, Romania

Introduction: Cardio-metabolic risk meets together in a pathological way cardiovascular disease and diabetes with its complications.

Cases and methods: We studied a sample of population, 459 cases, transversal, randomized, 2002-2005, selected from 1500 patients consulted in 2002-2005, among a group of 100 randomly chosen pregnant and 100 non-pregnant, ranging in age from 20 to 40.

Pregnant women report higher consumption of vegetables, which results in a better score for fibre intake (p=0.009). They also report an increase in the consumption of fruits and dairy products which is not statistical significant (p= 0.046, p=0.029 respectively) and is still lower than recommended. The fat consumption is higher in pregnant women. No difference in fish consumption between pregnant and non-pregnant women is observed, which results to no statistical difference in ω-3 and ω-6 intakes between the two groups. Pregnant women increase the number of meals they consume per day and most of them entered breakfast to their diet (p=0.003). Over half of the pregnant women (57%) enrich their diet by vitamin and mineral supplements recommended by their doctor versus 14% of non-pregnant who use such supplements without any prescription.

Pregnant women also report a lower frequency of moderate physical activity and they stated that they had limited coffee and alcohol intake. There was no significant interaction effect between pregnancy and presence of children nor the socioeconomical status of women which indicates that the observed differences in dietary behaviour can be attributed to the state of being pregnant.

Conclusions: The metabolic syndrome finds out keeps its value on general analysis and quantification of risk factors for CVD and the individual risk. Central adiposity is the starting elements and diabetes, Glico regulation disturbances and cardiovascular disease are the end point of MetS diagnosis. There are a lot of limits in general practice linked of costs and organizing structures. We need better instruments for early diagnosis of metabolic syndrome in primary practice.

Key words: MetS, early diagnosis, prevalence of risk factors.
IODINE CONSUMPTION BY THE POPULATION OF UKRAINE AND IODINE DEFICIENCY PREVENTION

Viktor Kravchenko, Nataly Tananakina, Lubov Tkachuk

1. State Institution "V.P. Komisarenko Institute of Endocrinology And Metabolism, AMS Of Ukraine", Kyiv, Ukraine

Introduction: One of the main tasks in Ukraine today is to conduct prophylactic measures to eliminate the negative influence of iodine deficit on population health and children's intellectual maturation. Aim: To evaluate the situation with iodine supplementation in Ukraine. Material: We investigated children and young women from 12 Ukrainian regions using randomized method and divided population into 4 clusters - 60 children and 30 young women in each. Iodine salt consumption, thyroid status, iodine deficit level based on urine excretion data were evaluated. Results: Iodine deficiency has been established among the population of Ukraine. A mild iodine deficit (median iodine deficiency - 60-90 mcg/l) was reported in each of study regions. According to our investigations, a sufficient iodine level (median ≥100 mcg/l) was noted among the population of Kyiv, Lviv, Zakarpattye and Kirovograd regions. An excessive iodine consumption level was found in Crimea (≥400 mcg/l). The great frequency of goiter diagnosis in study subjects does not correlate with the level of iodine deficit. Less than 30% of the population use iodized salt, but most of population answered in the questionnaire about episodic use of iodized salt. Conclusions: To eliminate iodine-deficient diseases in Ukraine, it is imperative to adopt State and Regional Legislation concerning the wide use of iodized salt.
THE BENEFICIAL IMPACT OF THE MEDITERRANEAN DIET AND PHYSICAL EXERCISE ON THE INFLAMMATION AND COAGULABILITY FACTORS FOR PATIENTS WITH METABOLIC SYNDROME

Alexandra Sianni 1, Asimina Ganotopoulou 1, Katerina Kosma 1, Neratzoula Karagianni 1, Eustathios Laskos 1, Konstantinos Liatsos 1, Dimiropoulos Dimitrios 1

1. Dromokaiteio Hospital Of Athens, Athens, Greece
2. General Hospital Of Piraeus Tzaneio, Athens, Greece
3. Mitera Maternity Hospital Of Athens, Athens, Greece

Objective: To study the impact of the Mediterranean diet and physical exercise on the inflammation and coagulability factors for patients with metabolic syndrome.

Material – Method: A total of 465 subjects were examined, out of which 335 (72%) did not suffer from metabolic syndrome (MS) and belong to Group A, and 130 (28%) suffered from MS (they met at least 3 of the NCEP-ATP III criteria) and belong to Group B. The subjects were monitored for 12 months. They followed the Mediterranean diet, i.e., they reduced the amount of saturated fats and increased the consumption of fibre-rich food (fruit, herbs, vegetables) and hydrocarbon-rich food (fish, legumes). In addition, they followed a light physical exercise schedule daily. Their weight and levels of inflammation and coagulability factors were recorded every 3, 6, and 12 months.

Results:

Group A: Subjects without MS

<table>
<thead>
<tr>
<th>3months</th>
<th>6months</th>
<th>12months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight loss</td>
<td>1.5±1</td>
<td>2.5±1.5</td>
</tr>
<tr>
<td>WBC(x1000)</td>
<td>7.6±1.2</td>
<td>7.3±1.5</td>
</tr>
<tr>
<td>CRP(mg/dl)</td>
<td>0.6±0.13</td>
<td>0.48±0.15</td>
</tr>
<tr>
<td>IL-6(pg/dl)</td>
<td>1.2±0.4</td>
<td>1±0.6</td>
</tr>
<tr>
<td>Fibrinogen(mg/dl)</td>
<td>380±40</td>
<td>300±55</td>
</tr>
</tbody>
</table>

Group B: Subjects with MS

<table>
<thead>
<tr>
<th>3months</th>
<th>6months</th>
<th>12months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight loss</td>
<td>2.5±1.5</td>
<td>4±1.8</td>
</tr>
<tr>
<td>WBC(x1000)</td>
<td>9.8±1.5</td>
<td>7.6±1.8</td>
</tr>
<tr>
<td>CRP(mg/dl)</td>
<td>1.8±0.15</td>
<td>1.3±0.23</td>
</tr>
<tr>
<td>IL-6(pg/dl)</td>
<td>1.8±0.6</td>
<td>1.6±0.8</td>
</tr>
<tr>
<td>Fibrinogen(mg/dl)</td>
<td>500±180</td>
<td>450±120</td>
</tr>
</tbody>
</table>

Conclusion: The Mediterranean diet and light physical exercise can be beneficial for the reduction of weight and inflammation/coagulability factors, particularly for patients with MS, and are potential factors that contribute significantly to the reduction of morbidity and mortality of patients with MS.

THE BENEFITING EFFECT OF AEROBIC PHYSICAL EXERCISE IN THE OBESE PATIENTS WITH DEPRESSION SYNDROME

Alexandra Sianni 1, Asimina Ganotopoulou 2, Katerina Kosma 1, Neratzoula Karagianni 1, Eustathios Laskos 1, Konstantinos Liatsos 1, Dimitrios Vasilopoulos 1

1. Dromokaiteio Hospital Of Athens, Athens, Greece
2. General Hospital Of Piraeus Tzaneio, Athens, Greece
3. Mitera Maternity Hospital Of Athens, Athens, Greece

INTRODUCTION: The obesity is a cardiovascular risk factor for coronary heart diseases, diabetes mellitus type 2, arterial hypertension, dyslipidemia, gallbladder disease. It is a fact that a lot of patients with depression are obese, either because they take antidepressive medicines which could be responsible for that, or either because due to their disease they have mainly bad nutritional conditions and sitting way life.

AIM: To indicate the specific benefits of the physical exercise in obese depressive patients and to determine the type of the exercise which these specific patients need.

MATERIAL-METHOD: 72 patients were examined, out of them 42 were men (58%) and 30 women (42%) with long duration depression (>5 years) and their body mass index BMI > 25 kg/m² with mean age 48±13 years. For 6 months they followed a programme of aerobic exercise of long duration and low intensity. All the patients followed a speedy walking 40-60 minutes 3-5 times/week, where 700-1800 kcal/week were consumed (almost 150-230 kcal/training).

RESULTS: A total body weight loss of 4.5-7.5 kg was observed in the duration of 6 months (almost 0.25 kg/day) without any caloric limitation. In the women was observed lightly a greater body weight loss than in the men. It is important to mention that the physical exercise decreased the depression and the anxiety, and improved the feelings of self-sufficiency, self-respect and the picture of the body of obese patients.

CONCLUSIONS: It is certain the positive effect which has the bodily exercise in the improvement of the physical condition, the health and the quality of life. The exercise therapy has double effects in the obese patients with depression syndrome and is recommended for the improvement of functional and mental health of these patients.
MEAL DURATION AFFECTS THE POSTPRANDIAL SUBJECTIVE PERCEPTION OF HUNGER AND SATIETY IN A VARIABLE MANNER

Kleopatra Alexiadou
Alexandros Kokkinos, Georgia Argyrokopoulou, Pinelopi Grigoropoulou, Nicholas Tentolouris, Konstantinos Makrilakis, Eftychios Konstantoudakis, Ioanna Eleftheriadou, Ioanna Kolovou, Nicholas Katsilambros
First Department of Propaedeutic Medicine, Athens University Medical School, Laiko General Hospital, Athens, Greece

Background: The possibility that meal duration may affect the regulation of hunger and satiety has not been adequately addressed.

Aim: To evaluate possible differences in the subjective perception of hunger and satiety when healthy males consume the same meal at different rates.

Methods: Seventeen healthy male volunteers (BMI = 26.09±3.53 Kg/m², age = 29.7 ±4.8) consumed the same meal (300 ml ice-cream, 675 Kcal) in three sessions of different duration, in random order: In session A the meal was divided and consumed in 5 minutes and in sessions B and C in 30 and 60 minutes respectively. Visual analogue scales (VAS) for assessment of the subjective feelings of fullness and hunger were filled out before, during the meal, and every 30 minutes for 2.5 hours postprandially. The subjective feelings of fullness and hunger for each session were expressed as area under the curve of postprandial VAS measurements adjusted for time (AUC-A, AUC-B and AUC-C).

Results: AUC values for the fullness and hunger VAS were not different between the three sessions. Fullness tended to be higher in session B compared to session A immediately after the end of the meal (p=0.09), while 2.5 hours after the end of the meal the subjects tended to feel more full in session A compared to B (p=0.08). Hunger tended to be higher thirty minutes after the end of the meal in session C compared to session A (p=0.06).

Conclusion: Meal duration seems to affect the postprandial subjective perception of hunger and satiety in healthy male subjects.
REDUCTION OF BLOOD PRESSURE BY MODIFICATION OF DIET AND LIFESTYLE IN CHD PATIENTS

Jafar Shahamfar 1, Mohamadreza Shahamfar 2
1. Department of community medicine, school of medicine Tabriz University of medical sciences, Tabriz, Iran
2. Tabriz University of medical sciences, Tabriz, Iran

Background: Epidemiological survey indicate that the risk of CHD increase continuously with increasing blood pressure. Several factors have been identified, not as independent cardiovascular risk factors, but as factors, which have been shown to increase blood pressure. These include excess weight, alcohol and sodium intake and smoking.

Materials: The aim of current study was to assess effectiveness of educational intervention on reducing of blood pressure in CHD patients. A total of 100 patients (randomly 50 interventions; 50 controls) aged less than 65 years who were hospitalized in the CCU ward of a large medical setting (Tabriz) was incorporated for this study. Lifestyle modification education on case group included exercises, weight reduction, dietary modification alcohol consumption, Quit of smoking and stress management. Antioxidants and fish oil supplements were also reviewed. Control group participants were asked to follow their physician's instructions.

Data was entered in SPSS 12 software to get significant relationships at 95% confidence interval of the difference and paired t-test.

Results: Patients in lifestyle intervention group reduced the intake of saturated fat, sugar and cholesterol (p < 0.001), increased their exercises level (p < 0.01) and stopped smoking (p < 0.05) when compared with the usual care group. Blood pressure levels decreased significantly (p<0.05) in intervention when compared with control group.

Conclusion: In this study we found that modification of lifestyle in CHD patients can reduce risk factors of CHD and blood pressure, and prevent second attack.

Key wards: Lifestyle, coronary heart disease, modification

ANTHROPOMETRIC PARAMETERS AND GENE FOR PERILIPIN IN THE CZECH POPULATION

Vera Adamkova 1,2, Jaroslav A Hubacek 1,2, Ivana KralovaLesna 1, Pavel Suchanek 1, Milos Veleminsky 1, Petra Zimmelova 1, Vera Lanska 1
1. South Bohemia University, Prague, Czech Republic
2. Institute for Clinical and Experimental Medicine, Prague, Czech Republic

Introduction: The obesity is a major healthy problem in industrialised countries. Also low birth weight and short birth height are discussed like possible risk factors for obesity development, but the definitive conclusion can not be drawn yet. Also the possible effect of the perilipin (major protein of the lipid vacu-oles in adipocytes) variants on obesity development is not clear.

Aim: To analyse the possible association between perilipin SNPs and anthropometric parameters and gene for perilipin in the Czech population.

Methods: We have analysed 1473 individuals from two Czech districts (540 males and 933 females, aged 18-45 years). Birth weight, birth length, body weight, height, waist, hip and BMI were correlated with two perilipin variants (A13041G -rs2304795 a A14995T -rs1052700). ANOVA, Levenes, Brown-Forsyth and Welch tests were used for statistical evaluation.

Results: Birth length is significantly higher in individuals with AA genotype of the rs1052700 variant in both districts (p < 0.05). Other parameters were not significantly influenced by perilipin variants. Individuals with genotypes GG (rs2304795) and AA (rs1052700) have (borderline nonsignificant) higher BMI than others.

Conclusions: TT carriers of the rs1052700 variant in perilipin gene have lower birth length, but the adult height was the same like in others. Other anthropometric parameters are not associated with the perilipin variants.

Supported by grant project No. 8895-4, IGA MH CR.
ASSESSMENT OF MAJOR DIETARY PATTERNS AND THEIR RELATION WITH SOCIOECONOMIC AND DEMOGRAPHIC FACTORS IN 20-50 YEARS OLD WOMEN LIVING IN NORTH OF TEHRAN, IRAN

Arezoo Rezazdeh Sarabi 1, Bahram Rashidkhani 2, Nasrin Omidvar 2

1 Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran
2 Department of Community Nutrition, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical sciences, Tehran, Iran

Introduction: Few studies have investigated the association between dietary patterns extracted by factor analysis and socioeconomic and demographic factors.

Aim: To assess the relation between major dietary patterns and socioeconomic and demographic factors among 20 -50 years old women living in north of Tehran city, Iran.

Materials: In this cross-sectional study 460 women aged 20-50 years old living in north of Tehran, were sampled with stratified random sampling method. Dietary information was collected by a semi-quantitative food frequency questionnaire. Socioeconomic and demographic factors were obtained by interview. Factor analysis was used for identifying major dietary patterns. Then, the association between major dietary patterns and socioeconomic and demographic factors was assessed by covariance analysis.

Results: Two major dietary patterns were extracted: Healthy (high in other vegetables, fruits, yellow vegetables, cruciferous vegetables, tomato, yogurt drink, low fat dairy products, poultry, olive, nuts, fruit juice, potato, garlic, coffee, dried fruits and legumes) and unhealthy dietary pattern (high in processed meat, mayonnaise, soft drinks, sweets, refined grains, snacks, industrial juice, red meat, nuts, French fries, hydrogenated fats, egg, butter, high fat dairy products, sugars and organ meats). After adjustment for confounders, Azari ethnicity in comparison with Fars ethnicity and habitancy in district 7 in comparison with district 3 had positive and age, university education and total family income per month had negative associations with unhealthy pattern. In the other hand, age, housing square meters per head had positive and duration of residence in Tehran had negative as associations with healthy pattern.

Conclusions: Our findings support the effect of socioeconomic and demographic factors on dietary patterns of the studied women. So it's suggested these factors should be considered in later assessment of association between dietary patterns and disease.

Key words: Dietary patterns, socioeconomic-demographic factors, women, factor analysis.

USING VISUAL ANALOGUE SCALES AS SATISFACTION CRITERIA IN MULTI-CRITERIA DECISION ANALYSIS (MCDA) TO IMPROVE DIETETIC SERVICES

Nikos Matsatsinis1, Aggeliki Apostolou2, Afroditi Savvidou, Th. Karagiozoglou- Lampoudi2

1 Decision Support Systems Lab, Technical University of Crete, Greece
2 Clinical Nutrition Lab, Nutrition/Dietetics Dept, School of Food Technology and Nutrition, Technological Education Institution, Thessaloniki, Greece

Introduction: Patient's satisfaction (PS) is a prerequisite in dietetic practice, directly influencing compliance to the dietetic advice and therefore its effectiveness.

Aim: The aim of the study was to suggest appropriate improvements in order to make dietetic intervention satisfactory for the customer.

Material: 600 persons assigned in two groups were studied. Group A(n=300): people not following any expert's advice and group B(n=300) following dietetic advice. They were assessed using visual analogue scales to measure subjective appetite sensations and the multicriteria methodology used for the analysis of the data, estimated PS based on their own system of values and preferences. The factors-criteria determining PS were assessed and the critical points to which the caregiver must pay attention were identified. In the action map, suggestions for improvement are made on the basis of criteria hierarchy.

Results: The total satisfaction level reached 86 in group A and 88.7% in group B. Analyzing the satisfaction criteria into a weighted multiple choice criteria hierarchy, different criteria were found to affect satisfaction in the two groups. The most important criterion in group A was preoccupation with thoughts for food, while in group B was the feeling of hunger. The 2 groups displayed different patterns of hierarchy of satisfaction criteria. Group A: (i)preoccupation with thoughts for food, (ii)desire, (iii)Quantity, (iv)hunger, (v)urge, (vi)fullness. Group B: (i)Quantity, (ii)desire, (iii)urge (iv)preoccupation with thoughts for food, (v)fullness and (vi)hunger.

Conclusions: Dietetic advice could be more satisfactory by considering improvements in patient's feeling of hunger and allowing a feeling of larger quantity of food. Dieticians' training must stress upon the importance of techniques which would help improvements towards PS.
FAMILY INTERVENTIONS ON CHILDHOOD OBESITY IN THE ISLAND OF SYROS
Sofia Bacharaki 1, Zoe Ousounidou 2, Maria Varthalitou 3, Anna Delasouda 2, Michalis Gedeon 1
1 National General Hospital of Syros, Kyklades, Greece,
2 National Directory of Health and Provision, Kyklades, Greece,
3 Center for People with Disabilities, Kyklades, Greece

Introduction: Children at first school years are more subjectible to familial influences and at risk to develop obesity (adiposity rebound).

Aim: To control excessive weight gain of overweight/obese children via family interventions

Material and Methods: Based on Body Mass Index (BMI) from all 189 3rd grade children in Syros, 63 were found above normal (33.3%). 28 families agreed to participate, and were allocated in a target group with monthly family interventions from health visitors for a whole school year and a control group

Methodology
Family: demographic questionnaires, parents’ BMI, physical activity (METS table) and nutrition questionnaires
Comparison of final count of pedometers and family members’ METS table with 10 peers of normal BMI

Results

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>28</td>
<td>22</td>
<td>24</td>
<td>25</td>
<td>23</td>
</tr>
<tr>
<td>Mean</td>
<td>21.29</td>
<td>22.10</td>
<td>20.48</td>
<td>25.43</td>
<td>26.88</td>
</tr>
<tr>
<td>SD</td>
<td>2.29</td>
<td>2.55</td>
<td>3.43</td>
<td>4.8</td>
<td>3.38</td>
</tr>
</tbody>
</table>

A-B p<.01/A-C p<.05/B-D p<.05/B-E p<.01

The use of pedometers in all groups were diminished during weekends though not statistically significant. Parents of children with normal weight exercised more (p<.01) as well as their children (p<.05). 4 children had at least one metabolic risk factor: abnormal waist measure + 3 with systolic blood pressure above the 95 percentile + 1 with insulin > 17 μIU/mol. In the second blood test the target group showed a higher HDL (52.3 + 4.52/S4 + 12.03 mg/dL p<.05)

Conclusion: Family’s way of life and current weight interconnects closely with children’s status. Such interventions could help this age group.
EVALUATION OF ENERGY INTAKE DATA OF YOUNG WOMEN, AGED 19-24 YEARS
Donka Baikova¹, Vesselka Duleva¹, Peter Markov²
1. National Center of Public Health Protection, Sofia, Bulgaria
2. University Hospital “Maitchin dom” Sofia, Bulgaria

Introduction: The collected data from 24 h Recall for nutrition intake of young women usually is not correct due to the underreporting of consumed food. The nutritional study is depended on reliable estimates of food consumption and need validation.

Aim: To assess the reliability and precision of data collected by questionnaires about energy and nutritional intake.

Material: The data for nutritional and energy intake were collected from 200 women from Sofia by using the method 24 h Recall of food consumed during the previous day and the data were processed by software Goldberg's criterion (EI/BMR, 1991) was used to determine the degree of underestimation of energy intake.

Results: Young women are tended to underreport the data for their nutritional intake. The mean energy intake is under the recommended value and is 1728.5±564.2 kcal (7.6 ± 2.5 MJ). For the studied group the ratio EI/BMR is 1.2 at cutoff point of 1.35.

Conclusion: These data indicate that the survey for dietary assessment conducted with young women underestimate habitual energy intake. In order to confirm the precision of the collected data, it is necessary to include a sufficient number of investigated persons, the number of days for reporting nutritional information has to be specified according to the purpose and it is necessary to include adequate biomarkers.

MEDICAL NUTRITIVE THERAPY AND RISK FACTORS FOR T2DM IN OBESE SUBJECTS WITH IGT
Snezana Polovina¹, Klara Tucic¹, Koviljka Milenkovic³, Mile Novkovic⁴
1 General Hospital Subotica, Subotica, Serbia
2 General Hospital Subotica, Subotica, Serbia
3 General Hospital Cacak, Cacak, Serbia
4 General Hospital Vrbas, Vrbas, Serbia

Introduction: Obesity with impaired glucose toleration, consecutive metabolic abnormalities and hypertension are the important risk factors for type 2 diabetes.

Aim: examine the influence of medical nutritive therapy on risk factor for T2DM in obese subjects with impaired glucose toleration.

Material: we have analyzed the changes in some of risk factors for T2DM, like blood glucose during OGTT, insulin resistance, hypertension, BMI and fibrinogen in obese people with and without IGT, after 12 weeks of low calorie (1500kcal/day), high fibers diet (20-40g/day). The other nutritive elements were 55-60% carbohydrates, 15-18% proteins and 22-23% predominantly unsaturated fats. 50 subjects were divided in two groups, examined group with IGT (N=25) and control group with normal glucose regulation (N=25) both groups were taken the same diet.

Results: after 12 weeks fasting glucose was significantly decreased (p<0.001) in both groups, in 120 minute of OGTT glucose in examined group decreased significantly (p<0.05) vs. NS in control group. Insulin resistance, calculated by HOMA IR was significantly lower in examined group (p<0.001) than in control group (p=0.05). Pancreatic insulin reserve, calculated by HOMA β had no statistic significantly changes in both groups. Systolic blood pressure decreased in examined group (p<0.001) but control group had more significant decrease of diastolic blood pressure (p<0.05). BMI was lowering significantly in both groups.

Conclusion: these results suggest that high fiber diet with balanced nutritive elements had positive effect on most risk factors for type 2 diabetes, like fasting glucose, glucose during OGTT, insulin resistance, hypertension and high BMI in subjects with impaired glucose toleration.
INTERVENTIONAL PROGRAM FOR SUSTAINING THE REDUCED WEIGHT AFTER COMPLEX THERAPY OF OBESITY
Donka Baikova
National Centre of Public Health Protection, Sofia, Bulgaria

Introduction: The results of the National epidemiologic study, conducted in 2004, by the National Centre of Public Health Protection and Regional Inspectorates for Protection and Control of Public Health, show that 34-41% of adults in Bulgaria are overweight, and 17-22% are obese. Treatment involves complex programs, but when low weight is finally achieved, not enough respect is paid for its sustaining and for the health risks associated with the so called "yo-yo" effect upon the liver, kidneys and the entire metabolism.

Aim: The purpose of this interventional program is to raise the comprehension level in interested people how to sustain the low weight which they have earned with so much effort and metabolic stress after treatment of obesity.

Material: The methods of this interventional program included education of the interested people particularly for the food intake regime in the period of sustaining the low weight and for the medical risks derived from high amplitudes of their weight (so called "yo-yo" effect upon the liver, kidneys and the entire metabolism.

Results: The results are socially and health related, and associated with a lasting change of the nutritional habits to a healthier pattern, as well as a gradual transition to normal nutrition, while a periodic control was being performed by a specialist-dietologist, which corrected and broadened the diet in the borders of the family nutrition.

Conclusion: The conclusion is made that the sustaining of low weight is an important stage in the treatment of obesity and thus achieving its final goal - improvement of individual's health and efficiency.
EFFECT OF THE MEDITERRANEAN DIET ON THE LEVELS OF HOMOCYSTEINE IN OVERWEIGHT AND OBESE PATIENTS. (POLYCENTRIC STUDY)

Stefanos Patiakas 1,2,4, Charalambos Charalambous 2, Helias Giovanopoulos 3, Sokratis Tsukis 3, Stamatis Katsaris 3, Michalis Alexandridis 1, Dimitris Mitsikaris 4

1 General Hospital of Goumenissa, Goumenissa, Greece
2 Internal Medicine Clinic of the Psychiatric Hospital of Thessaloniki, Thessaloniki, Greece
3 General Hospital of Rethymnon Rethymnon, Greece
4 Diagnostic Center "Hemotest", Greece

Introduction and Aim: Behavioral lifestyle interventions has been proposed for the management of overweight. However, effective strategies for long-term patients’ adherence and weight loss maintenance are under investigation. Aim of the present study was to evaluate the long-term effect (2-year follow-up) of including behavioral techniques in a nutrition intervention programme for overweight subjects.

Methods: Eighty-two subjects (BMI>25kg/m2) were randomly assigned to either Diet-Behavior Modification group (DBG) or Diet-only group (DG). At baseline, participants underwent full nutritional assessment, including eating behavior assessment using the Dutch Eating Behavior Questionnaire (DEBQ). All subjects were given hypocaloric diets in order to reduce their body weight by 10% and they were seen by a dietician on a weekly basis. Intervention in the DBG was enhanced by nutrition education and behavior modification techniques (mainly goal setting, stimulus control, positive feedback and reinforcement). Duration of the intervention depended on subject’s baseline BMI.

Results: The present analysis was limited to those participants available for measurement at 2-year follow-up period (n = 42). Analysis of covariance revealed that DBG achieved a 16.2±1.1% reduction of their body weight, whereas the corresponding mean reduction for the DG was 1.8±1.3%, after controlling for potential confounders, namely age, sex and duration of intervention (p < 0.001). DBG also experienced beneficial changes in DEBQ scores, contrary to what was observed in the DG. Conclusion: These preliminary findings indicate that the inclusion of behavioral techniques in a weight-reduction programme may result in positive weight and eating behavior changes at 2-year post-intervention follow-up.

WEIGHT AND EATING BEHAVIORS CHANGES AFTER A NUTRITION INTERVENTION IN OVERWEIGHT SUBJECTS: RESULTS FROM THE 2-YEAR FOLLOW-UP

Mary Yannakoulia, Elena Bellou, Anastasios Papalazarou, Vassiliki Pirogianni, Grigoris Risvas, Paul Farajian

Department of Nutrition and Dietetics, Harokopio University, Athens, Greece

Introduction and Aim: Behavioral lifestyle interventions has been proposed for the management of overweight. However, effective strategies for long-term patients’ adherence and weight loss maintenance are under investigation. Aim of the present study was to evaluate the long-term effect (2-year follow-up) of including behavioral techniques in a nutrition intervention programme for overweight subjects.

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DRUG THERAPY IN PATIENTS WITH METABOLIC SYNDROME (MS): DOES IT COMPLY WITH RECENT ESH/ESC GUIDELINES?

Niki Katsiki, Maria Baltatzi, Christos Savopoulos, Helen Karlafti, Dimitris Agapakis, Apostolos Hatzitolios
1st Propedeutic Department of Internal Medicine, Department of Vascular Diseases, AHEPA University Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece

Introduction-aim: The aim of our study was to determine the compliance to guidelines concerning the treatment of patients with MS by the use of drugs exerting cardiovascular protective benefit.

Patients-Methods: We examined 740 patients attending their first visit in our Department of Vascular Diseases from 1/2006 to 1/2008, 443 of whom (170 men) had MS according to NCEP ATP III and were included in the study (mean age=56.4±12.3 yrs). None of these patients was under antiobesity drug treatment.

Results: 96.2% of the patients were dyslipidaemic, 17.2% current smokers, 11.3% had diabetes and 16.9% a previous cardiovascular event (13.8% CHD and 4.5% stroke). 41.5% were taking ACE inhibitors, 10.2% ARBs, 27.3% β-blockers, 31.8% Ca++-blockers, 30.5% diuretics and 6.1% statins. The majority of the patients (37.9%) was under antihypertensive monotherapy (31.6% two antihypertensive drugs). Study population was divided into very high risk (history of CVD or diabetes:25.1%) and high risk (the remaining patients with MS:74.9%). 13,8% of very high risk patients was receiving statins and 59,5% ACE inhibitors or ARBs compared with 4,8% (P=0,05) and 48,5% (P=0,04) of high risk patients, respectively.

Conclusions: 51,2% of the study population was taking ACE inhibitors or ARBs and only 6,1% statins. Although the proportion of statin use in very high risk patients was significantly higher than in high risk patients, these proportions were remarkably low for both groups. Similarly, even though proportions of patients from both groups receiving ACE inhibitors or ARBs were higher than those receiving statins, they remained inadequate according to ESH/ESC guidelines.

THE INFLUENCE DRINKING MINERAL WATER AT THE IRON METABOLISM AND THE RED BLOOD CELLS

Liana Siradze, Avtandil Kvezereli-Kopadze
1 Georgia Development Agency
2 Researcher Institute of Kurortology and Balneology, Tbilisi, Georgia
3 Researcher Institute of Pediatrician, Tbilisi, Georgia

Background: Nowadays the microelements deficiency are treated frequently with complex of microelements and minerals. The complications of this methods are well-known. The nutrition such as drinking mineral water is known in preventive medicine.

Aim of the study is research the influence of drinking mineral water at the red blood cells, predominantly at the iron metabolism with patience iron deficiency.

Methods: There were studied the 77 children ages 4-14 age with the gently form of iron deficiency anemia and control group 36 children the same age. Children were drinking mineral water according to the methods of treatment for 3 weeks. We observed the change of the level of ferum conditions in the red blood cells: in plazma and in the iron fund of body's tissue.

Results: The level of the ferum in plazma raised significantly from 9.64±0.85mkmol/l to 21.55±0.5mkmol/l (P<0,05); Increased the amount Ferittin from 17.10±2.048 ng/ml to 37.24±2.538ng/ml (P<0.001)

Conclusion: Drinking mineral water “Thagveri-10” improve the Ferum conditions in the body of patience with iron deficiency.
ACE GENE POLYMORPHISMS, ANTROPOMETRICAL AND BIOCHEMICAL PARAMETERS IN GROWING-SLIM FEMALES

Pavel Suchanek1,2, Jaroslav A Hubacek1,2, Ivana Kralova Lesna1,2
1. Institute for Clinical and Experimental Medicine, Prague, Czech Republic
2. Cardiovascular Research Centre, Prague, Czech Republic.

Introduction: Many genes have been implicated in determination of obesity, but our knowledge's about the genes responsible for individual differences in weight loss after physical intervention are poor. One of the candidate genes is a gene for angiotensine converting enzyme (ACE) ant its insertion/deletion (I/D) polymorphism.

Aim: The aim of the study was analyze ACE I/D variant in 93 unrelated non-diabetic females. There were 17 II homozygotes and 74 D allele carriers.

Material and methods: DNA was isolated from frozen EDTA blood and I/D polymorphism was analyzed using two steps PCR. Before and after 9 weeks of trainings programme, biochemical (plasma lipid levels) and anthropometrical measurements were performed. The participants were advised (and supervised) to sustain a heart rate of 115-145 beats (according to age) per minute within 60 minutes of exercise 3 times per week.

Results: The changes between anthropometrical and lipid parameters did not differ between females with different ACE genotypes. Nevertheless, in D allele carriers, plasma levels of TG decreased after 9-weeks physical training, but II homozygotes have higher plasma levels of TG after intervention (p= 0.02).

Conclusion: ACE I/D variant has no effect on anthropometrical and most biochemical parameters changes after physical training. But, in contrast to the D allele carriers, I/I homozygotes have after training higher plasma TG levels and their energy supply for muscle performance could be so improved. Supported by project No. 9393-3, MH CR.

SALT CONSUMPTION IN BULGARIA – RESEARCH BASIS FOR PUBLIC HEALTH INTERVENTIONS

Krassimira Aleksandrova
Department of Social Medicine and Organization of Health Care, Medical University of Varna, Bulgaria

Introduction: The excessive salt intake is associated with increased risk for cardio-vascular diseases and is traditionally high in Bulgaria. Quantitative data suggests variations in salt intake but the specifics have not been studied in detail as a basis for planning national public health programs, incl. defining target groups and priority activities.

Aim: We aimed to study the knowledge, attitudes, beliefs and practices regarding salt consumption and its effect on health in order to develop a public health program for salt reduction in Bulgaria.

Material: A cross sectional study was conducted in April –June, 2003 including 530 people aged over 40 years (245 men and 285 women).

Results: The dietary behavior of the studied Bulgarian sample is characterized by negative eating habits predisposing high salt intake, more pronounced in rural people, men, younger age groups and those with lower education. The majority of people are acquainted with the negative effect of excessive salt intake on health, but lack concrete knowledge. The role of processed foods as a main source of sodium is underestimated; the food labels are generally not checked, main source of health education are media. There is a negative correlation between the level of knowledge and existing salt intake habits (r=-0.77; p=0.000), which confirms the importance of improving the health education initiatives.

Conclusion: There is an urgent need of planning and implementing an adequate salt reduction public health policy in Bulgaria combining the efforts of the health government, food industry and consumers.
INSULIN RESISTANCE, CARDIOVASCULAR RISK FACTORS, DIET AND PHYSICAL ACTIVITY PATTERNS AMONG GREEK PREADOLESCENTS. THE PROGRESS STUDY

George Moschonis, Evangelia Grammatikaki, Konstantina-Eleni Kallianioti, Dionysia Argyropoulou, Aikaterini-Eustathia Kyriakou, Vasiliki Dede, Anastasia Vandorou, Paraskevi-Eirini Siatitsa, Alexandra Koumpitski, Maria Kantilafti, Aikaterini Siopi, Aikaterini Skenderi, Yannis Manios

Department of Nutrition and Dietetics, Harokopio University of Athens, Athens, Greece

Introduction: Recent research suggests that cardiovascular disease (CVD) and type 2 diabetes originate in childhood.

Aim: To examine the association between insulin resistance (IR), CVD risk factors, dietary and physical activity indices in Greek prepubertal children.

Materials and methods: The “Prediabetes, Obesity and Growth Epidemiological Study in Schoolchildren” (PROGRESS) examined a sample of 870 primary schoolchildren aged 9-13 years old. Data included anthropometric (weight, height, waist circumference), biochemical (fasting plasma glucose, serum lipids and insulin levels), clinical (blood pressure), dietary and physical activity (assessed with pedometers) indices. The IOTF references were used for the definition of overweight and obesity. Insulin and glucose were used estimate IR (HOMA-IR). All analyses were adjusted for gender and Tanner stage.

Results: The prevalence of overweight and obesity was 31.3% and 11.4%, respectively. IR was observed in 35.5% and 52.6% of overweight and obese children, respectively, and was associated with elevated triglycerides (>150 mg/dl), low HDL-cholesterol (<40 mg/dl) and increased waist circumference (>90th percentile for age, sex). Dietary energy intake was positively related to IR, while increased dietary intakes of carbohydrates and fiber significantly decreased the likelihood of IR. Similarly physical activity levels were also inversely related to IR.

Conclusions: Insulin resistance was very common in overweight and obese children, especially in subjects with central obesity. Children with IR were also found to have unfavorable levels of certain cardiovascular risk factors. Increased dietary fiber intake and physical activity levels seem to have a protective effect on the development of IR.

OBESITY AND METABOLIC SYNDROME PREVALENCE AMONG PREPUBERTAL CHILDREN IN GREECE. THE PROGRESS STUDY

George Moschonis, Aikaterini Skenderi, Evangelia Grammatikaki, Konstantina-Eleni Kallianioti, Anastasia Vandorou, Vasiliki Dede, Aikaterini–Eustathia Kyriakou, Maria Kantilafti, Aliki-Eleni Farmaki, Despoina Galaki, Panagiota Margiola, Yannis Manios

Department of Nutrition and Dietetics, Harokopio University of Athens, Athens, Greece

Introduction: As childhood obesity increases it also contributes to an increasing incidence of the metabolic syndrome (MS).

Aim: To record the prevalence of these adverse health conditions among prepubertal children in Greece.

Results: The prevalence of overweight and obesity was 31.3% and 11.4%, respectively. Regarding the clinical features of the MS, abdominal adiposity was recorded for 8.9% of the total sample. Furthermore, 2.6% of children were diagnosed with elevated serum triglycerides, 17.4% with low HDL-cholesterol, 8.8% with hypertension and 15% with increased plasma glucose levels. The prevalence of the MS was 5.8% in the total study population and 42.5% in the obese subjects.

Conclusions: The prevalence of overweight, obesity and MS reported by the present study are considerably high and comparable to those reported by similar recent studies conducted with children. Because the number of overweight children is increasing continuously, there is a vital need to develop appropriate screening and prevention strategies.
UNCOVERING THE FUTREX-6100XL PREDICTION EQUATION FOR THE PERCENT BODY FAT
Zacharias G. Fthenakis, Dimitra Balaska, Vassilis Zafiropulos
Department of Human Nutrition and Dietetics, Technological Educational Institute of Crete, Sitia Crete, Greece

Introduction. FUTREX instruments measure the percent body fat (%BF) using the near infra red (NIR) interactance method. This method is based on the absorption of selective wavelengths of NIR light, as it travels from the skin through the biceps to the bone and back. The older model (FUTREX-5000) of those instruments uses two wavelengths (940 nm and 950 nm) and a known prediction equation for the %BF. On the other hand, the newest model FUTREX-6100XL uses four wavelengths (810nm, 932nm, 944nm and 976nm) and the form of the prediction equation is proprietary by the FUTREX company and not published anywhere.

Aim. Although the NIR interactance method is rapid, simple, easy, with high repeatability, while the subject does not have to undress, it suffers from accuracy in predicting the %BF. In the present work we try to uncover the form of the FUTREX-6100XL prediction equation and to improve its predictions.

Material. The present study is based on measurements of the %BF with the FUTREX-6100XL instrument on a sample of approximately 100 individuals.

Results. It was found an expression for the FUTREX-6100XL prediction equation. The predictions of this expression are compared with the predictions of other equations used by other methods, like BIA and skinfolds and this comparison is presented.

Conclusions. Within our study the FUTREX-6100XL prediction equation has been uncovered. This gave us the opportunity to understand which terms of the equation affect the measurements and how this equation can be improved.
NUTRITIONAL EDUCATIONAL PROGRAM
Laura Mihalace 1, Delia Vatca 2, Roxana Stefan 2, Lidia Iuliana Graur 1
1 University Of Medicine And Pharmacie “Gr.T .Popa” Iasi, Romania
2 Clinical Hospital “St.Spiridon”, Iasi, Romania

We investigated and assessed the food consumption pattern of the adult population living in Iasi, Romania, and we identified excessive or inadequate food intake groups, particularly linked to obesity. Dietary habits were assessed by means of a quantitative food frequency questionnaire (Willett FFQ classifying the consumption frequency in 7 degree) The questionnaire was conducted for 186 men and 123 women aged 19-60 years (34.7 +/- 11.4 years), 197 nonobese (BMI < 24.9 kg/m2) and 102 obese subjects (BMI > 25.0 kg/m2). We recorded personal medical history, anthropometric data, blood pressure, fasting glycaemia, serum lipids. The conclusion was that rather high contribution of fat to daily intake, the low intake of fish and the relatively high percentage of people consuming less than the recommended amount of fruits and vegetables, suggest that the adult population eat too many calories and is at increased risk of developing obesity. We started an nutritional educational program. We took benefit from the methodology we validated last year on a pilot group of adult. This year we adapted it to teaching nutritional education based on energy density of foods. We discussed energy intake, well-balanced diets, some eating behaviour and gastrotechny. We created our educational materials. Offering motivation, clearly distinguishing between essential and details, schematic representations, use of frequent intense visual stimuli proved to be our best working instruments. The persons with preexisting knowledge supplementally challenged our teaching abilities as to correctly structure and homogenize the whole informational capital.

THE EFFECT OF LIFESTYLE AND DRINKING HABITS ON THE HEALTH STATUS OF THE GREEK POPULATION
Maria Hassapidou 1, Daphni Kaklamanou 1, George Vlahavas 1, Themis Kapantais 2, Ioannis Kaklamanos 2, Sousana K Papadopoulou 1
1 Department Of Nutrition And Dietetics, TEI, Thessaloniki, Greece
2 Hellenic Medical Association For Obesity, Athens, Greece

Aim The aim of this study was to estimate the impact of lifestyle factors and drinking habits on health status.
Methodology The sample consisted of 17920 adult Greeks (8423 men and 9464 women). All subjects completed a questionnaire regarding their lifestyle (physical activity, profession, television watching, cigarette smoking and recreational activities), drinking habits and health status. Results According to the results of this study, cholesterol levels were positively related with exercise and more specifically with walking and negatively with television watching, working longer hours at the office and smoking. According to the results of this study an increase of 1 hour walking per day decreases the possibility of high cholesterol levels by 9%. Levels of blood sugar were also positively influenced by exercise and negatively by television watching, and smoking. It was not influenced by working hours at the office and alcohol consumption. Furthermore the appearance of high blood pressure was also positively influenced by exercise, spending more time outside home and negatively by television watching and alcohol consumption, while it was not influenced by working longer hours and smoking. The results showed that 1 hour of high intensity exercise per day decreases the possibility of high blood pressure by 50%.
Conclusion In conclusion, health status was influenced by lifestyle factors and drinking habits, so better quality of life can be achieved by meliorating these factors.
THE INDEX WAIST-TO-HEIGHT RATIO (WHTR) IN CHILDHOOD OBESITY: RESULTS FROM THE PANHELLENIC SURVEY

Themistoklis Tzotzas, Efthymios Kapantais, Myrto Kaklamanou, Konstantinos Tziomalos, Maria Hassapidou, Ioannis Kaklamanos
Hellenic Medical Association for Obesity, Athens, Greece

Introduction: Waist-to-height ratio (WHTR) has been recently proposed as a clinically helpful index to identify children with abdominal obesity (AO) and high cardiometabolic risk. It does not require percentile tables and may be applied to both sexes of all ages.

Aim: To examine correlations of WHTR with anthropometric and sociodemographic parameters and to estimate prevalence of AO in Greek children.

Material: Data from the Panhellenic Epidemiological Survey in 2003 were used. 3140 children aged 6-12 y (1589 m and 1551 f) were measured for BMI, WC and WHTR and examined by ethnicity (Greeks – foreigners) and residence (urban, semi-urban, rural). Obesity (OB) prevalence was calculated according to IOTF. AO was calculated using waist circumference (WC) according to curves provided for Chypriot children (Sava, Obes Res 2001) and also using WHTR with a cut-off of 0.5 (Maffeis, J Pediatr 2008).

Results: OB prevalence was 9.4% in boys and 6.4% in girls. WHTR was higher in boys than in girls (0.46±0.05 vs 0.45±0.05, p=0.01). In both genders, WHTR correlated strongly with BMI (r=0.65) and WC (r=0.85). Prevalence of WHTR>0.5 was higher in boys than in girls (25.6% vs 20% p<0.0001) and identified far more children as AO compared with WC (WC (AO) 14.2% girls vs 12.5% boys). Only in boys, WHTR was influenced by the residence (semi-urban vs urban p=0.01).

Conclusions: In our Greek population, Waist-to-Height Ratio identified about 1/4 of boys and 1/5 of girls as abdominally obese at high cardiometabolic risk. This index is simple and useful, however, it needs further validation.

ENVIRONMENTAL DETERMINANTS OF OBESITY IN ADOLESCENTS

Dana-Teodora Anton, Dan Moraru, Carmen Oltean, Laura Bozomitu, Maricel Burlacu
1. III-rd Clinic of Pediatrics – University of Medicine and Pharmacy Iasi, Romania

Introduction: The increasing prevalence of obesity in adolescents suggests that environmental factors are promoting or exacerbating the problem.

Aim: To identify and modify environmental factors that promote obesity and to establish the role of the parents in the prevention of children’s weight-related problems.

Material: The lot studied was formed from 64 adolescents diagnosed with different grades of obesity in the III-rd Clinic of Pediatrics Iasi-Romania between 1992-2007. At these patients we followed the risk factors for obesity.

Results: The next risk factors were present to our patients: increased birth weight – 15 cases (23,43%), high fat diets – 40 (62,50%), supersizing meals – 50 (78,12%), consume of a variety of energy dense foods – 50 (78,12%), unlimited acces to food – 25 (39,06%), sedentary behaviour – 50 (78,12%), low mother’s education level – 35 (54,68%), consume of the artificial milk rather than breast feeding in infancy – 48 (75%), parental fatness – 16 (25%). Our effective interventions included: comprehensive behavioral management, dietary and physical activity modifications. Some of 64 adolescents studied succeeded in modifying their habits: decreasing concentrated foods – 38 cases (59,37%), decreasing the consumption of sweetened drinks – 28 cases (43,75%) or of fast-food products – 25 cases (39,06%), decreasing the portions size – 25 cases (39,06%), improved of physical activity – 30 cases (46,86%). We have succeeded in parental involvement only in 35 cases (54,68%).

Conclusions: The current public health recommendations to lower dietary fat intake appear to be appropriate. The family involvement remains an essential component as part of obesity management. It is urgent to propose interventions taking account all environmental factors which could cause obesity.
BREASTFEEDING DURATION IN NEW-BORN BABIES AND FUTURE OBESITY PREVALENCE IN CHILDHOOD

Kyriazis A Ioannis 1, Periklis Bobolas 2, Dimitrios Mendrinos 2, Maria Balla 1, Panagioti Panagopoulou 1, Leonidas Bartzis 1, Zacharoula Katsare 1, Kalliopi Klimatsaki 1, Athanasiou Malousis 1, Ioannis Malios 1, Konstantina Zafeiri 1, Theodosis Kokolias 3, Nikolaos Syranios 4, Edmond Deda 1, Christiana Pavlidou 1, Eleni Papavasiliou 1, Nikolaos Katsilambros 1

1 Obesity Outpatient Clinic - Korinthos General Hospital, Korinthos Greece
2 Internal Medicine Dpt. Korinthos General Hospital, Korinthos, Greece
3 1st Paediatric Department of Internal Medicine, Laikon General Hospital, Athens University Medical School, Athens, Greece
4 Paediatric Dpt., Korinthos General Hospital, Korinthos, Greece

Introduction: The prevalence of overweight and obesity increases worldwide. Early identification of overweight and obese children and hence the associated risk factors, is a major challenge in fighting the obesity epidemic.

Aim: To study the obesity indices in relation to breastfeeding (BF) in Greek Primary School Children (GPSC).

Materials and Methods: 1152 GPSC (578 boys and 574 girls, 6-12 years), from fourteen primary schools of Palaion Faliron Municipality, was surveyed. Parental questionnaires included children’s BF history. Obesity was defined as a BMI equal to or greater than the age- and sex-specific cut-points proposed by the IOTF.

Results: The prevalence of overweight was 22.6% and obesity 6.5% (Boys 8.1% - Girls 4.7%, p=0.07). Obesity prevalence was reduced significantly as age increased (9.1% at age 6-9 to 3.1% at age 10-12, p<0.001) in both sexes. BF was high (81.7%) but seems to have no effect in children’s obesity (8.8% vs 5.4% vs 8.1% in never, 1-6 and >6 months BF respectively, p=NS).

Conclusions: Our study demonstrates a high prevalence of overweight among GPSC especially in boys. BF seems to have no effect on the prevalence of childhood obesity.

NUTRITIONAL AND OTHER RELATED FACTORS THAT LEAD TO OBESITY IN GREEK URBAN ELEMENTARY SCHOOL-CHILDREN

Ioannis Kyriazis 1, Dimitrios Mendrinos 2, Balla Maria 1, Konstantinos Korovesis 3, Periklis Bobolas 2, Dimitrios Presvelos 2, Zacharoula Katsare 1, Leonidas Bartzis 1, Ioannis Malios 1, Theodosis Kokolias 1, Athanasiou Malousis 1, Edmond Deda 1, Nikolaos Syranios 4, Christos Partheniou 2

1 Korinthos General Hospital, Obesity Outpatient Clinic, Korinthos, Greece
2 Korinthos General Hospital, Internal Medicine Dpt., Korinthos, Greece

Introduction: Childhood obesity is among the most widespread medical problems in developed countries.

Aim: To estimate the prevalence of obesity as well as nutritional and other related factors that lead to obesity in Greek urban elementary school–children.

Material: The study included 2374 children(1206 males/1168 females).

Results: 22.8% were overweight and 8.4% obese. Boys were more obese than girls (9.2% vs 5.3%, p<0.05) but Central Obesity (CO) was equal in 2 sexes (36.6% vs 34.3%, p=0.48). Obesity reduced significantly as age increased (from 10.3% in age 6-9 to 3.3% in age 10-12, p<0.001), but not CO (33.5% in age 6-9, 33.7% in age 10-12, p=0.18). The significant reduction in prevalence of obesity was positively associated to the increase of the regular physical activity. On the other side, we noticed an increase in prevalence of overweight children from 60.3% in age 6-9 to 68.6% in age 10-12, p<0.05.

The following dietary habits were positively correlated to obesity:
1. Refrain from breakfast (42.2% vs 33.5%, p<0.05)
2. Poor consumption of fruits and vegetables (35.6% vs 29.9%, p<0.05)
3. Soft drinks consumption (37.8% vs 28.9%, p<0.05)

The frequent consumption of fast food can also lead to overweight and obesity (never-seldom: 17.9% overweighted–6.2% obese vs ≥3/week: 24.2% overweighted–7.9% obese, p<0.05).

There is also a close connection between obesity and PC or TV activity (never: 27.3% overweighted–4.1% obese, 1 hour/day: 18.9% overweighted–7.8 % obese, > 3 hours/day: 26.1% overweighted–8.6% obese, p<0.01).

Conclusions: We noticed an increase in prevalence of childhood obesity as well as a sex-dependent difference in all ages. Overall children with physical inactivity as well as frequent fast food consumption are at greater risk of obesity.
THE CLINICAL CHARACTERISTIC OF OBESITY IN CHILDREN

Boris Kaganov, Tatiana Strokova, Alexander Surkov, Elena Pavlovskaya, Andrey Zubovich, Elena Uvarova, Natalia Ageeva
Research Institute of Nutrition, Russian Academy of Medical Sciences, Moscow, Russia

Obesity in children is one of the actual problems of modern public health services. Last decades showed worldwide growth of number of the patients, suffering by obesity, including children and adolescents.

Aim: Research of clinical and laboratory signs in children with obesity.

Patients and methods: We observed 50 children (16 boys and 34 girls) aged 5 - 17 (mean 12,1±0,4) years with body mass index >95th percentile for age and sex. All children have been hospitalized concerning obesity for the first time. All children were examined by clinical, laboratory and ultrasound methods. Body impedance analysis had been made in all children in the first days of stay in a hospital. Liver elastography was performed if necessary.

Results: Excess weight occurrence was marked in 6,1±0,7 years. The family anamnesis was characterized by adiposity at 30 (60 %) children, type 2 diabetes – at 19 (38 %), arterial hypertension – at 22 (44 %), thyroid diseases – at 10 (20 %), urinary and biliary stone disease – at 8 children (16 %). The initial weight of children was 84,01±4,2 kg, height - 159,2±2,2 cm. At survey presence of striae in 20%, acanthosis nigricans in 4% of cases has been revealed. The examination revealed: hypothalamic syndrome at 19 (38%) children, metabolic syndrome at 6 (12%), cerebral syndrome – at 6 (12%), fatty liver – at 17 (34%), secondary changes in pancreas – at 35 (70%), arterial hypertension – at 15 (30%) of children. Body impedance analysis in all examined children revealed the increase of relative and absolute quantity of the fat mass, other parameters were normal.

Liver elastography was performed in 9 patients with fatty liver. Liver density in different parts of the right lobe was regular in 4 children, liver elasticity was 4,8 – 5,3 kPa, IQR 0,9 kPa, according to F0 stage of fibrosis by Metavir. In 5 children liver density was irregular, elasticity was 5,8 – 8,8 kPa, IQR 1,0 – 5,1 kPa, according to F1 stage of fibrosis in 2 and F2 stage in 3 children.

Conclusion: The most of children with obesity had early debut of disease, later reference for medical aid, complicated family history on metabolic and endocrine pathologies, high frequency of complications of obesity, especially fatty liver.

EFFICIENCY OF NUTRITIONAL TREATMENT IN OBESE CHILDREN

Boris Kaganov, Tatiana Strokova, Alexander Surkov, Elena Pavlovskaya, Andrey Zubovich, Elena Uvarova, Natalia Ageeva
Research Institute of Nutrition, Russian Academy of Medical Sciences, Moscow, Russia

Decrease of a body weight in obese children demands the complex approach directed on correction of a life-style. The main component of the correction weight program is low-calorie nutritional treatment, for weight decrease and normalization of carbohydrate and lipid metabolism.


Patients and methods: We observed 50 children (16 boys and 34 girls) aged 5 - 17 (mean 12,1±0,4) years with body mass index >95th percentile for age and sex. All children have been hospitalized about obesity for the first time. All children were examined by clinical, laboratory and ultrasound methods. Duration of hospitalization was 20,6±0,4 days. The inpatient treatment program included special low-calorie low-fat diet (about 1800 kcal/day), physiotherapy and correction of complications of obesity.

Results: The mean weight of children in the day of admission was 84,01±4,2 kg, height - 159,2±2,2 cm. The mean body mass index was 31,9±1,07, that was more than 95th percentile for age and sex. Children complained of the increase appetite in 58%, thirst – in 18%, weakness and fatigue – in 32%, sweatiness - in 30%, disturbance of memory and attention – in 8%, headaches – in 48%, dizziness – in 14%, drowsiness – in 16%, dyspnoe – in 12%, increase of arterial pressure – in 30%, labile mood with tendency to depression – in 58%. The fast glycemia was 5,3±0,5 mmol/l, serum cholesterol – 4,7±0,2 mmol/l, triglycerides - 1,04±0,1 mmol/l.

The most of children showed marked decrease of a body weight during low-calorie low-fat diet. Inpatient weight reduction was 1,4 - 10,5% (mean 6,4±0,3%) from the initial level. Body impedance analysis revealed that decrease of body weight resulted from reduction of fat mass. Positive dynamics of body weight was accompanied by decrease of the most of subjective complaints, decrease of arterial pressure, improvement of carbohydrate and lipid metabolism (fast glycemia was 4,5±0,09 mmol/l, serum cholesterol – 3,6±0,2 mmol/l, triglycerides - 0,9±0,1 mmol/l).

Conclusion: nutritional treatment by low-calorie low-fat diet is an effective method of weight reduction in obese children, especially during inpatient stage for the fast decrease of body weight and improvement of metabolism.
THESSALONIKI - GREECE

TRENDS OF OVER WEIGHT AND OBESITY AMONG 14-18 YEARS OLD URBAN ADOLESCENT GIRLS IN AHVAZ SENIOR HIGH SCHOOLS 1997-2006

Shiva Faghih 1, Forough Azam Taleban 2, Ali Reza Abadi 3, Negin Ansari 4, Ehsan Hejazi 5

1 Shahid Beheshti University Of Medical Sciences, Tehran, Iran
2 Shahid Beheshti University Of Medical Sciences, Tehran, Iran
3 Shahid Beheshti University Of Medical Sciences, Tehran, Iran
4 Islamic Azad University, Tehran, Iran
5 Jondishaour University Of Medical Sciences Tehran, Iran

Objective: Over the past century, most nutrition research and policy concerning the developing world focused on poverty and under nutrition. Now there is growing evidence of a major shift toward overweight and obesity in these societies.

Aim: The aim of this study was to assess changes in prevalence of obesity among 14-18 years old adolescent girls in Ahvaz between years 1997 and 2006.

Methods: Two cross-sectional studies were carried out separately. In 1997, 398 adolescent girls aged 14-18 year, and in 2006, 420 girls were selected from Ahvaz senior high schools, by stratified sampling. Socio-economic questionnaires were completed, weight and height were measured, and then BMI was calculated.

Results: Mean ± SD of height (Cm), weight (kg), and BMI (kg/m²) were 159.82± 5.55 vs. 159.77± 15.69 (p = 0.95), 52.17±8.67 vs. 55.64 ±13.66 (p< 0.001), and 20.41±3.18 vs. 21.57± 3.94 (p<0.001) in 1997 and 2006 respectively. Comparison of obesity and over weight between years 1997 and 2006 show that it increased significantly (p < 0.001). The odds ratio indicate that the prevalence of obesity and over weight approximately tripled between 1997 and 2006 (p < 0.001; OR= 2.87, 95%CI 1.83-4.49).

The data shows that there is a significant relation between BMI and food habits including number of meals (p < 0.001) and missing the breakfast (p < 0.05).

Conclusion: Results of this study are eloquent of the fact that prevalence of obesity is increasing among adolescent girl students in Ahvaz. Regarding the adverse effects of obesity, it is critical to encourage healthy eating patterns and increase physical activity among adolescent girls.

Key words: obesity, over weight, adolescent girls.

THE EVALUATION OF THE PROGRESS IN OBESITY AMONG STUDENTS DURING THEIR COURSE FROM ELEMENTARY SCHOOL TO HIGH SCHOOL

Nina Papadopoulou 1, Anastasia Zekeridou 1, Athanasios Mousiolis 2, Nikolaos Kamperidis 3, Ioanna Sakoli 4, Georgios Boskos 5, Frideriki Lagra 6, Persefoni Papadopoulou 8

1 Dietician, directress of Drama's General Hospital Food department
2 General Hospital of Kavala, A Pathological clinic, Kavala, Greece
3 General Hospital of Kavala, A Pathological clinic, Kavala, Greece
4 General Hospital of Kavala, A Pathological clinic, Kavala, Greece
5 Charocopio University,department of food and dietetics, Athens, Greece
6 General Hospital of Kavala, A Pathological clinic, Kavala, Greece
7 General Hospital of Kavala, A Pathological clinic, Kavala, Greece
8 General Hospital of Kavala, A pathological clinic, Kavala, Greece

Introduction: In the field of taking preventive measures against childhood obesity, the nutrition department of Drama’s general hospital organised this 4 years research with the intention to register a body mass index difference between boys and girls as well as between students who lived in urban, rurban or boonies body mass index increase from childhood to adolescence.

The main aim of this research is to study and evaluate the phenomenon of the possible increase in obesity during childhood and adolescence.

Method and material: Students from Drama’s elementary schools and highschools were used as a sample. The research was focused in two factors that correlate with obesity: nutrition and training.

Firstly, during the school year 2004-05, we registered the dietary habits and the physical activity in 1512 children 10-12 years old, who were students from 9 elementary schools in the region of Drama. After 4 years we took the same sample of children who were now highschool students. We reassessed their dietary habits and their physical activity.

Results: The comparative results of our study show that the percentage of children who were overweight or obese during their childhood is getting increased in their adolescence. In addition, overweight and obese children, had a significantly lower level of daily physical activity and their diet was proved to be rich in animal fats and proteins.

Conclusions: It is evident that the development of a program for a preventive action against obesity and its complications in childhood and adolescence is necessary.
**EATING HABITS AND ACTIVITY MODIFICATION AND THEIR EFFECTS ON CARDIOVASCULAR RISK FACTORS OF OVERWEIGHT CHILDREN**

Olga Filippou, Maria Doliaditi, Konstantina Karanasiou, Christianna Vliora, Maria Ziva-Petropoulou, Stavroula Papadakou-Lagogianni
Asclepeion Voulas General District Hospital. Pediatric Department, Athens, Greece

**Aim:** To evaluate the effects of nutritional and physical activity interventions on BMI, BP and lipid profile among obese and overweight children of our area during a six-month programme.

**Material-Methods:** 170 overweight/obese children and adolescents (96 obese), aged 3.5-14 years old (mean age: 8.9 years ± 2.8) were included in this prospective observational study. On the first visit, anthropometric indexes, eating habits and physical activity patterns were recorded and lipid profile was determined from blood sample collected after a 12-hour overnight fast. Both dietary and physical activity instructions were given and subjects were followed up after the 6-month intervention.

**Results:** 58 subjects (34.1%) (29 obese) completed the 6-month follow-up examination. 19/58 (32.7%) of them detected a BMI reduction and 24.1% became normal weight. Children who reduced the weekly juice consumption demonstrated greater BMI reduction compared to those who did not (p=0.01). Furthermore, subjects who consumed home-made meals instead of fast food snacks exhibited lower triglycerides (74.57 mg/dl vs. 109 mg/dl, p=0.006) and higher HDL-C values (50 mg/dl vs. 42 mg/dl, p=0.04). Participants who reduced daily chips consumption had a marginally lower systolic blood pressure (SBP) (p=0.072). Taking up exercise training (27/55) was associated with lower systolic blood pressure (p=0.026) and higher HDL-C values (52.33 mg/dl vs. 45.38 mg/dl, p=0.011). Finally, a decrease in the BMI percentiles among the children who increased weekly physical activity was detected, but this difference didn’t reach statistical significance (p=0.062).

**Conclusions:** A combined intervention for childhood obesity results in decreased BMI, SBP and improved lipid profile concentration.

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**FOLLOW-UP EXAMINATION, AFTER A 6-MONTH INTERVENTION PROGRAMME, IN OBESE CHILDREN AND ADOLESCENTS**

Olga Filippou, Maria Doliaditi, Konstantina Karanasiou, Joulia Kazantziou, Maria Ziva-Petropoulou, Stavroula Papadakou-Lagogianni
Asclepeion Voulas General District Hospital. Pediatric Department, Athens, Greece

**Aim:** To evaluate the short-term effects of a 6-month, combined physical activity and nutrition education programme, on anthropometric measures and lipid profile among overweight and obese children of our area.

**Material-Methods:** This prospective observational research included 170 overweight/obese children and adolescents (96 obese), aged 3.5-14 years old (mean age: 8.9 years ± 2.8). At first visit, anthropometric indexes were recorded and lipid profile was determined from a fasting blood sample. Both dietary and physical activity instructions were given and subjects were followed up after the 6-month intervention.

**Results:** 58 subjects (34.1%) (29 obese) completed the 6-month follow-up examination. In 19/58 (32.7%) a BMI reduction was demonstrated. 5 obese children became overweight and 1 obese and 13 overweight children became normal weight. A statistically significant decrease in the BMI percentiles before and after the intervention was detected (from 93.3 ± 5.6, to 88.05 ± 11.8, mean decrease: -5.241, p<0.001). 47 (27.64%) participated in the follow-up lipid examination. A significant decrease in serum T-C and LDL-C levels among the intervention participants was confirmed. A -10 mg/dl reduction in T-C values (p=0.009) and a -9.9 mg/dl reduction in LDL-C values (p=0.007) were indicated before and after the intervention, while HDL-C values increased marginally (mean increase +2.3 mg/dl, p=0.084). Finally, 1 out of 3 children with elevated T-C levels and 1 out of 2 with elevated LDL-C levels, normalized their values during the follow-up examination.

**Conclusions:** Our results show the significant benefit of a short term intervention programme on BMI and body lipids concentrations.
ASSESSMENT OF BODY MASS INDEX IN PRIMARY SCHOOL CHILDREN IN TEHRAN, LOCAL (ZONE2)

Mrs Mina Kaviani 1, Dr Farideh Shishehbor 2, Mrs Azadeh Aminpour 1, Dr Ali Reza Abadi 4, Mr Sohrab Farahmand 5

1. National Nutrition & Food Technology Research Institute, Faculty of Nutrition Science & Food Technology, Shahid Beheshti University, M.C. Tehran, Iran
2. Nutrition Department, Para Medical Faculty, Ahwaz Jondi-Shapoor University of Medical Sciences, Ahwaz, Iran
3. Community Nutrition Department, Faculty of Nutrition Science & Food Technology, Shahid Beheshti University, M.C. Tehran, Iran
4. Social Medicine Department, Medical faculty, Shahid Beheshti University, M.C. Tehran, Iran
5. Primary School Department, Education Office Local (zone2), Tehran, Iran

Introduction: Child's nutrition status is one of the most important public health subjects that affect child's growth and health

Aim: This study was conducted to determine the body mass index (BMI) of primary school children in Tehran, 1385.

Material: In this cross-sectional study, 287 forth-grade primary school girls were randomly selected by multistage clustering sampling method from 9 local schools (zone 2), in Tehran. The weight and height were measured according to standards and BMI was calculated. The CDC2002 reference was used to assess BMI. Under weight, over weight and obesity were defined as BMI<5th, 85≤BMI<95th, BMI≥95th, respectively. Demographic data were collected. Data were analyzed with SPSS (ver 11.5) software.

Results: The mean (±SD) BMI of subjects was 18.29±3.37. The prevalence of underweight, overweight and obesity were 6%, 15.2% and 7.4% respectively. The results indicated higher prevalence than accepted (5, 10 & 5% respectively).

Conclusion: According to high prevalence of over weight, obesity and under weight, child's nutrition and health status must be attended as primary goal for nutrition and public health.

OVERWEIGHT AND OBESITY IN CHILDREN UNDER 5 YEARS IN SOFIA

Lalka Rangelova, Stefka Petrova
National Center of Public Health Protection, Sofia, Bulgaria

Introduction: Overweight prevention in early childhood is an important to reduce risk for obesity in older age.

Aim: To determine prevalence of overweight and obesity in infants and young children in Sofia.

Material: A transversal survey on a representative sample from Sofia covering 636 children aged 0-5 years was conducted in 2007. WHO methods and indices were used to measure the height and body weight and to assess children's nutritional status: height-for-age (HA), weight-for-age (WA), weight- for-height (WH), body mass index (BMI). The results were compared to adopted standards for physical development of Bulgaria n children.

Results: According to new WHO criteria (high WH) the prevalence of children aged 12-59 months with overweight is 5.3% and with obesity 1.0%; at risk for overweight are 15.6%. At risk for underweight and obesity in this age group by Bulgarian standards cannot be made because the necessary criteria are not used. Underweight (low WA) and stunting (low HA) prevalence in children is much greater according to Bulgarian standards compared to that assessed according to WHO criteria.

Conclusions: The anthropometric criteria applied in Bulgaria for growth and nutritional status assessment of children under 5 years do not comply with international recommendations. According WHO standards overweight and obesity prevalence in children is 6.3% but the rate of children at risk for overweight is substantial.
EFFECTIVENESS OF INTRAGASTRIC BALLOON TREATMENT IN OBESE ADOLESCENTS

Katerina Kotzampassi, Pyros Papakostas, Sophia Penna, Gergana Pyankova, Thoma Karagiogoglou-Lampoudi

1 A’ Surgery Dept, Aristotle University of Thessaloniki, AHEPA hospital, Thessaloniki, Greece
2 Clinical Nutrition Lab, Nutrition/Dietetics Dept, School of Food Technology and Nutrition, Technological Education Institution, Thessaloniki, Greece

Introduction: Morbid obesity has reached epidemic proportions not only in adults but also in children and adolescents. Intragastric balloon placement is a minimally invasive technique used to treat obesity.

Aim: The purpose of this study was to investigate the effects, during the six month period with an IB, on weight loss, body composition.

Material: Of 300 obese subjects treated with IB 14 adolescents (m=6/f=8), age 18.5 ± 2.5 were studied prospectively. Mean baseline BMI 39.78 ± 5.81 and %FM 41.7 ± 5.39. The data collected every month for the six month period was, BW, BMI, RMR (indirect calorimetry), %FM, %EWL, % of actual caloric intake (%ACI) (24h food recall). The number of follow-up visits was considered as a marker of compliance compared to those of adults.

Results: Mean±SD BW, BMI, %FM, %ACI on baseline was (120.44±26.38kg, 39.78±5.81kg/m2, 41.7±5.39, 139.46±46.43), respectively. Mean±SD BW, BMI, %FM, %EWL, %ACI on removal was (111.36±25.56kg, 36.97±6.39kg/m2, 38.38±8.93, 18.89±21.12, 94.77±38.55), respectively. The mean number of follow-up visits was 2.43±1.40. Difference between baseline and removal values for BW, DBMI, D%FM was not significant (p>0.05) where as for %ACI it was. Also there was no difference between those who conformed and those who did not.

Conclusions: Adolescents showed a non significant weight loss, even though they reduced their energy intake. Based on the number of follow-up visits they showed less compliance, which may explain the poor results.
CHILDREN'S DRAWINGS AND FAMILY ATTITUDES IN CHILDHOOD OBESITY
Sofia Bacharaki 1, Anna Delasouda 2, Maria Varthalitou 3, Zoe Ousounidou 4, Michalis Gedeon 1
1 General Hospital Of Syros, Greece
2 Department of Health and Provision, Kyklades, Greece
3 Centre for People with Disabilities, Kyklades, Greece

Introduction: Children at first school years are not expected to acknowledge their weight problem. Simultaneously their behavior is to be influenced and modelled by the parents' attitudes.

Aim: To explore attitudes towards eating and food of parents of overweight/obese children. To have a glimpse of children's inner world through their drawings.

Material: Based on Body Mass Index (BMI) from all 189 3rd grade children in Syros, 63 were found above normal (33.3%). 28 of these families agreed to participate. Control group for the drawings were 12 children of normal weight, same age, same sex distribution.

Methodology: Parents: BMI measures, 3 Factor Eating Questionnaire (Disinhibition of Control, Hungry Behaviors, Cognitive Restraint of Eating) Child Eating Questionnaire (how they perceive their child's weight, ten attitudes towards eating patterns). Child: BMI, Draw – a – Human-Figure test (Emotional Indicators, Drawing Age).

Results: Two couples of parents of the 28 had normal weight. Mother's BMI was associated with the Factor Disinhibition of Control (p < 0.05) and father's with Hungry Behaviors (p < 0.01). Regarding attitudes most parents find difficult to regulate the child's eating and that will eat more if left unattended (20/28). The majority are very much concerned about future health problems but find the child within normal or slight more than normal weight after the age of 5 (21/28).

Controls had fewer EI and higher DA without reaching statistical significance. Conclusions: Important food attitudes can be delivered through the family environment. Children at this age may show with projective methods the repercussions of a problem that begins to be for life.

<table>
<thead>
<tr>
<th>Children's Drawings</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional Indicators (EI)</td>
<td>Overweight/Obese</td>
<td>28</td>
<td>2.43</td>
</tr>
<tr>
<td></td>
<td>Normal Weight</td>
<td>12</td>
<td>0.83</td>
</tr>
<tr>
<td>Drawing Age (DA)</td>
<td>Overweight/Obese</td>
<td>27</td>
<td>113.93</td>
</tr>
<tr>
<td></td>
<td>Normal weight</td>
<td>12</td>
<td>153.63</td>
</tr>
</tbody>
</table>

Key words: calcium, body mass index, adolescent girls
**BASIC CHARACTERISTICS OF THE FOOD INTAKE AND THE ANTHROPOMETRIC STATUS OF CHILDREN BETWEEN 3 TO 7 YEARS OLD, RAISED IN KINDERGARTENS IN SOFIA CITY**

Donka Baykova, Vesselka Duleva  
Nacional Centre of Public Health Protection, Sofia, Bulgaria

**Introduction:** During the years of transition period to market economy, the socio-economical changes affected the organizations responsible for the children's nutrition in kindergartens, as well as the pattern of family nutrition, which combined reflected on the characteristics of the food intake and the anthropometric status of Bulgarian children.

**Aim:** The purpose of this study is to evaluate the food intake and the anthropometric status of children between 3 to 7 years old from the kindergartens in Sofia city.

**Material:** A transverse study of the food intake in 398 children (3-7 years old) has been conducted in kindergartens throughout Bulgaria. Nutrition in kindergartens is evaluated with calculation leaflets and portion size, and 24-h recall is organized with the parents in order to assess children's nutrition in the family. The anthropometric nutritional status is calculated with the height/weight ratio.

**Results:** The results have shown that the mean energy intake on a daily basis is 1750 kcal, which is accordant to recommendations. Proteins in daily food intake is also in accordance with the recommendations and comprises up to 12% of total energy, while more than 50% of protein is derived from animal sources. Fats are 38% of the daily food energy value in food intake of all children (which is above the recommendations – up to 35%). Carbohydrates are the source of 49% of the daily food energy (recommendations 50-65%). Several foods important for the child's organism have been found as insufficient. Thus, consumption of milk covers 62% of the recommended amount for this age group, while intake of fruits and vegetables – only 50%.

The anthropometric status assessed with the weight/height index has shown that the relative prevalence of underweight children is 1.4%, and for the overweight children is 6%.

**Conclusion:** The conclusion is that an appropriate interventional program has to be developed and applied as an adequate and economically effective method for nutrition optimization of the children in kindergartens.
STUDY OF LIPID AND LIPOPROTEINS IN TEENAGERS (POLYCENTRIC STUDY)
Stefanos Patiakas 1, Michalis Alexandridis 1, Konstantina Xatzi 2, Dimitris Kifonidis 3, Evangelia Sourla 1, Basiliki Tioli 1
1 General Hospital of Goumenissa, Goumenissa, Greece
2 Health Center of Farsala, Farsala, Greece
3 General Hospital of Ptolemaida, Ptolemaida, Greece

Introduction-Aim: To study the lipemic profile of teenagers in the agricultural region’s of West Macedonia and Central Greece.

Material-Method: We examined 98 blood serums of teenagers 12-17 years old, who were examined or hospitalized in the General Hospital’s of Goumenissa and Ptolemaida, and also in Health Center of Farsala, for cholesterol values (total, HDL and LDL) and triglycerides (TG) values, with help of the Biochemical analyzer TARGA 3000 by Menarini.

Results: We found 5 teenagers with total cholesterol value>200 mg/dl (5, 1%), 2 with triglyceride value >120 mg/dl (2, 04%), 13 with HDL value <40 mg/dl (13, 3%), and 6 with LDL value >130 mg/dl (6, 1%).

Conclusions: Only the HDL values <40 mg/dl, showed a statistical significance between boys (9) and girls (4). Even though teenagers in agricultural regions present a higher degree of physical activity we should pay attention to the athromatotic factor because they begin asymptomatically from childhood, with fatal results later. The lipid control from childhood could prevent many bad consequences of hyperlipoproteinemia. The information of parents about physical activity and healthy nutrition could play a crucial role.

COMPARISON OF THE NUTRITIONAL HABITS OF STUDENTS AGED 7-12 BETWEEN EAST AND WEST REGIONS OF THESSALONIKI
Niki Katsiki, George Tzouvelekis, Christos Nanas, Apostolos Hatzitolios
Aristotle University of Thessaloniki, Thessaloniki, Greece

Introduction-Aim: The purpose of our study was to compare the eating patterns of students aged 7-12 between areas of Thessaloniki with higher (East) and lower (West) socioeconomic status.

Material-Methods: A specific questionnaire was distributed to 1272 students from East areas (Group A) and to 1430 students from West areas (Group B), aged 7-12 to be completed by their parents. We received valid answers from 1065(83,7%) students of Group A (570 boys and 495 girls) and from 1151(80,5%) of Group B (506 boys and 645 girls).

Results:

<table>
<thead>
<tr>
<th>Eating habits</th>
<th>Group A (n=1065)</th>
<th>Group B (n=1151)</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two main meals</td>
<td>4,8%</td>
<td>3,3%</td>
<td>ns</td>
</tr>
<tr>
<td>Three main meals</td>
<td>95,2%</td>
<td>96,7%</td>
<td>ns</td>
</tr>
<tr>
<td>One secondary meal</td>
<td>44,5%</td>
<td>38,5%</td>
<td>&lt;0,01</td>
</tr>
<tr>
<td>Two secondary meals</td>
<td>48,6%</td>
<td>54,3%</td>
<td>&lt;0,01</td>
</tr>
<tr>
<td>Red meat</td>
<td>92,8%</td>
<td>87,7%</td>
<td>&lt;0,001</td>
</tr>
<tr>
<td>White meat</td>
<td>95,6%</td>
<td>92%</td>
<td>&lt;0,001</td>
</tr>
<tr>
<td>Fish</td>
<td>87,1%</td>
<td>87,3%</td>
<td>ns</td>
</tr>
<tr>
<td>Bread, pasta and rice</td>
<td>98,3%</td>
<td>97,3%</td>
<td>ns</td>
</tr>
<tr>
<td>Dairy products</td>
<td>98,8%</td>
<td>97%</td>
<td>&lt;0,01</td>
</tr>
<tr>
<td>Eggs</td>
<td>83,1%</td>
<td>83,6%</td>
<td>ns</td>
</tr>
<tr>
<td>Salads, vegetables</td>
<td>46,1%</td>
<td>61,9%</td>
<td>&lt;0,001</td>
</tr>
<tr>
<td>Delicatessen</td>
<td>75,3%</td>
<td>74,3%</td>
<td>ns</td>
</tr>
<tr>
<td>Juices</td>
<td>91,5%</td>
<td>93,7%</td>
<td>&lt;0,05</td>
</tr>
</tbody>
</table>

Conclusions: Students from West areas consumed two secondary meals, juices, salads and vegetables at a higher proportion than students from East areas, whereas red and white meat and dairy products at a lower percentage. Our results showed that nutritional habits of students from West areas were more close to the traditional Mediterranean eating pattern, whereas nutrition of students from East areas was more influenced by the ‘Western diet’. Furthermore, girls from both groups adopted a healthier diet compared to boys, with a higher proportion of breakfast, salads and vegetables’ consumption.
OVERWEIGHT AND OBESITY IN PORTUGUESE PRESCHOOL CHILDREN: COMPARISON BETWEEN DIFFERENT DIAGNOSTIC CRITERIA

Ana Rito
Instituto Nacional de Saúde Doutor Ricardo Jorge IP, Lisboa, Portugal

Introduction: As worldwide countries are trying to fight childhood obesity epidemic levels, the evaluation of child growth trajectories and intervention designed to improve child health are highly dependent on growth charts and diagnostic criteria used. Portugal presents one of the European highest prevalence of childhood obesity, yet national knowledge on pre-school children nutritional status is missing, although European policies stated that prevention programmes should start in early childhood years.

Aims: This study compares prevalence of obesity among Portuguese pre-school children using four different diagnostic criteria.

Methods: 1580 children, aged between 3 and 5 years old from all 73 private and public scholar institutions of Coimbra, were assessed in weight and stature and gender-specific prevalence of overweight and obesity was determined according to 4 diagnostic criteria.

Results: Using a z-score of weight/stature index > +2 in relation to the median of NCHS (1977) of the 786 girls (49.7%) and 794 boys, we found 10.1% of girls and 7.9% of boys with overweight. Comparing BMI to CDC growth charts (2000) with cut-off point of P85-95 and > P95, 19.1% of girls and 15.9% of boys had risk of overweight and 15.3% of girls and 13.9% of boys were overweight respectively. The risk of being overweight in adulthood, using IOTF criteria, were higher in girls 18.2% than boys 12.4% and for cut-off points for BMI > 30kg/m² he found 6.2% of girls and 5.2% of boys. Using a z-score of BMI > +2 in relation to the median of WHO (2006) there were 11.1% of girls and 10.2% boys.

Conclusions: Overweight affects children starting in one of the critical periods for its development which is pre-school age. The prevalence showed similar figures only with NCHS (1977) and WHO (2006). It reinforces that the reference used to define overweight is important since it provides different estimates and policy makers should be aware that a spurious drop in prevalence may appear if the IOTF reference is compared to other criteria.
CORRELATIONS BETWEEN LIPID AND HORMONAL PROFILE FOR BREAST CANCER RISK
Cynthia Petrovanu1, Adorata Elena Coman1, Gabriel Murariu2, Rodica Petrovanu1
1. Ambulatory Care Department, Medical University “Gr. T. Popa”, Iasi, Romania
2. family Medicine Practice, Iasi, Romania

Introduction. Several studies showed that body mass index (BMI) and sera sex hormone binding globulin (SHBG) are inversely correlated both in menopausal and premenopausal women; especially in premenopausal breast cancer patients SHBG level is decreased by hyperinsulinaemia, overweight/obesity and body fat distribution, and, therefore, SHBG plasma level might be lower in metabolic syndrome patients. This condition is also characterized by decreased HDL-cholesterol. Low HDL-cholesterol and high BMI might be linked to breast cancer risk through hyperestrogenemia.

Aim of the study. To establish breast cancer risk in overweight/obese dislipidaemic patients by correlating plasma estradiol HDL-cholesterol and BMI.

Material and method. We studied a group of 110 patients divided in three subgroups – 30 patients who had just been diagnosed with breast cancer; 50 patients with breast displasia diagnosed by mammography and mammary echography; 30 patients with no modifications on mammography or breast echography. Height, weight, abdominal and hip perimeter have been measured. All have performed complete lipids profile as well as serum estradiol.

Results. Plasma estradiol values were higher in breast cancer and breast displasia patients then in control group patients. It was directly correlated to high BMI and high values of LDL/HDL ratio, which means a high risk metabolic state, especially in menopausal women.

Conclusions. Low HDL-cholesterol appears a breast cancer risk marker by its linkage to an unfavorable hormonal profile, especially in menopausal overweight/obese women.

Key Words: estradiol, menopause, obesity, HDL-cholesterol.

OBESITY RELATED FTO GENE IN PATIENTS WITH RENAL FAILURE AND HEALTHY CONTROLS
Jaroslav A Hubacek1,2, Lada Kuthanová1, Silvie Bloudíčková1, Romana Bohuslavová1, Jan Pitha1,2, Ondrej Viklický1
1 Institute for Clinical and Experimental Medicine, Prague, Czech Republic
2 Cardiovascular Research Centre, Prague, Czech Republic

Introduction: Chronic renal failure (CRF) is a common disease with high mortality. One of the CRF risk factors is obesity. Recently, FTO gene (2-oxoglutarate-dependent nucleic acid demethylase) was detected, and his variants are associated with BMI in population samples.

Aim: The aim of the study was analyze common variant within FTO gene in patients with CRF (treated with haemodialysis) and in healthy controls.

Material: We have collected DNA samples from 1000 CRF patients. Three groups of healthy controls were included – post MONICA study (2559 individuals), HAPIEE study (6679 individuals) and 3PMFs study (890 individuals). BMI levels were known from 451 patients and from all controls. FTO SNP rs17817449 was analyzed using PCR-RFLP.

Results: The frequency of the GG homozygote’s was significantly higher in the patients with CRF (22.8%) in comparison with all control groups – with the post-MONICA study (17.2%; P<0.0005), with the HAPIEE study (19.3%; P<0.005) and with the 3PMFs study (18.3%; P<0.02). The SNP was not associated with the duration of haemodialysis treatment or BMI development in CRF patients. FTO SNP rs17817449 was associated with BMI in control populations (although some sex-specific and menopausal status specific differences were observed) but it was not associated with BMI in CRF patients.

Conclusion: FTO GG genotype (rs17817449) is more common in CRF patients than in controls, but seems not to be risk factor for the CRF mortality. BMI was associated with FTO variant in the controls, but not in the patients.
DIFFERENCES IN INTIMA MEDIA THICKNESS OF THE CAROTID ARTERIES INDUCED BY DIFFERENCES IN OBESITY STATUS, IN TYPE 2 DIABETIC PATIENTS


1 Obesity Outpatient Clinic, Korinthos General Hospital, Korinthos Greece
2 Internal Medicine Dpt, Korinthos General Hospital, Korinthos, Greece
3 Cardiology Dpt, Korinthos General Hospital, Korinthos Greece

Introduction: An increase in the common carotid artery intima-media thickness (CCA-IMT) is generally considered an early marker of atherosclerosis.

Aim: To assess IMT in type 2 diabetic patients (T2DP) and to identify the possible relationships with obesity and disease markers (HbA1c, duration of diabetes).

Material: Ultrasonography at both CCAs was performed in 36 T2DP (21 men/15 women; age: 61.17±1.44 years, BMI: 30.35±0.71 kg/m²) in three sessions of different duration in random order and with an interval of about one week in between: In session A the meal was divided and consumed in 5 minutes and in sessions B and C in 30 and 60 minutes, respectively. Blood samples were taken before the meal and at 30, 60, 90, 120 and 150 minutes postprandially for the measurement of blood glucose and insulin. Overall response of glucose and insulin were calculated and expressed as area under the curve in each session (AUC, AUCB, and AUCCC, respectively).

Results: Glucose AUCs did not differ between sessions. However, different insulin responses were observed. Specifically, insulin AUCB was significantly higher than insulin AUC (114.6±68.1 vs 77.1±34.0 pmol/L, respectively, P=0.03), while the insulin AUCA tended to be higher than insulin AUC (108.3±68.1 vs 77.1±34.0 pmol/L, respectively, P=0.07). There was no statistically significant difference between insulin AUCA and insulin AUCB.

Conclusions: The duration of meal consumption affects insulin secretion. Postprandial insulin response is more pronounced when a meal is consumed in a physiologically relevant time span (i.e., within 30 minutes), than when it is consumed either too fast or too slow.

Table 1

<table>
<thead>
<tr>
<th>Group</th>
<th>IMT-mean</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>0.775±0.0500</td>
<td>p&lt;0.01</td>
</tr>
<tr>
<td>Overweight</td>
<td>0.995±0.2605</td>
<td></td>
</tr>
<tr>
<td>Obese</td>
<td>1.117±0.2082</td>
<td></td>
</tr>
</tbody>
</table>

Table 2

<table>
<thead>
<tr>
<th>Group</th>
<th>IMT-mean</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>0.894±0.1611 sem</td>
<td>p&lt;0.01</td>
</tr>
<tr>
<td>Moderate</td>
<td>1.138±0.1204 sem</td>
<td></td>
</tr>
<tr>
<td>High</td>
<td>1.156±0.2074 sem</td>
<td></td>
</tr>
</tbody>
</table>

*All values are given as mean±SD

Conclusions: BMI and Waist/Hip ratio increase, were significantly correlated with IMT thickening. This suggests that a history of obesity may be an important risk factor for carotid atherosclerosis and the development of macroangiopathy in T2DP.
IMPACT OF OBESITY ON BLOOD PRESSURE CONTROL AND ANTIHYPERTENSIVE TREATMENT IN TYPE 2 DIABETIC PATIENTS
Ioannis A. Kyriazis1, Dimitrios Mendrinos1, Maria Balla1, Konstantinos Korovesis2, Periklis Bobolas2, Anastasios Giolis2, Zacharoula Katsare2, Kalopis Klimatsakis2, Athanasios Laloussis1, Ioannis Malios2, Konstantina Zafeiri2, Theodosios Kokolias1, Nikolaos Syrianos2, Edmond Ded1, Lambrini Georgali2, Christos Pantelis2
Obesity Outpatient Clinic - Korinthos General Hospital, Korinthos Greece1. Internal Medicine Dpt. Korinthos General Hospital, Korinthos, Greece2.

Introduction: Obesity is strongly associated to type 2 diabetes mellitus (T2DM). Hypertension often coexists among these patients and requires an individualized treatment.

Aim: To evaluate the choice of pharmacologic agents in order to treat obese – hypertensive type 2 diabetic patients (T2DP).

Materials: In all 813 T2DP, HbA1c, BMI, waist circumference (WC), waist/hip ratio (W/H), the presence or not of hypertension and its regulation, the category and the number of hypertensive regimens were registered.

Results: Out of 813 T2DP (447 women, 366 men, 63.9% (group A) were known hypertensive (67.4% had good blood pressure control based on JNC VII 2003 criteria), whereas 36.1% normotensive (group B). Between the m, there was no significant difference regarding HbA1c (7.07±1.38 vs 7.27±1.42, p=0.856), BMI (29.26±4.97 vs 28.94±5.94, p=0.490) and W/H (0.97±0.53 vs 0.93±0.10, p=0.282). On the other hand, we noticed significant differences in age (66.82±10.04 vs 63.05±12.13, p<0.001), WC (103.45±12.97 vs 101.20±13.03, p=0.020) and the presence of cardiovascular complications (33.7% vs 66.3%, p=0.013). Of the hypertensive participants, 39.2% were receiving ACE-I, 19.6% ARBs, 20.7% β-blockers, 19.8% Diuretics, 20.2% Calcium Antagonists, 3.2% α-blockers and 65.8% required ≥ 2 antihypertensive drugs.

Good control of blood pressure was mainly achieved by the use of ACE-I (p=0.009), ARBs (p=0.030), diuretics (p=0.006) or combination of these (p=0.032).

Conclusion: Hypertension coexistence in obese T2DP seems to be positively related with WC and age. Blood pressure control on this target group, can be achieved by the combination of diuretics with ACE-I or ARBs, while obesity reduction remains the big claim.

ULTRASOUND MEASUREMENTS OF INTRAABDOMINAL FAT DEPOSITS
Edita Stokić, Biljana Srdić
Department of Endocrinology, Medical Faculty, Novi Sad, Serbia

Intraabdominal fat mass plays a critical role in the pathogenesis of metabolic comorbidities of obesity. The gold standard for measuring regional fat is computed tomography or magnetic resonance imaging, which are obviously limited because of equipment, costs, and radiation exposure. Ultrasound measurements of intraabdominal fat deposits are more accurate than measurement of waist circumference and are simpler and less expensive than computed tomography or magnetic resonance imaging. We examined a group of 87 obese persons (37.34 +/- 8.95 years, BMI: 37.93 +/- 7.25 kg/m2). The amount of subcutaneous and abdominal adipose tissue was measured anthropometrically (waist circumference, sagittal abdominal diameter) and ultrasonographically. A venous blood sample was taken to measure total cholesterol, HDL-cholesterol, triglycerides, glucose and insulinemia. Intraabdominal fat mass measured by ultrasound showed a correlation with a higher number of cardiovascular risk factors than waist or sagittal abdominal diameter (HDL-cholesterol: r=0.295, p<0.001, glycemia: r=0.308, p<0.001, HOMA-IR: r=0.237, p<0.05). Our results show that the associations between intraabdominal fat and metabolic risk factors for cardiovascular disease are more pronounced with ultrasound measurements than with anthropometric measurements (waist circumference and sagittal abdominal diameter) and are independent of BMI with ultrasound measurements.
SAGITTAL ABDOMINAL DIAMETER AS A MARKER OF INSULIN RESISTANCE

Edita Stokić, Biljana Srdić, Dragana Tomić-Naglić
Department of Endocrinology, Medical Faculty, Novi Sad, Serbia

The amount of intraabdominal adipose tissue correlates with the potentially “atherogenic” metabolic disturbances associated with obesity. Supine sagittal abdominal diameter, as a simple anthropometric measure, has been found to be closely related to the amount of visceral adipose tissue. The aim of our study was to evaluate the relationship between sagittal abdominal diameter (SAD) and other indicators of body fat distribution with cardiovascular risk factors in obese persons. We examined a group of 87 obese persons (37.34 +/- 8, 95 years, BMI: 37.93 +/- 7.25 kg/m2). Anthropometric measurements (SAD, body mass index, waist circumference and waist-to-hip) and cardiovascular risk factors (insulin, glucose, insulin resistance (HOMA-IR), and blood pressure and serum lipids) were assessed. SAD showed stronger correlations to all measured metabolic variables, including insulin resistance measured by HOMA (r: 0.256, p<0.001), than BMI, waist and WHR. In multiple regression analyses SAD was the only independent anthropometric predictor of insulin resistance (p < 0.001).

Our results show that sagittal abdominal diameter could be a clinically useful marker of metabolic risk factors, especially insulin resistance in a group of obese persons.

CORRELATION OF OBESITY AND METABOLIC SYNDROME TO PLASMA HOMOCYSTEINE LEVELS

Alexandra Sianni1, Asmina Ganotopoulou2, Neratzoula Karagianni1, Katerina Kosma1, Dimitrios Vasilopoulos1
1 Dromokaitio Psychiatric Hospital of Athens, Athens, Greece
2 General Hospital of Piraeus Itanio, Athens, Greece

Introduction: Homocysteine is an amino acid that is produced from the human body with the chemical conversion of the amino acid of methionine. Normal plasma levels of homocysteine range between 5-15μmol /lt, whereas levels over 15 μmol /lt indicate hyperhomocysteinemia.

Subjects –Methods: In total 168 patients with metabolic syndrome MS were included in the study. All were inpatients of the Psychiatric Hospital of Athens, fulfilled the NCEP- ATP III criteria for MS and were followed up for a period of 6 months. Patients with a diagnosis of congenital hyperhomocysteinemia were excluded from the study. Subjects were divided in two groups, according to their BMI.

Group A consisted of 90(54%) patients, 58 men(64%) και women 32 (36%) with BMI<25kg/ m2 Group B was comprised of 78(46%) patients,28 (36%) men and 50(64%) women, diagnosed with MS and BMI >25kg/ m2. During the six month follow up period, plasma levels of homocysteine were monitored 2-4 times monthly and in the same laboratory.

Results:

Group A: Patients with BMI<25kg/ m2

<table>
<thead>
<tr>
<th>Homocysteine levels</th>
<th>Patients N=90</th>
<th>Women N=58</th>
<th>Men N=32</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-15 mmol /lt</td>
<td>66</td>
<td>42</td>
<td>24</td>
</tr>
<tr>
<td>&gt;15 mmol /lt</td>
<td>24</td>
<td>16</td>
<td>32</td>
</tr>
</tbody>
</table>

Group B: Patients with BMI>25kg/ m2

<table>
<thead>
<tr>
<th>Homocysteine levels</th>
<th>Patients N=78</th>
<th>Women N=50</th>
<th>Men N=28</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-15 mmol /lt</td>
<td>22</td>
<td>18</td>
<td>4</td>
</tr>
<tr>
<td>&gt;15 mmol /lt</td>
<td>56</td>
<td>32</td>
<td>24</td>
</tr>
</tbody>
</table>

Conclusions: Homocysteine levels were recorded high in patients with diagnosed MS. The observed increase was recorded even higher when MS and BMI >25kg/ m2 coexisted, a fact that is suggested to be linked with obesity or insulin resistance or both.
**PULSE WAVE VELOCITY IN OBESE AND NON-OBESE PATIENTS WITH TYPE 2 DIABETES MELLITUS**

Ioanna Eleftheriadou, Pinelopi Grigoropoulou, Nicholas Tentolouris, Evanthia Diakoumopoulou, Stavros Liatis, Alexander Kokkinos, Michael Bourlakis, Maria Matsaggoura, Vasileios Ntalamagkas, Despoina Perrea, Nicholas Katsilambros

First Department of Propaedeutic Medicine, Athens University Medical School, Laiko General Hospital, Athens, Greece

Introduction: Increased pulse wave velocity (PWV) of the carotid-femoral (cf) arteries reflects arterial stiffness and is an important predictor of cardiovascular events. Patients with type 2 diabetes mellitus (T2DM) have increased values of PWV.

Aim: To evaluate the association between PWV and obesity in subjects with T2DM.

Material: We followed 45 patients (30 women, 15 men) aged 46.4±12.6 years, with central obesity (waist circumference: 105±5 cm, BMI: 30±2 Kg/m2, body weight: 98.5±8 Kg) and cardio-metabolic risk factors. 23 had hyperlipidemia, 28 had arterial hypertension and 31 were smokers.

Method: Detailed medical history was obtained, body fat measuring, clinical examination and ECG was performed. At first visit all patients received a hypocaloric diet (-500 Kcal/day) and rimonabant 20 mg/day was administered for 6 months. Before and after treatment with rimonabant serum levels of glucose, cholesterol, triglycerides, HDL-C, LDL-C, SGOT, SCPT, CRP were determined by the standard methods. Patients receiving antidepressants were excluded from this study.

Results: At the end of the study, body weight decreased by 18.2% (p<0.001), waist circumference, by 11.4% (p<0.01), BMI was 25±1.8 Kg/m2. Lipidemic profile was statistically improved, (triglycerides decreased by 16.8%, and HDL-C increased by 9.8%) p<0.001. Systolic blood pressure decreased by 12% and CRP levels also decreased by 35.8% (p<0.001). Patients’ compliance was excellent and no adverse events were referred.

Conclusions: Rimonabant besides body weight loss can also cause improvement of lipidemic profile and blood pressure and significant decrease of CRP levels. It was also found that improves the mental state of the patients.
**NUTRITIONAL ASSESSMENT WITH 24-HOUR RECALLS AND BIOCHEMICAL PARAMETERS IN A COHORT OF HEMODIALYSIS PATIENTS IN A SINGLE RENAL UNIT**

Despoina Daskalaki, Dimitra Kiousi, Helen Bolanaki, Nikos Tzenakis, Aris Paraskevopoulos

Mediterranean Holiday Dialysis Center, Kalesa-Gazi, Heraklion-Crete, Greece

**Introduction:** International studies show that malnutrition is a major cause of morbidity and mortality in dialysis patients worldwide.

**Aim:** Nutritional assessment of dialysis patients with 24-hour dietary recalls, anthropometric and biochemical measurements.

**Material:** 36 patients (29 men, 7 women), aged 25-85, were enrolled in the study. In each patient a 24-hour recall was taken every week for a period of two months (a total of 288 recalls). Anthropometric measurements (dry weight, height, mid-arm circumference and skinfold measurements-triceps, biceps, subscapular, suprailiac) were estimated. By the above measurements body mass index, ideal body weight (IBW), percentage IBW and percentage of body fat, were calculated. Biochemical measurements were taken every month, before, during and at the end of the study.

**Results:** From the dietary methods appeared that most patients did not covered their energy needs, although the greatest percentage of patients were overweight (69.4%). Also, 58% of them did not covered their protein needs which is in contrast with the serum albumin. It was also observed increased consumption of dietary fat (38% and 39% of energy needs for men and women respectively). Increased BMI (28 ± 5 for men and 27 ± 5.7 for women) and increased dry weight compared with the IBW (52.8% of all patients were overweight) was observed from the anthropometric measurements.

**Conclusions:** The patients that were studied appeared to be in good nutritional status since their protein and energy intake was sufficient in such degree that they covered the increased losses of dialysis.

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**THE ROLE OF FRESH FRUIT AND VEGETABLES CONSUMPTION WITH REGARDS TO GENETIC PREDISPOSITION FOR OBESITY PHENOTYPE**

Krassimira Aleksandrova, Maria Radanova, Yoana Kiselova, Diana Ivanova

Nutrigenomics Center, Medical University Varna, Bulgaria

**Introduction:** Bulgarian population is known to be at high risk of cardio-vascular diseases (CVD) and with high obesity prevalence. Unhealthy diet and genetic predisposition are major CVD risk determinants related to obesity. The protective role of diet rich in fruits and vegetables is well established but not studied with respect to genetic factors (FTO, fat mass and obesity associated gene) in Bulgaria.

**Aim:** We aimed to examine the patterns of fruit and vegetables intake in overweight Bulgarians and to determine the role of unfavourable diet with regards to genetic predisposition (FTO dbSNP rs9939609 carriers) in obese subjects.

**Material:** 530 adults, aged 40 – 75 years (BMI 29 ± 7) were randomly selected. Food frequency questionnaire was applied to measure usual food intake. Consequently, FTO gene variants were determined in a subsample of 60 people.

**Results:** A pronounced seasonality of fresh fruit and vegetables consumption is observed. 75% of all subjects do not consume any fresh vegetables in winter compared to 5% in summer. Fresh fruits are consumed every day by 15% of the subjects in winter, while by 65% in summer. Men, rural and obese subjects prove to have the most unfavourable diet. Diet poor in fruits and vegetables have dominating role for obesity phenotype rather than genetic predisposition.

**Conclusions:** The results underline the presence of seasonal variations in fresh fruit and vegetables consumption in overweight Bulgarians at high CVD risk. Future large-scale studies are needed to study in detail the specifics of the gene-nutrient interactions.
WEIGHT LOSS INDUCED BY BARIATRIC SURGERY IMPROVES HEART RATE VARIABILITY AND BAROREFLEX SENSITIVITY
Georgia Argyarakopoulou1, Othon Michail1, Kleopatra Alexiadou1, Alexander Kokkinos2, Nicholas Tentolouris3, Ioanna Eleftheriadou1, Konstantinos Makrilakis4, Petros Thomakos2, John Doupis1, Theodoras Diamantis5, Nicholas Katsilambros6
1 First Department of Propaedeutic Medicine, Laiko General Hospital, Athens University Medical School, Athens, Greece
2 First Department of Surgery, Laiko General Hospital, Athens University Medical School, Athens, Greece

Introduction: Autonomic nervous system dysfunction is frequently an accompanying feature of morbid obesity.

Aim: To evaluate whether weight loss induced by bariatric surgery leads to improvements of autonomic nervous function in morbidly obese patients, as expressed by indices of baroreflex sensitivity and heart rate variability.

Material: Fourteen morbidly obese patients (BMI = 49.2 ± 6.3 Kg/m², age = 35.4 ± 8.8) underwent either Roux-en-Y gastric bypass (n = 7) or sleeve gastrectomy (n = 7). Baroreflex sensitivity (BRS) was assessed at rest for 20 minutes with the Barocor device, which records spontaneous changes in blood pressure and heart rate, while heart rate variability (HRV) was measured at rest for 5 minutes (Power of High Frequency (PHF), Power of Low Frequency (PLF) and Total Power (TP)). All measurements were made preoperatively and 1 and 3 months after surgery.

Results: All patients experienced significant weight loss (BMI at 1 month = 43.9 ± 5.6, at 3 months = 40.3 ± 5.5, at 6 months 37.0 ± 4.6 Kg/m², P < 0.001). Neither BRS nor HRV displayed significant improvement 1 month postoperatively. However, at 3 months BRS improved significantly (radial3months = 19.9 [9.4-27.1] vs radialpreop = 7.5 [6.5-10.1] msec/mmHg [P = 0.004], c entral3months = 13.3 [7.8-23.5] vs centralpreop = 6.2 [5.8-8.2] msec/mmHg [P = 0.033]). Additionally, PLF and TP had also significantly improved 3 months postoperatively (median values [interquartile range]: PLF3months = 712.1 [274.5-949.6] vs TPpreop = 457.1 [246.3-718.0] ms² [P = 0.05]).

Conclusions: Autonomic nervous system function, as assessed by both baroreflex sensitivity as well as heart rate variability improves significantly after weight loss induced by bariatric surgery in morbidly obese patients.
EFFECT OF FISH OIL SUPPLEMENT & WEIGHT LOSS DIET ON DEPRESSION IN OBESE WOMEN
Khalili, Masoudeh1, karimi, Halimeh, Golestan, Banafsheh
1 Shaheed Beheshti University of Medical Science & Health Services, Nutrition school Scientific member, Tehran, Iran.

Aim: regarding the controversial reports about the effect of omega-3 fatty acids consumption on depression, this study was carried out on obese women referring to Nutrition Clinic of food and nutrition institute in Tehran during the years 2006-2007.

Materials and Methods: The study was a “randomized control clinical trial” and the number of samples was 40 healthy 18-45 years non-menopausal obese women in nutrition clinics in Tehran. The samples in case and control group were selected by their body mass index (BMI more than 30) and their depression test result (10-30) mild and moderate depression. The samples were divided in to two groups, case and control by blocked randomization and had been matched by their general characteristics (age, literacy, job, marital status and number of children). There were two questionnaires (general and Beck’s depression inventory) and a 24 hours recall. Both of the two groups had been on weight loss diet (1200-1500) Kcal diet, and the experimental group received 3grams of fish oil which contain ed 1grams DHA, EPA fatty acids, for 8 weeks. At the end of intervention there were 15 people in case group and 17 people in control group. Statistical analysis was done by independent t-test, X2, Mann-Whitney test and Wilcoxon test.

Results: The results showed that the group which used fish oil supplement (case groups) at the end of intervention duration had a better mood and significant decline in their depression in comparison to the other group (control group) (P= 0.037). But fish oil supplement had no effect on their weight loss and the difference between the average of weight loss in two groups was non significant.

Conclusion: Fish oil supplement can moderate depression in obese women who are on a low cal. Diet.
Keywords: Fish oil, co-3 fatty acids, depression, weight loss
FATTY ACID AMIDE HYDROLASE (FAAH) PRO129THR POLYMORPHISM AND HIGH CONSUMPTION OF SWEET FOOD PRODUCTS

Dimitrios Papazoglou, Odysseas Kaitozis, Pantelis Papathanasiou, Theodoros Papadopoulos, Nikolaos Papanas, Konstantinos Papatheodorou, Emmanouil Restas, Efstratios Maltezos

Second Department of Internal Medicine, Democritus University of Thrace, University Hospital of Alexandroupolis, Alexandroupoli, Greece

Introduction: It is possible that there might be a genetic basis for food preferences. Fatty acid amide hydrolase (FAAH) is an enzyme that catalyses the endogenous canabinoids which modulate the reinforcing effect of sweet foods.

Aim: To explore a potential relationship of a functional variant (Prol29Thr) of FAAH with choice of sweet food in a group of obese adults.

Material: A total of 30 obese subjects were included in the study. Subjects were grouped according to mean FBG(88 mg/dl): group I having FBG ≤ 87 mg/dl and group II having FBG ≥ 88 mg/dl. Body compositions (body mass index, abdominal fat mass), resting blood pressure, plasma lipoprotein levels, glucose homeostasis and related parameters were analysed in both groups.

Results: Minor allele frequency was much higher in the study group (23.3%, 1 homozygote and 5 heterozygotes) than the controls (13.3%, 4 heterozygotes) but the difference was not statistically significant (p=0.61, Yates’ corrected x², OR: 1.75, 95% CI: 0.48 -6.20).

Conclusion: These findings suggest that obese women with normal fasting glucose may have a metabolic disorder: upper-normal glucose levels may predispose to type 2 diabetes. Lower-normal range glucose levels seem to provide better metabolic features.

FAT DISTRIBUTIONS AND CARDIOMETABOLIC RISK MARKERS RELATED TO INSULIN RESISTANCE IN OBESE WOMEN WITH NORMAL LEVELS OF FASTING BLOOD GLUCOSE

Taner Bayraktaroglu, Faruk Kutluturk, Adil Dogan Azezi, Yusuf Orhan

1 Division of Endocrinology and Metabolism, Zonguldak Karaelmas University Faculty of Medicine, Zonguldak, Turkey
2 Division of Endocrinology and Metabolism, Istanbul University Istanbul Faculty of Medicine, Istanbul, Turkey

Introduction and aims: This study was carried out to evaluate body fat distributions and cardiometabolic risk markers in obese women with normal levels of fasting blood glucose (FBG).

Materials and methods: Selected 3764 obese women who had normal levels of FBG (<100 mg/dl) were enrolled into the study. Subjects were grouped according to mean FBG(88 mg/dl): group I having FBG ≤ 87 mg/dl and group II having FBG ≥ 88 mg/dl. Body compositions (body mass index, abdominal fat mass), resting blood pressure, plasma lipoprotein levels, glucose homeostasis and related parameters were analysed in both groups.

Results: 2113 subjects (56.1 %) had FBG ≥ 88 mg/dl. Following are the comparisons between group I and group II respectively: mean age (36.6±11.6 years vs 39.4±11.9 years), body mass index (34.8±6.5 kg/m² vs 35.4±6.6 kg/m²), body fat mass (34.3±14.8 kg vs 35.4±15.1 kg), waist circumferences (97.9±13.1 cm vs 98.2±12.7 cm), systolic (123.8±21.6 mmHg vs 128.2±22.6 mmHg) and diastolic blood pressures (79.9±13.2 mmHg vs 82.2±13.6 mmHg), fasting glucose(81.8±4.8 mg/dl vs 93.3±4.1 mg/dl), insulin levels (11.2±8.1 mU/l vs 13.1±10.9 mU/l), HOMA values (2.26±1.64 vs 3.02±2.49), total cholesterol (196±40.1 mg/dl vs 204±41.4 mg/dl), LDL-cholesterol (122±34.6 mg/dl vs 128±37.4 mg/dl), triglycerides (124±79.5 mg/dl vs 142±104 mg/dl). All results except mean abdominal fat mass and HDL-cholesterol were significantly different between the two groups (p<0.05).

Conclusion: These findings suggest that obese women with normal fasting glucose may have a metabolic disorder: upper-normal glucose levels may predispose to type 2 diabetes. Lower-normal range glucose levels seem to provide better metabolic features.
RELATIONSHIP OF THYROID FUNCTION WITH BODY MASS INDEX AND ADIPONECTIN IN EUTHYROID MORBIDLY OBESE INDIVIDUALS
Dimitrios Papazoglou1, Spyridon Kokkinos1, Theodoros Papadopoulos1, Nikolaos Papanas1, Pantelis Papathanasiou1, Konstantinos Papadopoulos1, Odysseas Kaitozis1, Theodora Gioka2, Georgia Kampouroutsi2, Efstratos Maltezos1
1. Second Department of Internal Medicine, Democritus University of Thrace, University Hospital of Alexandroupolis, Alexandroupoli, Greece
2. Laboratory of Biochemistry, University Hospital of Alexandroupolis, Alexandroupoli, Greece

Introduction: A relationship between thyroid hormones and adipose tissue metabolism in humans has been suggested. Specifically, a relationship between thyroid hormones, Body Mass Index (BMI) and adiponectin levels has been described in obese women.

Aim: We investigated the potential relationship between thyroid function, BMI and adiponectin levels in morbidly obese individuals.

Material: Seventy-three morbidly obese individuals (20 males - 53 females, mean age: 43.2 ± 12.9, mean BMI: 46.7 ± 5.9) were studied. Basic anthropometric and biochemical parameters were collected. Levels of TSH, free thyroxine (FT4) and plasma adiponectin were measured.

Results: There was a positive correlation between TSH and BMI (r = 0.25, p = 0.32) but a negative one between TSH and Fat Free Mass (r = -0.23, p = 0.5). Adiponectin levels were positively correlated with FT4 (r = 0.3, p = 0.01) and negatively, but not significantly, with TSH (r = -0.2, p = 0.08). The latter correlations were both statistically significant in women but not in men.

Conclusions: Our data show that, although thyroid function was normal in the studied morbidly obese population, TSH and BMI were positively related. TSH seems to be positively related to the degree of obesity and could represent a marker of altered energy balance in severely obese individuals. Thyroid hormones might influence circulating levels of adiponectin in morbidly obese women. This correlation however is possibly influenced by the BMI, although no association between adiponectin levels and BMI or FFM was found. The lack of statistical significance for the male participants may be due to their small number.

A PROSPECTIVE STUDY IN 100 OBESE PATIENTS TREATED WITH INTRAGASTRIC BALLOON
Katerina Kotzampassi1, Pyrros Papakostas2, Sophia Penna2, Gergana Pyankova2, Thomai Karagiozoglou-Lampoudi3
1 A' Surgery Dept, Aristotle University of Thessaloniki, AHEPA hospital, Thessaloniki, Greece
2 Clinical Nutrition Lab, Nutrition/Dietetics Dept, School of Food Technology and Nutrition, Technological Education Institution, Thessaloniki, Greece

Introduction: One minimally invasive technique attempting to cope with morbid obesity is the placement of an intragastric balloon (IB) for a six month period.

Aim: The purpose of this study was to investigate the effects of IB, on weight loss, body composition and resting metabolic rate (RMR).

Material: This is a prospective study of 100 obese subjects (m = 22, f = 78), mean baseline BMI 42.43 ± 7.01. The data collected every month for the six month period was, BW, BMI, RMR (indirect calorimetry), %FM, %EWL, % of actual caloric intake (%ACI) (24h food recall). Subgroups: (a1) 30 < BMI < 50 (a2) BMI > 50, (b1) %ACI < 65 (b2) %ACI > 65, (c1) %EWL < 20 (c2) 20 < %EWL < 50 (c3) %EWL > 50. The number of follow-up visits was considered as a marker of compliance (poor 2-3v, good 4-6v, excellent >6v), mean follow-up visits 5.24 ± 1.66.

Results:

<table>
<thead>
<tr>
<th></th>
<th>WEIGHT</th>
<th>BMI</th>
<th>%FM</th>
<th>RMR</th>
<th>%EWL</th>
<th>%ACI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Placement Vis</td>
<td>120.32 ± 22.81</td>
<td>42.43 ± 7.01</td>
<td>46.50 ± 6.58</td>
<td>1782.40 ± 405.38</td>
<td>37.50 ± 20.59</td>
<td>126.19 ± 58.26</td>
</tr>
<tr>
<td>Removal Vis</td>
<td>100.42 ± 21.80</td>
<td>35.39 ± 6.50</td>
<td>41.16 ± 7.22</td>
<td>1571.60 ± 338.27</td>
<td>72.38 ± 37.71</td>
<td></td>
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<tr>
<td>p</td>
<td>0.000</td>
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A positive correlation for DRMR, DBW (p = 0.023), DBMI (p = 0.032), D%ACI (p < 0.05) in the overall sample and in subgroup (c3), was found. There was significant difference in DBW, DBMI, D%FM, DRMR between 2-3v/ >6v.

Conclusions: The positive correlation of DRMR with DBW, DBMI, D%EC reveals a direct relation of the decrease in RMR, weight loss and decrease in caloric intake. Also compliance plays an important role.
OBESITY AND SLEEP APNEA SYNDROME

Emmanuel Vlachogiannis, Euphimia Daskalopoulou, Soultana Goutkidou, Katherine Vasilious, Elena Nanousi
Sleep Unit and Clinical Laboratory of Atherosclerosis, Internal Medicine, St Paul General Hospital, Thessaloniki, Greece

Introduction. Obesity is a major risk factor for metabolic syndrome and atherosclerosis. Obstructive sleep apnea syndrome (OSAS) is associated with metabolic syndrome and atherosclerosis.

Aim. The aim of this study was to estimate the prevalence of obesity in patients with SAS.

Material. The prevalence of obesity was studied in 888 patients with OSAS, in 227 patients with upper airway resistance syndrome (UARS), and in 95 controls.

BMI was classified as normal, overweight, obesity class I, obesity class II and obesity class III according to WHO criteria. Waist circumference was estimated according to WHO classification.

Results. Patients with OSAS had significantly higher mean levels of BMI, p<0.000, waist circumference, p<0.000 and waist to hip ratio, p<0.000 than the patients with UARS or the controls. Patients with UARS had significantly higher mean levels of BMI, p<0.009 than the controls, without difference in waist circumference. Patients with OSAS had significantly higher prevalence (p<0.001) of obesity class II and III than patients with UARS or controls. Also, significantly lower (p<0.001) was the prevalence of normal BMI and overweight in patients with OSAS than the other groups. Obesity class I was in the same incidence in all groups.

Conclusions. According to these results, patients with OSAS had significantly higher levels of BMI and visceral obesity than patients with UARS or controls.

BODY FATNESS AND PLASMA HOMOCYSTEINE IN VEGETARIAN PREMENOPAUSAL WOMEN ARE NOT ASSOCIATED

Zvonimir Satalic 1, Lea Sokolic 2, Vesna Zizic 3, Irena Colic Baric 1
1. Faculty of Food Technology and Biotechnology, Zagreb, Croatia
2. Vuk Vrhovac University Clinic, Zagreb, Croatia
3. Children’s Hospital Zagreb, Zagreb, Croatia

Introduction. Elevated plasma homocysteine (Hcy) as well as obesity, especially abdominal, increase the risk for developing cardiovascular diseases. Vegetarians usually have lower body weight and follow protective plant-based diet, but due to inadequate vitamin B12 intake can have increased Hcy.

Aim. To determine correlation between plasma Hcy and measures of body fatness: body mass index (BMI), waist to hip ratio (WHR) and percentage of body fat (% BF).

Subjects and methods. Vegetarian women (n=81, 7 vegans and 64 lacto-ovo-vegetarians), mean age 33 years (range 20-49 years) participated in the study. Abbott AxSYM system was used for measuring plasma Hcy and % BF was measured with Omron BF 300. BMI and WHR were calculated from the measured parameters.

Results. Hcy level over 10 and 15 µmol/L had 35.8 and 2.5 % subjects, respectively. Seven point four percent of subjects were underweight (BMI < 18.5 kg/m2) and 14.8 % were overweight (BMI > 25). Pearson’s correlation between plasma Hcy and anthropometric parameters was not significant and ANOVA showed no differences in plasma Hcy among quartiles for BMI, % BF and WHR.

Conclusion. In premenopausal vegetarian women plasma Hcy and measures of body fatness were not associated.
THE CHANGE OF THE METABOLIC PROFILE AMONG OBESE PERSONS AFTER LOSING WEIGHT
Frideriki Lagra, Nikolaos Kamperidis, Athanasios Mousiolis, Kosmas Stergiou, Stefanos Papantoniou, Xenofon Krokidis, Persefoni Papadopoulou
General District Hospital Of Kavala, Kavala, Greece

Material: The study comprised 4 groups (a, b, c, d) of 190 persons (mean age of 36 years). Group a comprised 32 individuals (19 women, 13 men) of normal weight, (BMI<25). Group b comprised 48 overweight individuals (33 women, 15 men) (25<BMI<30). Group c comprised 68 obese individuals (40 women, 28 men, BMI>30). Group d comprised 42 obese or overweight individuals (28 women, 14 men) who were re-examined 3 years after recruitment and after having a weight loss of at least 10%.

Results: Weight gain is accompanied by an increase in triglycerides and a decrease in HDL in all groups, while weight loss enhances these parameters but not achieving statistical significance. Uric acid level is not significantly differentiated between the 4 groups, but shows a significant difference when results are distributed and compared according to sex. If we define a sub-group including individuals with a BMI>40 (22 persons) and compare it with Group a, a statistically significant difference in fasting glucose levels and HbA1c arises. These parameters have been ameliorated after weight loss.

Conclusions: Increase in body weight deranges the physiological metabolism, while weight loss tends to bring the triglycerides, fasting glucose and HbA1c, back to the normal levels. Also, metabolic disturbances that normally arise in older people arise in younger ages when obesity is present.

OBESITY MANAGEMENT WITH RIMOANABANT. ONE-YEAR FOLLOW UP
Katherine Vasiliou, Soultana Goutkidou, Elena Nanousi, Euphemia Daskalopoulou, Emmanuel Vlachogiannis
Clinical Laboratory of Atherosclerosis, Internal Medicine, St Paul General Hospital, Thessaloniki, Greece

Introduction. Obesity is associated with metabolic syndrome and atherosclerosis.
Aim. The aim of this study was to estimate the results of diet or pharmacological approach after on year follow up.

Material. Eighty-one obese patients were included in this study. BMI, waist circumference and waist to hip ratio was estimated on three, six, nine and twelve months. 21 of the participants were managed with diet (group A) and 60 were pharmaceutically approached via the administration of rimonabant (group B).

Results. The two groups had the same age and BMI, waist circumference and waist to hip ratio. After twelve months a significantly higher reduction, p<0.000, of BMI was observed in group B. Waist circumference reduction was significantly higher in group B after three (p<0,023) and twelve months (p<0,000). The changes in waist to hip ratio were non statistically significant.

Conclusion. After twelve months, treatment with rimonabant had significantly better results than diet alone.
COMPARATIVE STUDY OF THE EFFECT OF THYROXIN IN THE LIPIDEMIC PROFILE OF PATIENTS WHO SUFFER FROM BRONCHOCELE AND HAVE NORMAL THYROID FUNCTION (POLYCENTRIC STUDY)

Stefanos Patiakas1,4, Helias Giovanopoulos3, Sokratis Tsukis4, Ioannis Xoursalas5, Iliopoulos Sotiria5, Stamatis Katsaris5, Stauridou Thomai5
1 General Hospital of Goumenissa, Goumenissa, Greece
2 General Hospital of Rethymnon, Rethymnon, Greece
3 Cardiology of the city of Korinthos, Korinthos, Greece
4 General Hospital of Karpenisi, Karpenisi, Greece
5 Endocrinology of the city of Kastoria, Kastoria, Greece

INTRODUCTION - AIM: To study the influence of thyroxin into the rates of the lipids of the serum of people with bronchocele, who have normal thyroid function.

MATERIAL - METHOD: Whole cholesterol, triglycerides, Lpa, HDL and LDL-cholesterol, as well as whole and free fractions of thyroid hormones and TSH were detected in the serum, before and after three months from the beginning of the thyroxin treatment. The results were compared with those of the 15 healthy women of similar age (average rate 49.5 years) who were the control team.

RESULTS: Among the patients under thyroxin treatment the average rate of Lpa from 18.6%+22.7 before the therapy, decreased by 14.9+/-18.5 during the 1st trimester. On the contrary, the rates of triglycerides and of the whole cholesterol did not change significantly. However, those of HDL and LDL cholesterol manifested after the treatment a slight tendency to decrease (respectively p=0.062 και p=0.067) while the TSH, as it was natural, decreased by 1.9+/-1.05 IU/ml to 0.23+/-0.55 IU/ml (p<0.001). Finally, no statistically significant change was detected in any of the above parameters.

CONCLUSIONS: It is therefore concluded that the prescription of thyroxin to women with bronchocele: 1) Affects the levels of Lpa, reducing it statistically significantly. However, 2) It does not seem to affect the rest of the lipid parameters, apart from a slight tendency of decrease in HDL and LDL cholesterol.

COMPARATIVE EVALUATION OF TRIGLYCERIDES RATES AND Γ-GT IN THE BLOOD SERUM OF PATIENTS WITH METABOLIC SYNDROME (POLYCENTRIC STUDY)

Stefanos Patiakas1,2, Charalambos Charalambous2, Stamatis Katsaris2, Ioannis Hoursalas4, Sokratis Tsukis4, Helias Giovanopoulos2
1 General Hospital of Goumenissa, Goumenissa, Greece
2 Internal Medicine clinic of the Psychiatric Hospital of Thessaloniki, Thessaloniki, Greece
3 General Hospital of Rethymnon, Rethymnon, Greece
4 Cardiology of city of Korinthos, Korinthos, Greece

INTRODUCTION - AIM: To study the triglyceride rates in connection with those of γ-GT in the blood serum of patients with Metabolic Syndrome (MS).

MATERIAL - METHOD: The cases of 108 patients with MS were studied. The diagnosis was based on I.D.F. criteria, according to which, a waist perimeter of >94cm is required for men and >80cm for women, as well as two of the following criteria: a) levels of fast sugar of serum >100mg/dl, b) HDL<40mg/dl for the men and <50mg/dl for the women, c) triglycerides >150mg/dl and diarterial pressure >135/80. After a 12-hour fast their triglycerides and γ-GT were checked in the blood serum in a biochemical analyst with the help of photometric method, while the statistic analysis of the results was conducted by means of the SPSS package, by applying the non-parametric correlation.

RESULTS: It is proven that the rates of triglycerides in the blood serum had a statistically significant place in connection with those of γ-GT, as the co-efficient of their parametric correlation r was 0.217 (p<0.01).

CONCLUSIONS: The suspicion that the lipoid degeneration of the liver, which very often accompanies hypertriglyceridemia, causes an increase in γ-GT is indeed affirmed by our study.
RESEARCH OF DISLIPIDEMIA IN PATIENT’S WITH RECENTLY DIAGNOSED ARTERIAL HYPERTASION (POLYCENTRIC STUDY)

Stefanos Patiakas1,2,3, Charalambos Charalambous4, Alexios Sabidis5, Michalis Alexanderidis6, Konstantina Xatzi7, Basiliki Tioli8
1 General Hospital of Goumenissa, Goumenissa, Greece
2 Internal Medicine clinic of the Psychiatric Hospital of Thessaloniki, Thessaloniki, Greece
3 General Hospital of Kastoria, Kastoria, Greece
4 Health Center of Farsala, Farsala, Greece

Aim: To investigate the degree of coexistence of dislipidemia in patients with newly diagnosed arterial hypertension without therapeutical treatment, since these 2 diseases are independent risk factors for cardiovascular diseases.

Material-Method: We studied 86 patients (34 men and 52 women) with mean age 52.7 +/- 5.1 years of age with recently (<6 months) diagnosed arterial hypertension. We studied their lipidemic-biochemical profile and compared it with that of 52 healthy people (control group) with compatible age, sex and BMI (Body Mass Index). The tests took place after 12 hours of fasting. As for the statistical analysis we used the x² test.

Results:

<table>
<thead>
<tr>
<th>PARAMETERS</th>
<th>PATIENTS WITH HYPERTENSION</th>
<th>CONTROL GROUP</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Systolic AH (mmHg)</td>
<td>149 +/- 11</td>
<td>121 +/- 13</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Diastolic AH (mmHg)</td>
<td>95 +/- 7</td>
<td>78 +/- 9</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Total Chol (mg/dl)</td>
<td>243 +/- 26</td>
<td>202 +/- 19</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>HDL-C hol (mg/dl)</td>
<td>38.5 +/- 9</td>
<td>46.9 +/- 8</td>
<td>&lt;0.005</td>
</tr>
<tr>
<td>LDL-Chol (mg/dl)</td>
<td>167 +/- 28</td>
<td>139 +/- 23</td>
<td>&lt;0.005</td>
</tr>
<tr>
<td>Triglycerides (mg/dl)</td>
<td>171 +/- 38</td>
<td>107 +/- 28</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

Conclusions: The hypertensive patients show a statistically significant elevation of Total cholesterol, LDL-cholesterol and Triglyceride values while the HDL-cholesterol value is significantly lower. The athyrogenetic factors are obviously present even in the 1st degree of Arterial Hypertension, as in insulin resistance and the Metabolic Syndrome.

SURVEY ABOUT THE CONNECTION BETWEEN HYPERCHOLESTEROLEMIA AND INCREASED RATES OF GLUCOSE IN THE SERUM. (POLYCENTRIC STUDY)

Stefanos Patiakas1,2,3, Charalambos Charalambous4, Sokratis Tsukis5, Stamatis Katsaris6, Kiriki Akritopoulou7, Dimitris Oplopiadis8
1 General Hospital of Goumenissa, Goumenissa, Greece
2 Internal Medicine clinic of the Psychiatric Hospital of Thessaloniki, Thessaloniki, Greece
3 General Hospital of Rethymnon, Rethymnon, Greece
4 General Hospital of Kastoria, Kastoria, Greece

INTRODUCTION - AIM: To investigate any connection between increased rates of whole cholesterol and LDL cholesterol, in people who had simultaneous increase of glucose in the serum.

MATERIAL - METHOD: 465 patients were examined (228 men and 237 women) 65.4 +/- 14.7 years on average, who manifested whole cholesterol >200mg/dl and LDL cholesterol >150mg/dl. Their sugar rates were also estimated, after a 12-hour fast, by a biochemical analyst.

RESULTS: Out of 465 patients with hypercholesterolemia, 129 persons (52 men and 77 women), that is 27.74%, had simultaneously high rates of glucose (>110mg/dl).

CONCLUSIONS: 1) It is proven that high hypercholesterolemia combined with high LDL cholesterol, is likely to be related to diabetes. 2) It is therefore imperative a timely diagnosis and the right treatment and regulation of diabetes so as to avoid secondary conditions of hypercholesterolemia. 3) Finally, it is worth mentioning that while the in the percentages of both high whole cholesterol and LDL, the rates between men and women are almost the same, when these ones are combined with the increase of glucose, a clear superiority of women is self-evident.
INTRODUCTION: Research has demonstrated that knowledge about medications, diet, exercise, home glucose monitoring, foot care, and treatment modifications is necessary to effectively self-manage diabetes (Coates & Boore, 1996). In Greece, although the prevalence is growing (Melidonis et al., 2006), diabetes knowledge has not yet been estimated.

AIM: The aim of the present cross-sectional study was to assess diabetes knowledge in Greek diabetes patients.

MATERIAL: A 23 questions test (Fitzgerald et al., 1998) was administered to 100 diabetes patients, recruited from 2 diabetological private practice medical offices in Thessaloniki. Inclusion criteria included being >18 years old and being mentally healthy. Most of them (109 persons) were having history of hypertension, while their regulation of diabetes mellitus wasn’t particularly satisfying (average of HbA1c 8.4 mg/dl).

RESULTS: Increased LDL-cholesterol >100 mg/dl was found in 121 patients (81.7%), LDL-cholesterol between 130 and 200 mg/ml in 87 patients (58.8%), HDL-cholesterol <40 mg/dl in 71 patients (48%), while total cholesterol>200 mg/dl was found in 95 patients (64.2%) and tryglicerides >150mg/dl in 44 patients (29.7%).

Conclusions: It was proved that 81.7% of diabetes mellitus type II patients had LDL>100 mg/dl and 48% of them HDL<40 mg/dl. Consequently, these patients were spotted beyond their therapeutic goals and had not satisfactorily regulated their lipidaimic profile. This seemed to be the cause of really bad dietary habits, lack of efficient physical exercise and lack of regulation of blood glucose. Therefore it is a demand in order to avoid the progress of the Dm in vessels disease, a more frequent surveillance of these patients, a more strict observance of the therapeutic goals and more intense information given relative to subjects of healthy nutrition and the right way of living.
LIFE STYLE CHANGES IMPACT ON SEXUAL LIFE IN MALES WITH METABOLIC SYNDROM (METS)
Dana Bucuras 1, Otilia Marginean 1, Viorel Bucuras 1, Corina Hogea 2
1 University Of Medicine And Pharmacy, Timisoara, Romania
2 Diabetes Day Care center, County Hospital No 1, Timisoara, Romania

Introduction: This study has been undertaken to assess the relation of various degrees of body mass index to echocardiographic parameters. Patients and methods: Study evaluated 260 consecutive clinical echocardiographic findings. Echocardiography was performed and echocardiographic measurements were obtained. In patients without wall motion abnormalities ejection fraction (EF) was assessed semiquantitatively and in patients with wall motion abnormalities using modified biplane Simpson’s rule. Left atrial volume (LAV) and its indexed value, LV diastolic filling, combined systolic and diastolic performance, the so called Tei index was measured, left ventricular mass (LVM) was calculated using the formula of Devereux et al, and was indexed to body surface area. Patients were divided into groups with normal systolic function (EF > 50%) and systolic dysfunction (EF < 50%). Another groups were classified according to different forms of diastolic dysfunction: impaired relaxation, pseudonormal filling, and restrictive physiology. In addition, we analysed two subgroups of patients with impaired relaxation, one with preserved systolic function and other with systolic dysfunction. Subjects were classified on the basis of their BMIs as normal (18.5 to < 25 kg/m2), overweight (>25 and < 30 kg/m2), obese (>30 and <35 kg/m2), or severely obese (>35 kg/m2).

Results: In multiple regression analysis in the whole group of patients there was significant relation of BMI to LVM (p < 0.0001), LVM (p < 0.0001), fractional shortening (FS) (p=0.01), and transmirtal A wave (0.0003). There was no relation of BMI to other echocardiographic parameters: LAV (p=0.3), LAVI (p=0.2), EF (p=0.7), Tei index (p=0.4), E wave (p=0.7), E-wave deceleration time (p=0.7), E/A ratio (p=0.7).

Conclusions: This study was designed to identify any associations between left ventricular function and obesity. Our analysis showed that in subgroups of patients classified according to systolic and diastolic function or dysfunction, increasing BMI was associated mainly with LVM. Our study supports works that obesity is related to left ventricular mass, unlike the findings in previous reports we did not find any relation between obesity and diastolic function or dysfunction. Possible explanation of this fact can be the discrepancy between BMI and body fat mass, but this need further study.
THE INCIDENCE OF ENDOCRINE DISTURBANCES IN OBESES CHILDREN OF SOUTH WEST OF ROMANIA

Otilia Marginean1, Ioan Simedrea1, Marilena Lesovici1, Dana Bucuras1, Marcovici Tamara1, Dima Mirabela1
1 University of Medicine and Pharmacy „Victor Babes” Timisoara, Romania
2 Clinical Children Hospital „Louis Turcanu” Timisoara, Romania

Background: The adult obesity is associated with endocrine metabolic and mecanical complications but in children obesity the endocrine disturbances are not well known.

Material and method: Between 2003-2007 we have studied 15 330 children atmetted in the Ist Pediatric Clinical Children Hospital „Louis Turcanu” Timisoara, by measurement of the anthropometric criterias (body weight, height, abdominal folder), BMI, follow-up of the metabolic and endocrine complications (hiperinsuнияemia, dislipidemia, HOMA index- insulinoresistance, hypercortisolemia, early adrenarche, hyperprolactinemia, sex hormone binding protein-SHBG).

Results: From 15 330 children we have found 9136 obeses (56,69%), 5164 girls and 3972 boys. A 623 of them were infants. The majority of them got obesity by high calories, intake only 16 had genetic obesity. We have found insulinoresistence in 46% of the teenager obeses and 38% had low level of SHBG. In 39 cases we have found early adrenarche. In 4 cases diabetis mellitus type 2; the mecanical complications were in all children. All teenager patients have depression, isolation and low performance in school.

Conclusions:
1. The incidence of endocrine disturbances in obeses children in relative height.
2. The magnitude of this are in direct relationship with the degree of obesity and age.
3. In the last years the incidence of children obesity rised dramatically in our region.

UCP2 I/D POLYMORPHISM AND METABOLIC SYNDROME TRAITS IN OBESE INDIVIDUALS

Konstantinos Papatheodorou1, Dimitrios Papazoglou1, Nikolaos Papanas1, Theodoros Papadopoulos1, Pantelis Pathanasiou1, Odysses Kaitozis1, Spyridon Kokkinos1, Theodora Gioka1, Georgia Kampouroumiti1, Efstratios Maltezos1
1. Second Department of Internal Medicine, Democritus University of Thrace, University Hospital of Alexandroupolis, Alexandroupoli, Greece
2. Laboratory of Biochemistry, University Hospital of Alexandroupolis, Alexandroupoli, Greece

Introduction: The uncoupling proteins (UCPs) are a family of proteins that uncouple respiration leading to generation of heat and increased energy expenditure. Contradictory data indicate that allelic variants in their coding genes might be associated with components of the metabolic syndrome.

Aim: To assess the potential impact of the 45 base-pair insertion/deletion (I/D) polymorphism in the 3’-untranslated region of exon 8 of the UCP2 gene on features of the metabolic syndrome in obese subjects.

Material: Two hundred and forty-one obese patients (age: 42.9 ± 14.2 yr, BMI: 42.2 ± 8.3 kg/m2) with various features of the metabolic syndrome were genotyped for the 45 base-pair insertion/deletion (I/D) polymorphism of the 3’-untranslated region of exon 8 of the UCP2 gene on features of the metabolic syndrome in obese subjects.

Results: Number of obese patients with various features of the metabolic syndrome, genotype frequencies and minor (I) allele frequencies are shown on the following table:

<table>
<thead>
<tr>
<th>Trait</th>
<th>Glucose&gt;110mg/dl</th>
<th>HDL&lt;40(m) or 50(f) and/or Triglycerides&gt;150mg/dl</th>
<th>Blood Pressure&gt;130/85 mmHg</th>
</tr>
</thead>
<tbody>
<tr>
<td>n</td>
<td>58</td>
<td>80</td>
<td>103</td>
</tr>
<tr>
<td>D/D</td>
<td>28</td>
<td>40</td>
<td>55</td>
</tr>
<tr>
<td>I/D</td>
<td>22</td>
<td>34</td>
<td>40</td>
</tr>
<tr>
<td>I/I</td>
<td>8</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>MAFs</td>
<td>32.7%</td>
<td>26.7%</td>
<td>27.2%</td>
</tr>
<tr>
<td>p</td>
<td>0.56 (OR:1.1, 95%CI:0.75-1.70)</td>
<td>0.95 (OR:0.99, 95%CI:0.67-1.40)</td>
<td>0.71 (OR:0.93, 95%CI:0.66-1.32)</td>
</tr>
</tbody>
</table>

Conclusion: No significant association was found between the polymorphism studied and the components of the metabolic syndrome that characterise the obese phenotype. These results, in accordance with similar findings previously obtained in other ethnic groups, suggest that the I/D allelic variant of the UCP2 may not have a direct role in the pathogenesis and development of metabolic consequences of obesity.
PERIPHERAL DIABETIC NEUROPATHY IS NOT ASSOCIATED WITH MARKERS OF OBESITY IN MALE PATIENTS WITH TYPE 2 DIABETES

Christodoulos Monastiriotis, Nikolaos Papanas, Konstantinos Papatheodorou, Dimitrios Papazoglou, Stamatia Kotziou, Efstratios Maltezos

Outpatient Clinic of the Diabetic Foot at the Second Department of Internal Medicine, Democritus University of Thrace, Greece

Introduction: Evidence for the association between diabetic neuropathy and obesity is inconclusive.

Aim: The aim of the present study was to investigate the potential association between markers of obesity and peripheral diabetic neuropathy in male patients with type 2 diabetes.

Material: The study included 60 male type 2 diabetic patients, divided in two groups. Group A comprised 30 patients (mean age 58.9±6.6 years, mean diabetes duration 7.4±4 years, mean HbA1c 7.4±1.2%) with peripheral diabetic neuropathy. Group B included 30 patients (mean age 55.6±8.7 years, mean diabetes duration 6.6±3.3 years, mean HbA1c 6.9±1.1%) without neuropathy. Exclusion criteria were as follows: chronic renal or liver failure, thyroid disease, active foot ulcer, other cause of neuropathy. Peripheral diabetic neuropathy was diagnosed by clinical examination using the Diabetic Neuropathy Index (DNI), as suggested by the University of Michigan. In all patients, BMI, WHR and %body fat were measured.

Results: BMI did not differ significantly (p=0.6) between groups A (32.3±1.5 kg/m²) and B (30.9±1.9 kg/m²). There was also no difference in WHR (group A: 1.1±0.1, group B: 1.04±0.1, p=0.7) and %body fat (group A: 33.5±6.5%, group B: 30.9±7.3%, p=0.45) between the two groups.

Conclusions: These results suggest that there is no association between markers of obesity and peripheral diabetic neuropathy in male patients with type 2 diabetes.

DIFFERENT TYPE OF VISFATIN RESPONSE DURING ORAL GLUCOSE TOLERANCE TEST IN OBESE WOMEN

Prof Dragan Micic 1, Asist Prof Mirjana Sumarac-Dumanovic 1, Prof Jagoda Jorga 1, Prof Aleksandra Kendereski 1, Dr Goran Cvijovic 1, Dr Danica Stamenkovic-Pejkovic 1, Dr Svetlana Zonic 1

1 Institute For Endocrinology, Diabetes And Diseases Of Metabolism, Belgrade, Serbia
2 Institute of Hygiene, Belgrade, Serbia

Introduction Insulin-mimetic actions of visfatin may be part of the feedback regulation of glucose homeostasis, so we hypothesized that plasma glucose or insulin may have effect on visfatin levels in humans.

Aim The aim of our study was to investigate the plasma glucose, insulin and visfatin levels during oral glucose tolerance test (OGTT) in 22 obese women (age:36.7±1.8yrs; BMI 34.7±0.6kg/m²).

Material Plasma visfatin (EIA Phoenix, ng/ml), insulin (RIA Inep, mU/l) and glucose (glucoso-oxidase, mmol/l) were measured in basal state, while visfatin and insulin were measured at the peak glucose level OGTT. Insulin sensitivity (Minindex: mg/kgBW/min, 2h euglycemic hyperinsulinemic clamp).

Results Basal glucose was 4.78±0.10 and peak glucose during OGTT was 8.20±0.42 (p<0.05). There were no differences in visfatin between basal sample and at the peak glucemia (72.2±3.3vs.79.4±7.5, p>0.05). Basal insulin was 16.5±1.2 and at the peak glucose level 97.8±13.0 (p<0.05). After analysis of the individual data we found that 7 obese women (GroupA) had significant decrease in visfatin level during OGTT (44.7±3.7vs.36.9±8.2, p<0.05) and 15 women (GroupB) had significant increase in visfatin during OGTT (69.85±4.49vs.99.6±2.9, p<0.05). There were no significant difference between Group A and B in BMI (34.8±1.1vs.34.6±0.8), age (36.0±4.6 vs. 37.1±1.8), basal glucose (4.9±0.3vs.4.7±0.1), basal insulin (14.7±1.8vs.17.4±1.6), peak glucose (8.9±1.1vs.7.8±0.36), insulin levels at peak glucose (80.5±20.78 vs.105.9±16.4) neither in insulin sensitivity (5.5±0.8vs.4.8±0.6).

Conclusions Our data demonstrate existence of two type of visfatin response during OGTT in obese women. It is still not clear which influence determines different type of visfatin response during OGTT and further studies are necessary.
FAMILY HISTORY OF DIABETES AND PERSONAL HISTORY OF CHILDHOOD OBESITY ARE PREDICTIVE FACTORS FOR METABOLIC COMPLICATIONS IN ADULT OBESE PATIENTS

Carmen Barbu 1,2, Anca Sirbu 1,2, Aura Diana Reghina 1,2, Georgiana Dobri 1, Suzana Florea 1, Simona Fica 1,2
1. University of Medicine and Pharmacy Carol Davila Bucharest, Romania
2. Elias Hospital, Department of Endocrinology, Diabetes and Metabolic Diseases, Bucharest, Romania

The aim of our study was to investigate the importance of parameters such as family history of obesity and diabetes, personal history of childhood obesity and of the smoker status, as risk factors for developing metabolic complications, in a group of obese patients.

Patients and methods. We evaluated 102 consecutively admitted patients (66 F; 36 M age range 21 – 67 years), with BMI >30 kg/m². Clinical (body mass index - BMI, waist circumference) and biological data (fasting serum glucose, insulin, insulin resistance assessed by homeostasis model assessment-HOMA, total, HDL, and LDL cholesterol and triglycerides) were recorded. Abdominal ultrasound was performed in all patients for right liver lobe diameter determination and personal and family history were recorded.

Results. Patients with family history of type 2 diabetes mellitus had higher HOMA levels (7.2±5.3 vs 5.0±3.6, p<0.05) and higher waist circumferences (124.4±20.8 vs 110.2±25.5, p<0.05) despite non-significant differences in BMI. They also had higher right liver lobe diameters (174.2±28.4 vs 164.0±29.3). There were no differences observed between patients with and those without family history of obesity. A history of childhood obesity correlates with higher waist circumferences, higher triglycerides and cholesterol levels. The same atherogenic lipid profile was observed in smokers.

Conclusions. Family history of diabetes, personal history of childhood obesity and smoker status are risk factors for higher waist circumference and right liver diameter (markers of visceral adiposity), insulin resistance and an atherogenic lipid profile, in obese patients. This suggests the importance of a meticulous history taken in every obese patient.

RED WINE: A NATURAL MEDICINE AGAINST OBESITY

Fanny Bakaliou
King’s College London, London, United Kingdom

Introduction: Moderate consumption of red wine may help preventing the development and may help treating obesity. The key compound is resveratrol naturally found in grapes.

Aim: To prove that resveratrol protects against obesity and the effect of age.

Materials: Scientists from Ulm University in Germany used a strain of human fat cell precursors, known as preadipocytes, which in the body go on to develop into mature fat cells. They used resveratrol to feed these cells and examine their development. Additionally, researchers of Stony Brook University, fed two groups of mice a diet in which 60% of calories came from fat. One of the groups was also fed a high dose of resveratrol (24mg/kg body weight, a dose far larger than a human can get from drinking wine).

Results: According to the first scientific team, resveratrol prevented the pre fat cell from increasing in the number and being converted into mature fat cells. It also hindered fat storage. Results of the second scientific team showed that resveratrol did not stop the mice from putting on weight and growing as tubby as the other group of mice, however they lived longer and more active lives despite eating high fat diet. Resveratrol is mimicking the effect of calorie restriction diet which is known to enlarge the lifespan of many animals, probably human as well.

Conclusion: Resveratrol has anti-obesity properties by exerting its effect directly on the fat cells. Thus, resveratrol may help to prevent the development of obesity or might be suited to treating obesity. More studies are needed in order to estimate the dose of resveratrol that is effective but not harmful for human.
ASSOCIATION BETWEEN SERUM 25-HYDROXYVITAMIN D LEVELS AND BODY COMPOSITION INDICES IN POSTMENOPAUSAL WOMEN: THE POSTMENOPAUSAL HEALTH STUDY

George Moschonis, Konstantinos Koutsikas, Anna Nikolaidou, Sofia Tanagra, Ioanna Petraki, Stallo Papoutsou, Anthi Naoumi, Sofia Kostea, Yannis Manios
Department of Nutrition & Dietetics, Harokopio University of Athens, Athens, Greece


Aim: To examine the association between dual-energy X-ray absorptiometry (DXA) measurements of body fat and muscle mass with serum 25-OHD levels in postmenopausal women, after controlling for several covariates.

Methods: Serum 25-OHD, intact parathyroid hormone (PTH), insulin-like growth factor-I levels (IGF-I), DXA measurements of fat and fat free mass, anthropometric and handgrip strength measurements, dietary intake estimations, ultraviolet B (UV-B) radiation exposure and physical activity levels were collected from 112 healthy postmenopausal women (60.3 ± 5.0 y; BMI 29.5 ± 4.8 kg/m2).

Results: At a bivariate level serum 25-OHD levels were inversely associated with regional and total body fat mass (P < 0.05), while positive associations were observed with regional and total body fat free mass (P < 0.05). After controlling for age, serum PTH, IGF-I levels, UV-B radiation exposure and physical activity levels most of the associations observed at a bivariate level between serum 25-OHD levels and body composition indices remained significant.

Conclusions: There seems to be an independent inverse association between serum 25-OHD levels and DXA measurements of total body and regional fat mass in healthy overweight postmenopausal women. It may be essential to consider body composition when providing recommendation for vitamin D in postmenopausal women.

IRON STATUS IN PREPUBERTAL CHILDREN WITH OBESITY, INSULIN RESISTANCE AND METABOLIC SYNDROME. THE PROGRESS STUDY

George Moschonis, Akaterini Skenderi, Vasiliki Dede. Akaterini-Eustathia Kyriakou, Alexandra Koumpitski, Paraskvi-Eirini Siatitsa, Maria Kantillafti, Akaterini Siopi, Aliki-Eleni Farmaki, Sofia Tanagra, Yannis Manios
Department of Nutrition and Dietetics, Harokopio University of Athens, Athens, Greece

Introduction: Recent literature indicates that obesity is associated with hypoferremia (low serum iron).

Aim: To examine iron status in prepubertal children with obesity, insulin resistance (IR) and metabolic syndrome (MS).

Materials and methods: We examined a representative sample of 870 primary schoolchildren aged 9-13 years old participating in the “Prediabetes, Obesity and Growth Epidemiological Study in Schoolchildren” (The PROGRESS study). The collected data included anthropometric (weight, height, waist circumference), biochemical (fasting plasma glucose and serum insulin, iron and ferritin levels) and dietary indices. The IOTF references were used for the definition of overweight and obesity. Insulin and glucose were used to estimate IR (HOMA-IR). MS was diagnosed using the new International Diabetes Foundation definition.

Results: Obese subjects were found to have significantly higher levels of serum ferritin than non-obese ones (p=0.003). Similarly significantly higher levels of serum ferritin were observed for subjects with central obesity (ie, waist circumference >90th age and sex-specific percentile) (p=0.001) and MS (p<0.001) compared to their healthy counterparts. Furthermore, subjects with IR were found to have significantly lower levels of serum iron levels (p=0.031) and of dietary iron intake compared to healthy subjects.

Conclusions: In prepubertal children IR was associated with hypoferremia, which is probably explained by decreased dietary iron intake. Furthermore, obesity, central adiposity and MS were associated with higher levels of iron stores (serum ferritin), probably explained by the low-grade inflammation induced in these metabolic conditions.
STUDY ON THE IMPACT OF NUTRITIONAL SUPPLEMENTS ON THE LOSS OF BODY WEIGHT (BW), FAT MASS (FM), TOTAL BODY WATER (TBW) AND BODY CELLULAR MASS (BCM) IN OBESE PATIENTS

Eleni-Stamatina Georgila 1, Fragiskos Gonidakis 1, Konstantina Zadeli 1, Argiro Dara 1, Panagiots Spiropoulos 1, Stamatina Gatzoni 1, Ioannis Papadopoulos 4, Theodoros Valamatopoulos 2, Themistoklis Vlachos 2, Konstantinos Fenekos 1

1 “Korgialenio-Mpenakio, Greek Red Cross” Hospital. Endocrinology And Metabolism, Athens, Greece
2 University Of Athens, Medical School, 1st Psychiatric Department, Aiginitio Hospital Athens, Greece
3 “Ippokratio” General Hospital Of Athens, Athens, Greece
4 “Social Security Institution”. 2nd Hospital Of Thessaloniki, Thessaloniki, Greece

Introduction: There are reports in the literature that imply that nutritional supplements combined with low caloric diets can be useful in weight reduction as they provide the nutritional substances that are not sufficiently in taken.

Aim: The study of the effectiveness of the nutritional supplements on BW and FM loss as well as their effect on TBW, BCM after 12 weeks of administration.

Material and Methods: We performed the evaluation of nutritional status on a group of 90 patients (mean age 31.8; 61 females) which presented for metabolic abnormalities. The evaluation consisted in anamnesis, anthropometrical measurements, clinical examination, laboratory determinations and nutritional assessment. We estimated the intake of macro- and micronutrients in each case (using an application software developed by us in this purpose), studied the food intake pattern and evaluated its relationship with nutrition recommendations (ADA 2005), and the associated pathology.

Results: Within the group, the average BMI was 27.9 kg/m². Metabolic syndrome was found in 58.8% and impaired lipid profiles in 84.4% of the cases. The average daily energy intake was 2534 kcal in males and 1925 kcal in females. The average structure was: 16% protein, 43% fat (75% from animal sources), 41% carbohydrate. In only 3% of the cases we reported a nutritional pattern consistent with the actual nutritional recommendations for micro- and macronutrients.

Conclusions: The overall evaluation of the nutritional status revealed a discordance between the nutrient intake and the actual nutritional recommendations in the group. The method could be used for a better implementation of medical nutrition therapy for metabolic diseases.

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EVALUATION OF THE NUTRITIONAL STATUS AND ITS RELATIONSHIP WITH THE METABOLIC DISEASES

Dana Simu 1, Adrian Copcea 1, Madalina Indrie 1, Ilinca Lenta 1, Tudor Simu 1

1 Clinical Center for Diabetes, Nutrition and Metabolic Diseases, Cluj-Napoca, Romania
2 “Iuliu Hateganu” University of Medicine and Pharmacy, Cluj-Napoca, Romania

Introduction: The evaluation of the nutritional status consists in the assessment of the degree in which the physiological nutritional needs are satisfied or overleaped. Imbalances in different nutrient intakes, involved in the occurrence of frequent metabolic diseases such as obesity, dyslipidemia, metabolic syndrome and type 2 diabetes, can be detected using this method.

Material and Methods: We performed the evaluation of nutritional status on a group of 90 patients (mean age 31.8; 61 females) which presented for metabolic abnormalities. The evaluation consisted in anamnesis, anthropometrical measurements, clinical examination, laboratory determinations and nutritional assessment. We estimated the intake of macro- and micronutrients in each case (using an application software developed by us in this purpose), studied the food intake pattern and evaluated its relationship with nutrition recommendations (ADA 2005), and the associated pathology.

Results: Within the group, the average BMI was 27.9 kg/m². Metabolic syndrome was found in 58.8% and impaired lipid profiles in 84.4% of the cases. The average daily energy intake was 2534 kcal in males and 1925 kcal in females. The average structure was: 16% protein, 43% fat (75% from animal sources), 41% carbohydrate. In only 3% of the cases we reported a nutritional pattern consistent with the actual nutritional recommendations for micro- and macronutrients.

Conclusions: The overall evaluation of the nutritional status revealed a discordance between the nutrient intake and the actual nutritional recommendations in the group. The method could be used for a better implementation of medical nutrition therapy for metabolic diseases.
MORBIDITY IN FIRST DEGREE RELATIVES OF YOUNG OBESE RECRUITS

Dafni Koumountsea 1, Stavroula Papaokonomou 1, Ioannis Karydis 1, Marios Dilanas 1, Panagiotis Zagarelos 1, Ioannis Megas 1, Antonios Xatzioannidis 2

1 First Internal Medicine Department And Division Of Endocrinology 401 General Military Hospital Of Athens, Athens, Greece
2 Division Of Endocrinology 417 Veteran Affairs Hospital, Athens, Department Of Nutrition And Dietetics, Athens, Greece
3 Xarokopeion University Of Athens, Athens, Greece

AIM: Morbid conditions (mainly cardiovascular diseases) of first degree relatives constitute risk factors in a given study population. We decided to study the frequency of common causes of morbidity (mainly cardiovascular) in first degree relatives of obese young recruits as compared to corresponding causes of morbidity in first degree relatives of young recruits with normal weight.

MATERIALS AND METHODS: First degree relatives of 40 young obese recruits (with normal fasting blood glucose and lipid) with a mean age of 22.3 years were compared with equal number of first degree relatives of 40 healthy, non-obese, recruits of similar age. First degree relatives (parents, siblings) of young recruits were examined as outpatients to identify obesity, hypertension, diabetes mellitus, dyslipidemia and thyroid disease. Complete patient history included smoking habits as well as presence of coronary heart disease and stroke in age younger than 55 years.

RESULTS:

<table>
<thead>
<tr>
<th>MORBID CONDITIONS IN FIRST DEGREE RELATIVES</th>
<th>OBESE RECRUITS</th>
<th>NON OBESE RECRUITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>OBESITY</td>
<td>55%(22)</td>
<td>27.5%(11)</td>
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<tr>
<td>HYPERTENSION</td>
<td>22.5%(9)</td>
<td>7.5%(3)</td>
</tr>
<tr>
<td>DYSLIPIDEMIA</td>
<td>42.5%(17)</td>
<td>10%(4)</td>
</tr>
<tr>
<td>DIABETES</td>
<td>10%(4)</td>
<td>0%(0)</td>
</tr>
<tr>
<td>THYROID DISEASE</td>
<td>17.5%(7)</td>
<td>4%(2)</td>
</tr>
<tr>
<td>CORONARY HEART DISEASE</td>
<td>2.5%(1)</td>
<td>0%(0)</td>
</tr>
<tr>
<td>STRIKE</td>
<td>0%(0)</td>
<td>0%(0)</td>
</tr>
<tr>
<td>SMOKING</td>
<td>52.5%(21)</td>
<td>67.5%(27)</td>
</tr>
</tbody>
</table>

CONCLUSIONS: Obese young recruits have increased frequency of obesity in their first degree relatives. Moreover, first degree relatives of obese recruits have higher frequency of hypertension, dyslipidemia, diabetes mellitus and thyroid disease compared to first degree relatives of non-obese recruits. Above multiple morbid conditions in first degree relatives are risk factor (primary cardiovascular) for the obese young recruits.

PREALBUMIN AS A NUTRITIONAL MARKER IN RENAL TRANSPLANT PATIENTS

Stavroula Chrysostomou 1, Charalambos Stathakis 2, Athina Gompou 2, Georgios Patsias 2, Despoina Perrea 4

1 National And Kapodistrian University Of Athens, Athens, Greece
2 Division Of Nephrology, Laikon General Hospital, Athens, Greece
3 Larnaka General Hospital, Larnaka, Cyprus
4 Laboratory For Experimental Surgery And Surgical Research “Christeas Hall”, University Of Athens, Athens, Greece

Introduction: Although prealbumin is known as a sensitive nutritional marker in patients with chronic renal disease, virtually there are no studies for prealbumin in renal transplant patients. Therefore, incidence of both, malnutrition and obesity, have been mentioned in these patients.

Aim: Determination of prealbumin and comparisons with other nutritional, anthropometric markers and clinical data in renal transplant patients.

Material: 154 renal transplant patients participated in this study. Renal transplant patients were divided into 3 groups, based on the year of transplantation (1st year, 1st-2nd year, 3rd-10th year). The definition of malnutrition was based on Kidney Disease Outcomes Quality Initiative (K/DOQI) for biochemical markers and on WHO Consultation on Obesity for anthropometric markers.

RESULTS: Prealbumin levels indicate severe malnutrition in renal transplant patients (6.79±23.02mg/dl) whereas albumin levels are normal based on K/DOQI (4.29±0.46g/dl). Cholesterol and creatinine levels are slightly high compared with normal values (216.63±48mg/dl, 1.6mg/dl, respectively). Prealbumin levels were significantly positive correlated with albumin (r=0.202, p=0.015). Furthermore, prealbumin levels were significantly higher in the 1-2nd transplant group compared with the 1st year transplant group (p=0.027). Furthermore, immunosuppressive treatment (cyclosporine and prografl) and the type of the kidney donor (cadaver-living, related-unrelated) did not have any significant association with prealbumin levels.

CONCLUSIONS: Prealbumin is a more sensitive marker of nutritional status compared with serum albumin. Albumin and other anthropometric markers indicate normal nutritional status. However, prealbumin is an independent nutritional marker and its level appears to be very low in patients with renal transplantation, especially in the 1st year transplant patients.
LEVELS TNF-Α, L-1, IL-6 IN PATIENTS WITH METABOLIC SYNDROME
Tatyana Sentsova, Olga Grigorian, Zaynudin Zaynudinov
Institute Of Nutrition Academy Of Medical Science, Moscow, Russia

Background: Obesity is one of the key clinical symptoms of metabolic syndrome. It is characterized by system inflammation reaction and production of various mediators.

Aim: Survey of TNF-α, IL-1 and IL-6 levels in patients with metabolic syndrome

Objective and methods: 62 patients with metabolic syndrome were surveyed at age from 35 to 62 years. There were 42 females and 20 males. 12 patients (19,3%) had 1 degree obesity, 25 patients (45,35%) had 2 degree obesity and 25 patients (45,35%) had 3 degree obesity. Levels TNF-α, IL-1 and IL-6 in blood serum were examined by immune ferment method (ELISA) using Biosource International test system (USA).

Result: Increase in TNF-α, IL-1 and IL-6 levels was established with patients diagnosed with metabolic syndrome who had 2 and 3 degree obesity (10,21±0,1pg/ml, 8,6±0,8pg/ml, 46,5 ± 0,4pg/ml, 28,6 ±0,2pg/ml, 32,6 ± 0,4pg/ml, 96,4 ± 0,9pg/ml vs 3,0 ± 1,13pg/ml, 4,1 ±0,34pg/ml, 32,3 ± 0,4pg/ml control group – healthy people).

Patients with 1 degree obesity had results which are not different from those of healthy people (4,6± 0,4pg/ml, 6,2 ±0,6pg/ml, 36,3 ±0,3pg/ml).

Conclusion: The results assume secretion of inflammation cytokines by adenocytes in patients with metabolic syndrome.
**EFFICACY OF WEIGHT LOSS PROGRAMS ON OVERWEIGHT AND OBESE GREEK ADULTS**

Sousana K. Papadopoulou, Athanasios Petrakis, Maria Hassapidou

*Department of Nutrition and Dietetics, TEI Thessaloniki, Thessaloniki, Greece*

**Aim**
The aim of this study was to estimate the efficacity of weight loss programs on overweight and obese Greek adults.

**Methodology**
The participants were 3153 subjects (23% men and 77% women), who were under dietician surveillance, in order to lose body weight.

**Results**
Triple percentage of women compared to men made an effort to lose weight. Men showed significantly higher values in height (1.77±0.06m) and initial body weight (107.72±18.97Kg) and BMI (34.15±5.28Kg/m²), and lower in body fat (34.02±6.76%) compared to women with respective values (1.64±0.06m, 78.88±16.12Kg, 29.49±6.04Kg/m², 36.94±8.05%), p<0.001.

After weight loss programs of 3.71±2.77 months for men and 4.33±5.14 months for women, there were still significant differences between sexes, p<0.001 (weight: 97.12±17.47Kg for men and 72.93±15.21 for women, BMI: 30.78±4.98Kg/m² for men and 27.20±5.41Kg/m² for women, body fat: 29.39±7.16% for men and 33.20±8.37% for women). Differences between first and second measurements were, also, higher for men than women. Thus, weight loss was 10.85±7.07Kg for men and 5.83±7.31Kg for women, fat loss was 4.58±4.56% for men and 3.43±4.69% for women, p<0.001. Finally, rhythm of weight loss was higher for men 0.94±0.55Kg/w compared to women 0.54±0.61Kg/w, p<0.001.

**Conclusion**
Triple percentage of women than men visited a dietician office in their effort to lose weight. Men showed better results in their weight control effort not only in body weight but also in body fat. Nutrition intervention programs are essential for prevention and treatment of obesity.

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**MENTAL DISORDERS IN WOMEN WITH OBESITY**

Olga Grigorian, Oleg Gladishev, Zaynudin Zaynudinov, Kamilla Gapparova, Gulia Chekhonina

*Institute of Nutrition of Russian Academy of Medical Science, Moscow, Russia*

**Objective:** To describe some features of obese patients (women) that treated in our Clinic.

**Method:** 104 obese patients (mean age: 41.6 years; B.M.I: 43.1) were interviewed. The following tests were administered: MMPI, SF-36 Health Status Survey, MFFT, EFT. We evaluated the following variables: depression symptoms, pessimistic, impulsivity and control, behavior according social norms, frustration tolerance, role in interpersonal relationships, kind of bonds, ego strength or ego weakness.

**Results:** depression: 52.7%; pessimistic: 78%; impulsivity: 40.6%; behavior according social norms: 85.1%; low frustration tolerance: 27.1%; passive role in interpersonal relationships: 56.7%; dependent bond: 43.2%; ego weakness: 84.0%.

**Conclusion:** Obesity is a chronic disease with a high clinical and psychiatric comorbidity. Long-term treatments in women with obesity may cause and/or intensify mental disorders. In our investigation, depression symptoms stand out and patients show characteristics of ego weakness, emotions constriction, dependence on bonds and a non-appropriate performance to self resources. It would be necessary in future researches, into its knowledge.
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ACKNOWLEDGEMENTS

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