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OP-1

Calcium Oxalate Kidney Stones

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ABSTRACT

Calcium oxalate (CaOx) kidney stones torment millions worldwide, posing significant clinical and economic burdens. This mini-review delves into the intricate world of CaOx stone formation, dissecting the interplay of risk factors, exploring current management strategies, and illuminating emerging frontiers in prevention and treatment.

INTRODUCTION

CaOx stones account for around 75% of all kidney stones, posing a major public health challenge. Understanding the multifactorial cascade leading to their formation is crucial for developing effective preventative and therapeutic approaches.

Mechanisms of CaOx Stone Formation

High urinary concentrations of calcium and oxalate, influenced by dietary intake, metabolic imbalances, and dehydration, contribute to crystal nucleation. Crystal growth: Aggregates of microscopic CaOx crystals grow into larger structures, facilitated by low urine pH and reduced citrate levels. Inhibitors and promoters: Citrate, magnesium, and glycosaminoglycans naturally inhibit crystal growth, while acidic pH, low urine volume, and certain proteins promote it.

Risk Factors and Diagnosis

Genetic predisposition, dietary habits (e.g., high protein, low-calcium, low-fluid intake), certain medical conditions (e.g., obesity, hyperthyroidism), and medications increase CaOx stone susceptibility. Early diagnosis, employing imaging techniques like ultrasound or CT scans, allows for stone characterization and guides management.

Current Management Strategies

Fluid optimization: Increased water intake dilutes urine and reduces stone risk.

Dietary modifications: Tailored diet plans limiting oxalate and promoting citrate intake aim to prevent crystal formation.

Medical therapy: Medications like potassium citrate or thiazides modify urine pH and decrease crystal growth in specific cases.

Extracorporeal Shock Wave Lithotripsy (ESWL): Non-invasive fragmentation of small stones using focused shock waves.

Ureteroscopy with Laser Lithotripsy: Removal of obstructing stones through the ureter using a scope and laser to fragment them.

Percutaneous Nephrolithotomy (PCNL): Surgical approach for large or complex stones, accessing the kidney directly through a small incision.

CONCLUSION

CaOx kidney stones remain a significant challenge, demanding a multi-pronged approach. Ongoing research into mechanisms, improved diagnostic tools, and innovative therapeutic avenues are key to optimizing clinical outcomes and alleviating the burden of this prevalent condition. Embracing personalized medicine and harnessing emerging technologies promise a brighter future for preventing and managing CaOx stones, offering hope to millions living with this painful and debilitating condition.



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OP-2

Etodolac-Induced Gastric Ulcer in a Patient with Arthritis

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ABSTRACT

This case report presents a rare instance of etodolac-induced gastric ulcer in a patient with osteoarthritis, despite adhering to recommended dosing and protective medication. It underscores the multifaceted nature of nonsteroidal anti-inflammatory drugs (NSAIDs) and the importance of individual susceptibility and vigilant monitoring in vulnerable populations.

INTRODUCTION

Nonsteroidal anti-inflammatory drugs (NSAIDs) have long been instrumental in managing pain and inflammation, yet their use is often marred by the potential for gastrointestinal complications. Etodolac, a widely prescribed NSAID, has been associated with a distinct profile of adverse effects, with a particular focus on its propensity to induce gastric ulcers. This article aims to provide a thorough examination of the complexities surrounding etodolac-induced gastric ulcers, shedding light on the mechanisms, risk factors, clinical manifestations, and evolving strategies for both prevention and management. As a member of the NSAID class, etodolac exerts its therapeutic effects through the inhibition of cyclooxygenase enzymes, yet this mechanism also compromises the protective mechanisms of the gastric mucosa, rendering it susceptible to injury. The result is a clinical scenario that demands a nuanced understanding of the interactions between drug pharmacology, patient factors, and the delicate balance of gastrointestinal homeostasis. Here it was aimed to present a gastric ulcer case drecovered with anti-anxiety treatment

CASE PRESENTATION

A 65-year-old woman with a five-year history of osteoarthritis of the knees and hips presented with a two-week history of epigastric burning pain, nausea, and vomiting. She had been taking etodolac 400mg twice daily for the past four weeks for relief of her osteoarthritis pain. She also took a proton pump inhibitor (PPI) as recommended by her physician.

Past medical history was significant for hypertension and hyperlipidemia, both well-controlled on medication. Social history revealed no smoking or excessive alcohol consumption. Physical examination revealed mild epigastric tenderness upon palpation. Initial investigations, including complete blood count and liver function tests, were unremarkable. An upper endoscopy confirmed a shallow gastric ulcer in the antrum.

CONCLUSION

While etodolac offers valuable pain relief for patients with osteoarthritis, this case serves as a cautionary reminder that even seemingly safer NSAIDs can cause gastric ulcers. Individualized risk assessment, vigilant monitoring, and exploring alternative pain management options are crucial to ensure patient safety and optimize long-term outcomes in individuals requiring chronic pain management.



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OP-3

Psychological Journey of False Pregnancy (Pseudocyesis)

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ABSTRACT

This case report delves into the rarely discussed phenomenon of pseudocyesis, also known as false pregnancy. It explores the emotional and psychological impact on a woman experiencing the physical and emotional symptoms of pregnancy despite being non-gravid. The case highlights the importance of recognizing the psychological underpinnings of pseudocyesis and employing a holistic approach to diagnosis and management.

INTRODUCTION

False pregnancy, clinically known as pseudocyesis or pseudopregnancy, stands as a captivating and intricate phenomenon in the realm of reproductive health. This condition, characterized by the compelling mimicry of pregnancy symptoms in the absence of an actual gestation, has perplexed clinicians for centuries and remains a challenging diagnostic and therapeutic puzzle. This article aims to unravel the enigma of false pregnancy, delving into its historical context, underlying mechanisms, clinical manifestations, and contemporary approaches to understanding and managing this complex psychosomatic condition.

Pseudocyesis represents a unique intersection of psychological and physiological factors, where the mind exerts profound influences on the body, leading to the manifestation of signs and symptoms closely resembling those of a true pregnancy. Despite its rarity, pseudocyesis poses significant clinical challenges due to the emotional and physical toll it takes on affected individuals. The condition often involves a complex interplay of psychological distress, hormonal fluctuations, and the intricate connections between the central nervous system and the endocrine system. Throughout this comprehensive review, we will explore the historical evolution of false pregnancy, examining cultural perceptions, societal influences, and the shifting landscape of its recognition within the medical community. The article will delve into the multifaceted nature of pseudocyesis, including its varied presentations, potential causative factors, and the role of psychological stressors in triggering and perpetuating this fascinating phenomenon.

Here it was aimed to present a false pregnancy case.

CASE PRESENTATION

A 32-year-old woman presented with a four-month history of abdominal distention, weight gain, breast enlargement, and morning sickness. She expressed intense excitement about her perceived pregnancy, sharing elaborate plans for the baby's arrival. Physical examination revealed no uterine enlargement or fetal heart sounds. Further investigations, including urine and blood tests and pelvic ultrasound, confirmed she was not pregnant.

Despite the objective evidence, the patient initially struggled to accept the non-gravid state. She exhibited denial, emotional distress, and even anger towards healthcare professionals. However, through supportive counseling and open communication, she gradually acknowledged the psychological component of her symptoms and expressed willingness to explore underlying emotional stressors.

Psychological evaluation revealed a history of childhood neglect and low self-esteem. The patient felt unfulfilled in her personal life and career, leading to a strong desire for motherhood and a sense of purpose. Pseudocyesis served as a

subconscious coping mechanism, offering a temporary feeling of fulfillment and control over her life.

CONCLUSION

Pseudocyesis, though often misunderstood, is a genuine medical condition with significant psychological underpinnings. This case report underscores the importance of approaching it with empathy and understanding, recognizing the emotional distress it can cause. By employing a holistic approach that addresses both physical and psychological aspects, we can effectively manage pseudocyesis and support individuals towards emotional well-being and finding alternative paths to fulfillment.



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OP-3

Hair Gel as the Culprit Behind Chronic Sinusitis

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ABSTRACT

This case report delves into the unusual realm of environmental triggers for chronic sinusitis, highlighting the potential role of hair gel in a young woman's persistent nasal symptoms. It emphasizes the importance of considering seemingly innocuous external factors in differential diagnosis and underscores the need for a personalized approach to managing chronic sinusitis.

INTRODUCTION

As researchers and clinicians continue to grapple with the complexities of sinusitis, this article seeks to consolidate existing knowledge and foster a deeper appreciation for the nuanced nature of this ancient malady. By synthesizing contemporary research findings and clinical insights, we aim to contribute to the ongoing dialogue surrounding sinusitis, with the ultimate goal of refining diagnostic precision, optimizing therapeutic interventions, and enhancing the overall care paradigm for individuals grappling with this pervasive respiratory condition (6-9). Here we present a case with probably hair gel-related sinusitis.

CASE PRESENTATION

A 24-year-old woman presented with a three-month history of persistent nasal congestion, postnasal drainage, and facial pressure. She described a constant feeling of fullness in her face, particularly around the eyes and cheeks. She denied fever, cough, or loss of smell or taste. Her past medical history was unremarkable, and she did not have any allergies or a history of sinusitis.

Initial examination revealed purulent nasal discharge and subtle mucosal thickening on rhinoscopy. Radiological imaging confirmed bilateral maxillary sinusitis. Routine allergy testing and investigations for sinonasal infections were negative.

During a detailed history taking, the patient mentioned regularly using a strong-hold hair gel containing a variety of fragrances and chemical ingredients. She applied the gel liberally to her hair while leaning forward, potentially allowing the product to migrate towards her face and nasal passages.

Based on this information, a possible link between the hair gel and her sinusitis symptoms was suspected. The patient was advised to discontinue the product immediately and switch to a fragrance-free, hypoallergenic alternative.

CONCLUSION

This case report serves as a reminder that the spectrum of triggers for chronic sinusitis extends beyond the usual suspects. Recognizing the potential role of seemingly innocuous products like hair gel demonstrates the need for a holistic approach to diagnosis and personalized management strategies. By collaborating with patients, actively seeking environmental triggers, and employing elimination trials, we can unlock the secrets behind persistent sinonasal symptoms and pave the way for effective symptom control and improved quality of life for patients suffering from this chronic condition.



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OP-5

Is intelligence is related to early puberta in childhood?

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ABSTRACT

Studies have shown that boys with higher cognitive abilities on measures of IQ and academic performance tend to experience earlier puberty than their peers. This association may be linked to several factors, including:

Nutritional status: Children with better cognitive scores often come from environments with better nutrition, which can influence pubertal timing.

Genetic factors: Some genes may influence both cognitive ability and pubertal timing, leading to a shared genetic association.

Metabolic efficiency: Higher intelligence may correlate with more efficient energy metabolism, potentially favoring earlier physical maturation. Of course, the relationship between intelligence and pubertal timing is complex and likely bi-directional.

Early puberty can also impact cognitive development, particularly in girls, who may experience a temporary decline in certain cognitive domains before catching up later. Therefore, it is crucial to avoid simplifying the issue and falling into generalizations. Instead, we advocate for a nuanced understanding of the various factors influencing the multifaceted relationship between early puberty and cognitive outcomes, considering both positive and negative correlations and their underlying mechanisms. Further research with larger and more diverse samples is needed to clarify the causal relationships between intelligence and pubertal timing. Understanding these complexities can inform strategies for supporting development and optimizing educational interventions for children experiencing early or late puberty. We strongly encourage the scientific community to explore this intricate interplay further and move beyond the sole focus on potential disadvantages of early puberty. Recognizing the possible positive associations with intelligence can help tailor interventions and offer a more balanced perspective on this significant stage of human development.



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OP-6

The Systemic Inflammatory Index

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ABSTRACT

The human body, a magnificent orchestra of tissues and cells, constantly maintains a delicate balance between pro-inflammatory and anti-inflammatory forces. When this balance tips towards excessive inflammation, a storm gathers, threatening its well-being. The Systemic Inflammatory Index (SII), a simple yet powerful metric, emerges as a beacon in this tempest, aiding us in navigating the complexities of systemic inflammation and its impact on human health. Born from the need for a readily available and affordable marker of systemic inflammation, the SII utilizes readily available blood test results (neutrophil count, platelet count, and lymphocyte count) to paint a picture of the current inflammatory state. Its simplicity belies its power, for this readily calculable ratio transcends individual markers, offering a holistic view of the interplay between pro-inflammatory and anti-inflammatory forces (1-4).

Beyond its inherent practicality, the SII shines a light on the insidious nature of systemic inflammation. Often lurking beneath the surface, its presence can wreak havoc on various organs and systems, contributing to the development of diverse chronic diseases like cardiovascular disease, cancer, and even neurodegenerative disorders. The SII, by capturing this systemic inflammatory state, offers an early warning system, allowing for timely intervention and potential prevention of these debilitating conditions. The SII's role transcends mere diagnosis. It has emerged as a valuable tool for prognostication, predicting the course of disease and response to treatment in various settings. In cancer patients, elevated SII levels have been linked to poorer prognosis, while in critically ill patients, it can guide clinicians towards targeted interventions. This predictive power empowers us to personalize treatment plans, optimizing care and improving patient outcomes. Despite its promise, the SII journey is not without challenges. Establishing cut-off values for different populations and disease contexts requires further research. Additionally, understanding the specific contributions of each component of the SII to the overall inflammatory picture is crucial for deeper mechanistic insights (4-7).

In conclusion, the SII stands as a beacon in the storm of systemic inflammation. Its simplicity, power, and versatility unlock a new chapter in our understanding and management of chronic diseases. With continued research and refinement, the SII has the potential to revolutionize healthcare, guiding us towards a future where we can navigate the inflammatory storms with greater precision and pave the way for a healthier society.



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OP-7

Social Distancing Prevent Frequent Infections?

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ABSTRACT

The question of whether social distancing can prevent frequent infections is a complex one, woven with nuances and dependent on the specific context. While the practice, particularly during pandemics like COVID-19, has demonstrably reduced the spread of contagious diseases, its effectiveness against frequent infections in general requires a more multifaceted analysis.

Social distancing, by definition, reduces physical contact between individuals. This diminishes the opportunities for pathogens to be transmitted through direct contact, airborne droplets, or fomites (contaminated surfaces). This principle is well-established, with numerous studies showing its effectiveness in curbing the spread of respiratory viruses like influenza and coronaviruses. During the COVID-19 pandemic, social distancing, along with other measures like mask-wearing and hygiene practices, undeniably played a pivotal role in flattening the curve and saving lives. Beyond the Obvious: However, claiming social distancing as a one-size-fits-all solution for preventing frequent infections would be an oversimplification. The effectiveness of this strategy hinges on several factors, including: Type of infection: Not all infections are transmitted the same way. Some, like sexually transmitted infections and vector-borne diseases, require different prevention strategies beyond just physical distancing. Frequency of contact: The effectiveness of distancing diminishes with increased frequency of close contact. In certain high-risk settings like healthcare facilities or households with young children, complete avoidance of contact may be impractical, necessitating additional layers of prevention. Individual factors: Age, immune status, and underlying health conditions can influence susceptibility to infections. While distancing may be highly effective for vulnerable individuals, it may have less impact for those with robust immune systems and limited social interactions.

In conclusion, social distancing is a valuable tool in the arsenal of infection prevention, especially against highly contagious airborne diseases. However, its effectiveness in preventing frequent infections depends on the specific context, type of infection, and individual susceptibility. Therefore, a multi-pronged approach incorporating vaccination, hygiene practices, healthy lifestyle habits, and context-specific interventions holds the key to creating a healthier, less infection-prone future.



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OP-8

Complications of Prebiotic Use

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ABSTRACT

Hidden The rise of prebiotics as a gut-health panacea has undoubtedly captured public attention. These fermentable dietary fibers, touted for their ability to nourish beneficial gut bacteria, are increasingly found in supplement aisles and incorporated into food products. While their potential benefits are promising, the growing trend of self-directed prebiotic use without proper medical guidance warrants attention due to the potential for unforeseen complications. Prebiotics, despite their inherent harmlessness, are not a one-size-fits-all solution. Individual gut microbiota compositions vary significantly, and what fuels growth and diversity in one person might trigger unintended consequences in another. Ignoring this complex interplay can lead to adverse reactions, particularly when prebiotics are consumed without medical supervision.

Undigested Discomfort: One common consequence of unguided prebiotic use is gastrointestinal distress. Bloating, gas, cramps, and diarrhea can occur as the gut adjusts to increased fiber intake, especially in individuals with pre-existing gut sensitivities. In some cases, these symptoms can be severe and disruptive to daily life. Sugar Rush for the Wrong Bacteria: Prebiotics, being a food source for bacteria, can inadvertently feed unwanted residents in the gut. Individuals with overgrowth of harmful bacteria, known as dysbiosis, might experience worsening symptoms like inflammation, irritable bowel syndrome, and even small intestinal bacterial overgrowth (SIBO).

While prebiotics hold immense promise for promoting gut health and well-being, their potential pitfalls should not be overlooked. Encouraging informed consumption through physician consultation and responsible advertising practices is necessary to ensure that the pursuit of a healthy gut doesn't lead to unintended consequences. Let us harness the power of prebiotics with knowledge and caution, paving the way for a microbiome-friendly future.



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OP-9

Intensive Care Unit and Nosocomial Infection

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ABSTRACT

The Intensive Care Unit (ICU) represents a unique and critical environment in healthcare. Here, critically ill patients receive life-saving interventions and intensive monitoring, often battling for their very survival. However, this setting also harbors a significant threat: nosocomial infections (NIs). These healthcare-associated infections, acquired during a hospital stay, pose a formidable challenge in the ICU, jeopardizing patient safety and significantly impacting healthcare costs. The confluence of factors in the ICU creates a perfect storm for NI development. Patients are often immunocompromised due to underlying medical conditions and invasive procedures. Prolonged use of catheters, ventilators, and other medical devices provides potential entry points for pathogens. Additionally, the close proximity of patients in the ICU facilitates the transmission of infectious agents through healthcare workers' hands, contaminated equipment, and the very air they breathe.

The consequences of NIs in the ICU are dire. These infections can prolong hospital stays, increase morbidity and mortality rates, and necessitate the use of potent antibiotics, further contributing to antimicrobial resistance. The economic burden is equally significant, with NIs adding considerable strain to healthcare systems worldwide. Combating NIs in the ICU demands a multi-pronged approach. Stringent infection control practices are paramount, including hand hygiene protocols, environmental cleaning and disinfection, and proper disposal of medical waste. Implementing antibiotic stewardship programs to optimize antibiotic use and prevent the emergence of resistant strains is crucial. Additionally, promoting a culture of patient safety and continuous improvement within the ICU team is essential to ensure adherence to best practices and minimize the risk of infections. Technological advancements offer promising avenues for curbing NIs in the ICU. Rapid diagnostic tools can expedite pathogen identification and guide targeted antibiotic therapy. The use of ultraviolet (UV) disinfection systems and advanced air filtration technologies can further reduce the risk of environmental contamination. Furthermore, research into novel preventive strategies, such as antimicrobial coatings for medical devices and personalized probiotics, holds immense potential for the future.

In conclusion, NIs remain a formidable challenge in the ICU, jeopardizing patient safety and incurring substantial healthcare costs. Implementing robust infection control measures, promoting antibiotic stewardship, and embracing technological advancements are crucial steps in mitigating this threat. By prioritizing patient safety, fostering a culture of continuous improvement, and investing in research, we can strive towards a future where the ICU becomes a haven of healing, not a breeding ground for infections.



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OP-10

Psychological Drivers of Smoking

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ABSTRACT

Smoking remains a significant public health burden, claiming millions of lives annually. While the detrimental health effects are well-known, deciphering the intricate web of psychological factors that fuel this addictive behavior is crucial for effective prevention and cessation interventions. This letter sheds light on these powerful motivators, urging increased focus on addressing psychological aspects in the fight against tobacco dependence. The allure of smoking often transcends physical dependence on nicotine. Psychological factors like stress, anxiety, depression, and loneliness can serve as potent triggers, offering a temporary escape from negative emotions or feelings of social isolation. Additionally, smoking can be associated with self-image and identity, particularly among adolescents seeking peer acceptance or conforming to social norms.

Furthermore, the act of smoking itself can carry psychological rewards. The repetitive hand-to-mouth gestures, the sensory experience of inhalation and exhalation, and the temporary boost in alertness or concentration can provide a sense of ritual and control, albeit fleeting. These reinforcing mechanisms, coupled with the powerful physiological grip of nicotine addiction, create a complex cycle of dependence that requires multifaceted interventions. Effective smoking cessation strategies must move beyond simply advocating for the health benefits of quitting. Psychological support and counseling remain cornerstones of treatment, equipping individuals with tools to manage stress, cope with negative emotions, and develop alternative coping mechanisms. Cognitive-behavioral therapy, mindfulness techniques, and social support groups can all play a vital role in addressing the underlying psychological factors that perpetuate smoking behavior. Moreover, public health campaigns and educational initiatives should be tailored to resonate with different age groups and demographics. Understanding the diverse psychological motivations behind smoking in adolescents, young adults, and older adults is crucial for crafting targeted messages that address specific concerns and anxieties. Beyond individual interventions, addressing the broader social and environmental context is critical. Creating smoke-free environments, restricting tobacco advertising, and tackling the economic determinants of tobacco use are essential components of a comprehensive approach to reducing smoking prevalence.

In conclusion, while the harmful effects of smoking on physical health are undeniable, neglecting the powerful psychological pull of this addiction can significantly hinder cessation efforts. By acknowledging and addressing the complex interplay between psychological factors, addiction, and social influences, we can develop more effective interventions, empower individuals to break free from the smoke, and ultimately breathe new life into the fight against tobacco dependence.



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OP-11

Antiseptics and Disinfectant Overuse in Pandemics

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ABSTRACT

As pandemics like COVID-19 sweep across the globe, the urge to protect ourselves through diligent use of antiseptics and disinfectants becomes overwhelming. While these products undoubtedly play a crucial role in curbing the spread of pathogens, their overuse and misuse can pose unforeseen complications, demanding a nuanced approach to their application (1-4).

Antiseptics and disinfectants, designed to eliminate or deactivate microorganisms, are undoubtedly critical tools in preventing infections. However, their effectiveness, particularly in pandemic situations, hinges on proper usage. Overuse or inappropriate application can lead to a cascading effect of detrimental consequences. Frequent and excessive contact with antiseptics, especially alcohol-based formulations, can disrupt the delicate balance of the skin's microbiome and lead to dryness, irritation, and even allergic reactions. In individuals with pre-existing skin conditions, these complications can be exacerbated, causing significant discomfort and potentially hindering disease management. The widespread use of disinfectants, particularly those containing harsh chemicals, poses a potential threat to the environment. Improper disposal and overuse can contribute to air and water pollution, impacting ecosystems and potentially harming human health in the long run. Perhaps the most significant concern surrounding the overuse of antiseptics and disinfectants is the potential for promoting the development of antimicrobial resistance (AMR). Continuous exposure to these agents can exert selective pressure on microbes, leading to the emergence of resistant strains that are more difficult to combat. This phenomenon, already a major global health threat, can be further exacerbated by indiscriminate use of these products during pandemics. Therefore, advocating for responsible and informed use of antiseptics and disinfectants during pandemics is crucial. Public health initiatives and educational campaigns should emphasize: Proper hand hygiene techniques: Frequent handwashing with soap and water remains the most effective way to prevent infection transmission. Environmental responsibility: Practicing safe disposal of disinfectant products and advocating for eco-friendly alternatives. Targeted application of antiseptics: Limiting their use to specific situations like cleaning wounds or high-touch surfaces, and choosing alcohol-free options where possible (4-10).

While antiseptics and disinfectants are valuable tools in our fight against pandemics, we must remember that they are not without their risks. A balanced approach, emphasizing proper usage, environmental awareness, and responsible waste management, is key to harnessing their benefits while mitigating their potential complications. Let us remember, in the face of pandemics, our well-being depends not only on protecting ourselves from pathogens but also on safeguarding the health of our planet and the future of antimicrobial effectiveness.



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OP-12

Myths about Energy Drinks

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ABSTRACT

Energy drinks have become ubiquitous, especially among teens and young adults. Packed with caffeine, sugar, and other additives, they promise a quick burst of energy and mental focus. However, these potent concoctions are shrouded in a cloud of misinformation and misconceptions. Let's debunk some of the most common myths surrounding energy drinks to ensure informed choices about their consumption.

Myth #1: Energy drinks are just a concentrated form of coffee.

While both contain caffeine, the comparison is misleading. A typical 12-ounce can of energy drink can have two to three times the caffeine content of a cup of coffee. Additionally, energy drinks often contain other stimulants like guarana and taurine, potentially amplifying the effects of caffeine and increasing the risk of adverse reactions.

Myth #2: Energy drinks improve athletic performance.

While the initial caffeine boost might feel like a performance enhancer, the truth is more nuanced. Studies show limited benefits for short-term bursts of activity but potential drawbacks for prolonged exercise due to dehydration and increased stress on the cardiovascular system.

Myth #3: Sugar-free energy drinks are healthy.

Replacing sugar with artificial sweeteners may reduce calorie intake, but it doesn't guarantee a health halo. These sweeteners can still affect insulin levels and disrupt gut bacteria, potentially contributing to metabolic issues in the long run.

Myth #4: Energy drinks are harmless for healthy individuals.

Energy drinks can pose significant risks even for healthy individuals. Overconsumption can lead to anxiety, insomnia, headaches, and even heart palpitations. Their diuretic effect can lead to dehydration, further exacerbating these symptoms.

Myth #5: They're a safe alternative to illegal drugs.

This misconception is particularly dangerous. Energy drinks can trigger similar dependence and withdrawal symptoms as some illegal drugs. Combining them with alcohol or other drugs can have dire consequences, potentiating their harmful effects.

Energy drinks are not a harmless source of energy or focus. Debunking these myths is crucial for promoting informed consumption and protecting vulnerable populations. Moderation is key, and alternative sources of energy, such as adequate sleep, proper hydration, and balanced meals, should be prioritized over these potent concoctions (3-5). Let's advocate for greater awareness about the potential risks of energy drinks. Healthcare professionals, educators, and policymakers can play a crucial role in educating the public and promoting responsible consumption practices. Together, we can ensure that people make informed choices about their health and well-being, leaving the myths about energy drinks behind.



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OP-13

The Impact of Parents' Perceptions of Health News on Vaccine Hesitancy

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ABSTRACT

This research was conducted to investigate the effect of parents' perceptions of health news on vaccine hesitancy. This descriptive study was conducted on 187 parents living in Elazığ city center who had a baby between 0-24 months of age registered in 3 Family Health Centers determined as a result of random sampling. The research data were collected through a three-part questionnaire. In this form, a questionnaire form indicating the sociodemographic characteristics of the parents, the Health News Perception Scale, and a form consisting of vaccine hesitancy questions were included. As a consequence of the analysis, 81.3% of the participants were women. The mean age of the parents was 29.89 ± 5.25 years. The mean score of parents' perception of health news was found as 79.42 ± 10.94 . Also, 92.0% of parents stated that vaccines were safe for their children. 97.9% of parents get their children vaccinated regularly. It was stated by 72.7% of the participants that they did not hesitate about vaccination. As a reason for hesitation, hearing negative news about vaccines and the idea that vaccines are not useful are in the first rank. No effect was found on the score obtained from the health news scale on vaccine hesitancy. As a result of the analysis, parents' perceptions of health news were not found to have a significant effect on vaccine hesitancy presence and reasons.

OP-14

Patient Management in Gunshot Injury of the Orbit

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ABSTRACT

Introduction: Orbital gunshot wounds can lead to serious clinical consequences. In these injuries, the first thing to do ophthalmologically is to determine the location of the foreign body and evaluate the changes it causes in the surrounding tissues, and therefore detailed radiological examination is important. Magnetic resonance imaging (MRI) should not be used in imaging patients with suspected metallic foreign body. Today, orbital computed tomography (CT) is accepted as the gold standard imaging method.

Case: A 45-year-old female patient suddenly hit her left eye with a hard object while sitting on the balcony of her house and was admitted to the emergency department of our hospital, stating that she had bleeding in her eye and loss of vision. During the examination of the patient, it was determined that there was no light sensation in the left eye, the eyelids were intensely edematous, and there were many incisions on the upper and lower eyelids. The patient, whose globe was perforated and collapsed, was evaluated with orbital and cranial CT.

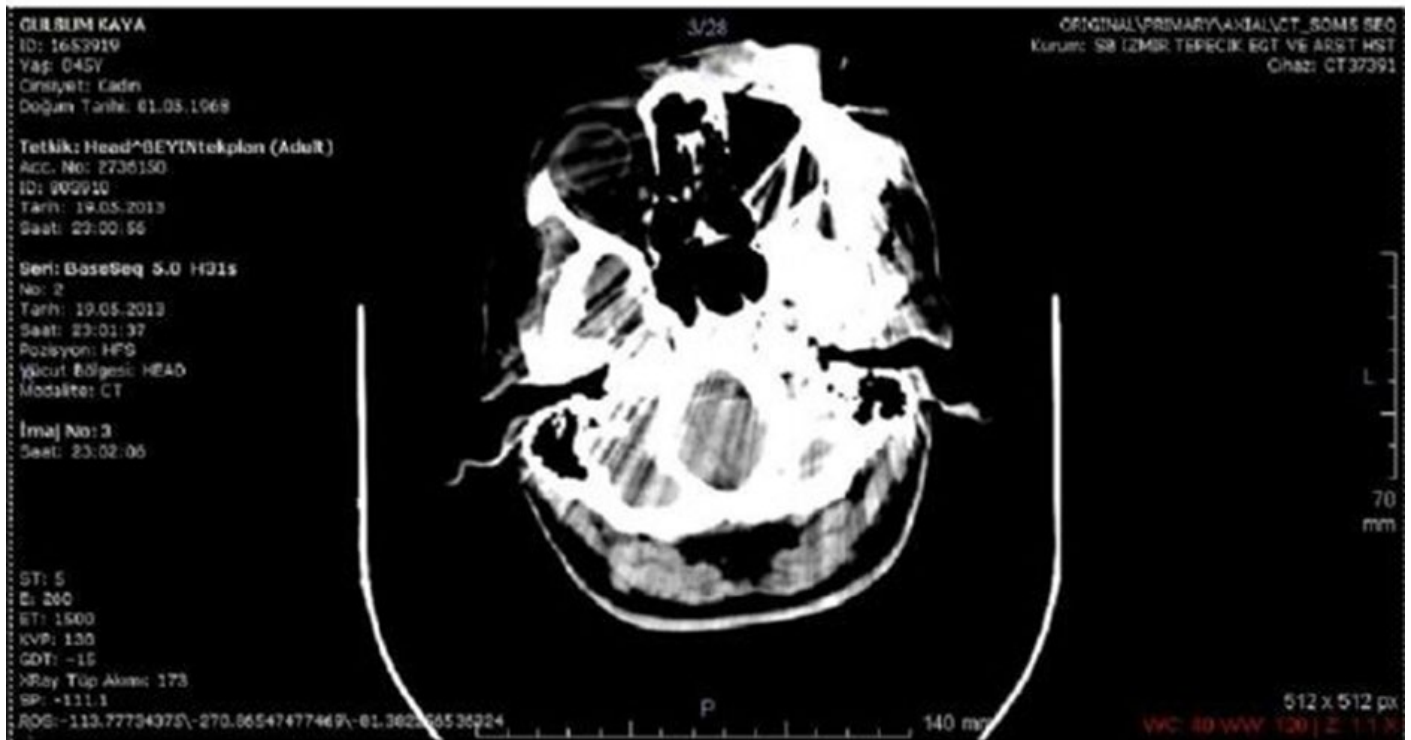


Figure 1. Bright reflection of a metallic object in computed tomography.



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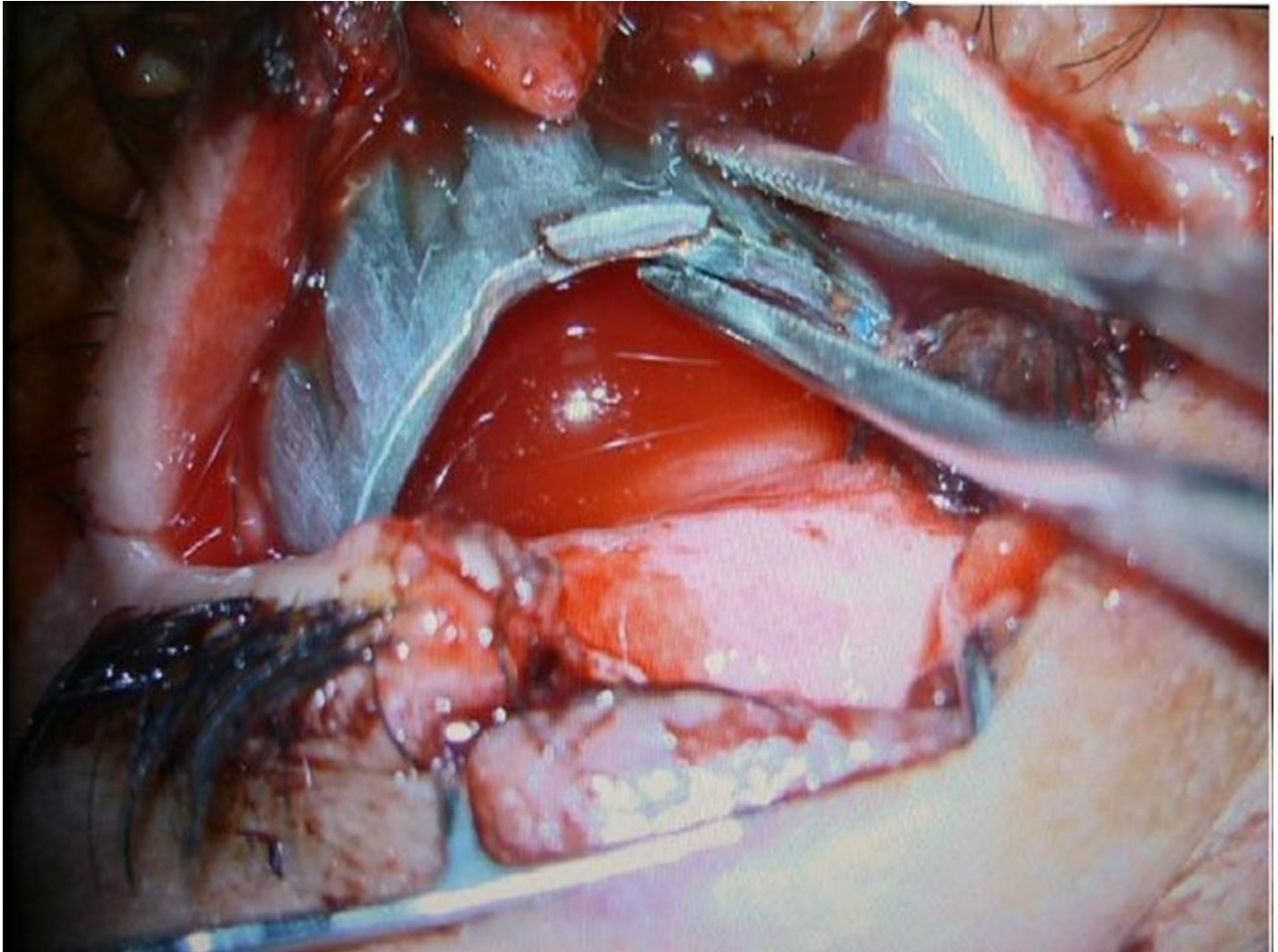


Figure 2. Foreign body destroying the intraoperative globe.

It was reported that there were intense metallic artifacts in the left orbit and therefore limited evaluation could be made (Figure 1). It was reported that there were many fractures in the left orbital wall and the collapse of the left bulbus oculi. The patient was simultaneously evaluated by the Ear Nose and Throat Diseases, Neurosurgery and Plastic Surgery clinics, and no urgent surgical intervention was considered by these units. During the examination and simultaneous operation performed under general anesthesia, a 25 x20 x10mm metallic foreign body, giving the impression of a bullet nucleus, was detected, located intraorbitally and deforming the eyeball (Figure 2). The foreign body was separated from the surrounding tissues by dissection and removed (Figure 3). It was observed that the eyeball was completely disintegrated and the structures of the globe wall could not be clearly seen. The operation was terminated by performing primary repair. During the follow-up, it was observed that there was no light sensation and no additional complications developed.



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Figure 3. Large metallic foreign body removed by surgery.

Conclusion: Gunshot eye injuries are life-threatening conditions that can occur at any age and may result in serious ocular damage. A multidisciplinary approach can improve the quality of patient management in these injuries.

Key Words: Gunshot; orbital fractures; orbital injury



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Poster Presentations



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PP-1

Prolonged Sitting and the Rise of Pilonidal Sinuses

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ABSTRACT

This case report explores the potential link between prolonged sitting at a computer and the development of a pilonidal sinus, a painful cyst in the gluteal cleft. It highlights the importance of considering occupational habits and promoting ergonomic strategies in the prevention of this uncomfortable condition..

INTRODUCTION

Pilonidal sinus, a condition often relegated to the realm of surgical curiosity, has long captured the interest of clinicians due to its intriguing nature and varied clinical presentations. Characterized by the formation of a cyst or sinus tract in the sacrococcygeal region, pilonidal disease can range from asymptomatic pits to recurrent, painful abscesses, impacting the quality of life for affected individuals. This article aims to provide a comprehensive review of pilonidal sinus, exploring its pathogenesis, clinical manifestations, diagnostic challenges, and contemporary strategies for effective management.

Here it was aimed to present a false pregnancy case.

CASE PRESENTATION

A 30-year-old man presented with a four-month history of a painful abscess at the base of his spine, near the coccyx. He described the area as red, swollen, and tender, particularly when sitting for extended periods. He reported working long hours at a computer and leading a sedentary lifestyle with minimal physical activity.

Physical examination revealed an inflamed pilonidal sinus with purulent discharge. Further investigation confirmed the diagnosis with no evidence of an underlying infectious process. The patient did not have any history of trauma, previous pilonidal cysts, or relevant risk factors like obesity or excessive hair growth.

Treatment involved incision and drainage of the abscess and local wound care. However, considering the chronic nature of the condition and the patient's occupational habits, ergonomic counseling and lifestyle modifications were emphasized.

CONCLUSION

This case report sheds light on the potential influence of prolonged sitting and sedentary lifestyles in the development of pilonidal sinuses. By raising awareness of this connection and promoting ergonomic practices and lifestyle modifications, we can empower individuals to prevent this uncomfortable condition and improve their overall well-being.



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PP-2

Psychological Impact of Alternative Medicine on Chronic Back Pain in an Elder

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ABSTRACT

This report delves into the multifaceted experience of chronic back pain, highlighting the significant psychological benefits that can accompany the use of alternative medicine in an elderly woman. It underscores the importance of a holistic approach to pain management, acknowledging the therapeutic potential beyond physical effects.

INTRODUCTION

Chronic back pain, a prevalent and often debilitating condition, poses a substantial global health burden with far-reaching consequences for affected individuals. While conventional approaches to pain management have made significant strides, an increasing number of individuals turn to alternative medicine modalities to address not only the physical aspects but also the psychological dimensions of chronic back pain. This article aims to delve into the complex interplay between alternative medicine interventions and the psychological well-being of individuals grappling with the challenges of chronic back pain.

CASE PRESENTATION

An 82-year-old woman presented with a long history of chronic lower back pain, significantly impacting her mobility and daily activities. Despite conventional treatment with medication and physical therapy, her pain remained largely uncontrolled, accompanied by increasing anxiety and depression.

Traditional healthcare offered limited additional options due to concerns about potential medication side effects and invasive procedures. Open to exploring alternative approaches, the patient agreed to try acupuncture as part of her pain management strategy.

Following weekly acupuncture sessions for two months, the patient reported a noticeable decrease in her back pain intensity. However, the most striking improvement she described was a significant shift in her overall well-being. She felt more optimistic, less anxious, and more motivated to engage in daily activities, regaining a sense of control over her life despite the persisting pain.

CONCLUSION

This case report demonstrates the value of approaching chronic pain management from a holistic perspective, incorporating alternative therapies alongside conventional medicine. By acknowledging the complex interplay between physical and psychological factors, we can unlock a broader range of therapeutic options for individuals struggling with chronic pain, fostering not only physical relief but also improved well-being and quality of life.



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PP-3

Exploring the Influence of Music on Adolescent Depression

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ABSTRACT

This case report delves into the complex influence of music on mental health, highlighting the potential role of certain musical genres and lyrical content in exacerbating depressive symptoms in a young girl. It emphasizes the need for individual sensitivity and parental awareness regarding the impact of music on adolescents facing emotional challenges.

INTRODUCTION

Adolescence, a period marked by profound physical, emotional, and social transitions, is increasingly recognized as a vulnerable phase for the onset of mental health disorders. Among these, adolescent depression stands out as a silent epidemic, silently encroaching upon the lives of young individuals and impacting not only their immediate well-being but also their long-term trajectories. This article aims to illuminate the intricate landscape of adolescent depression, delving into its prevalence, risk factors, clinical manifestations, and contemporary strategies for identification and intervention.

CASE PRESENTATION

A 14-year-old girl presented with a two-month history of worsening depression characterized by low mood, anhedonia, fatigue, and suicidal ideation. She reported a significant increase in listening to specific genres of music, particularly alternative rock and emo, with lyrics focusing on themes of sadness, loneliness, and despair.

Detailed exploration revealed the patient began listening to this music after experiencing a relationship break-up and academic difficulties. She described finding solace in the melancholic melodies and relatable lyrics, feeling a sense of identification with the emotional expression in the music. However, she also acknowledged that prolonged listening often intensified her negative emotions, perpetuating feelings of worthlessness and hopelessness.

CONCLUSION

We highlight the multifaceted relationship between music and mental health in adolescents. While music can serve as a valuable source of support and expression, it can also inadvertently contribute to or worsen depressive symptoms in certain individuals. Parents and mental health professionals should be mindful of the emotional impact of music on vulnerable adolescents, encouraging open communication and exploring alternative music choices that promote positive coping mechanisms and emotional well-being.



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PP-4

Esthetic Surgery Myths

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ABSTRACT

The alluring promise of esthetic surgery has captured the imagination of millions worldwide. However, alongside its transformative potential lies a web of misconceptions that can distort reality and fuel unrealistic expectations. To navigate this often-murky landscape, it is crucial to dispel these myths and foster informed understanding among both patients and healthcare professionals. One pervasive myth paints esthetic surgery as a magical eraser, capable of instantly erasing age and imperfections. While advancements in techniques offer remarkable results, it is vital to remember that surgery does not defy time. Realistic goals and an appreciation for natural aging are essential to avoid disappointment and unrealistic expectations.

Another commonly held misconception equates esthetic surgery solely with vanity. While societal pressures and beauty standards undeniably play a role, the motivations are often deeply personal. Improved self-confidence, alleviating physical discomfort, and correcting congenital anomalies are just some of the reasons individuals may seek these procedures. Reducing the stigma surrounding esthetic surgery allows for open and honest dialogues about individual motivations and goals. Furthermore, the myth that esthetic surgery is a risk-free endeavor persists. Although advancements have significantly reduced complication rates, inherent risks remain. Open communication with a qualified surgeon, thorough pre-operative assessments, and realistic expectations are paramount to ensure a safe and successful outcome. Finally, the misconception that esthetic surgery guarantees instant happiness and self-fulfillment needs to be addressed. While positive outcomes are frequently reported, internal work and personal growth are crucial for lasting happiness and self-acceptance. True self-improvement often necessitates a holistic approach that addresses both physical and psychological well-being.

As advancements in esthetic surgery continue to unfold, it is crucial to ensure responsible practices and informed decision-making. By debunking these prevalent myths, we can pave the way for a more transparent and ethical landscape where individuals can explore esthetic surgery options with clear understanding and realistic expectations.



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PP-5

Flat Feet Causing Chronic Tendon Pain

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ABSTRACT

This case report explores the often-overlooked connection between flat feet and chronic tendon pain, particularly after prolonged activities like walking. It highlights the importance of considering biomechanical factors in the differential diagnosis of musculoskeletal pain, emphasizing the potential benefits of targeted interventions for a seemingly simple anatomical variation.

INTRODUCTION

Flat feet, or pes planus, is a prevalent podiatric condition characterized by a diminished or absent arch in the sole of the foot. While flat feet are often asymptomatic and well-tolerated, a significant subset of individuals with this anatomical variation experiences pain and discomfort, impacting their daily activities and overall quality of life. This article endeavors to provide a thorough exploration of the pain associated with flat feet, addressing the multifaceted aspects of its etiology, clinical manifestations, and evolving management strategies.

CASE PRESENTATION

A 42-year-old woman presented with a three-month history of bilateral Achilles tendon pain, worsening significantly after walking for more than 30 minutes. She described the pain as a sharp, stabbing sensation at the insertion points of the tendons, accompanied by occasional stiffness and difficulty with plantar flexion.

Past medical history revealed obesity and occasional knee discomfort, but no previous episodes of tendon pain. Physical examination confirmed bilateral pes planus with hyperpronation during gait analysis. No overt signs of inflammation or tendon thickening were observed.

Initial treatment focused on pain management with ice, non-steroidal anti-inflammatory drugs (NSAIDs), and stretching exercises. However, the pain persisted, significantly impacting the patient's daily activities and exercise routine.

Further investigation, including imaging studies, ruled out other potential causes of tendon pain, such as tendinitis, bursitis, or stress fractures. Given the persistent pain and strong biomechanical correlation, orthotic shoe inserts designed to support the arches and correct hyperpronation were recommended.

CONCLUSION

This case report serves as a reminder that seemingly minor anatomical variations, like flat feet, can have significant consequences for musculoskeletal health. By incorporating biomechanical assessment into the diagnostic process and exploring targeted interventions like orthotics, we can unlock a world of pain relief and enhanced mobility for individuals struggling with chronic tendon pain and other musculoskeletal complaints.



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PP-6

Carbapenem Resistance in Gram-Negative Bacteria

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ABSTRACT

Carbapenem resistance in enteric Gram-negative bacteria (GNB) has emerged as a global public health threat, severely compromising our ability to treat life-threatening infections. These "last-resort" antibiotics were once considered infallible, but their efficacy is now crumbling under the relentless pressure of bacterial evolution and inadequate infection control practices. As the tide of carbapenem resistance rises, this letter aims to sound the alarm and call for concerted action to stem its detrimental impact. Several factors contribute to the rampant spread of carbapenem-resistant GNB (CR-GNB). The potent activity of carbapenems often leads to their overuse and misuse, creating a strong selective pressure for resistant strains. Additionally, the ease of horizontal gene transfer, mediated by plasmids, facilitates the dissemination of carbapenemase-encoding genes across diverse bacterial species. This alarmingly quick transmission of resistance across geographical boundaries further exacerbates the problem (1-4).

The clinical consequences of CR-GNB infections are dire. They are associated with increased morbidity, mortality, and healthcare costs. Patients with infections caused by these "superbugs" face limited treatment options, often relying on older, less effective antibiotics with increased toxicity and narrower spectrums. This predicament underscores the urgent need for novel therapeutic strategies and effective infection control measures. To combat this escalating threat, a multi-pronged approach is necessary. Strengthening antimicrobial stewardship programs through education, guideline implementation, and diagnostic optimization is crucial to limit indiscriminate carbapenem use. Furthermore, robust infection control practices, including hand hygiene, environmental decontamination, and appropriate patient isolation, are vital to restrict CR-GNB transmission within healthcare settings. Investing in research and development of new antibiotics and alternative therapeutics against CR-GNB is critical. Exploring novel antimicrobial strategies, such as phage therapy and monoclonal antibodies, also holds promise in tackling this challenge. Additionally, surveillance systems must be enhanced to monitor resistance trends and inform targeted interventions (4-7).

Finally, international collaboration is crucial. Sharing knowledge, expertise, and resources across borders is vital to combat the global threat of CR-GNB. This includes harmonization of surveillance methods, standardization of diagnostic tests, and joint research efforts focused on developing new prevention and treatment strategies. Carbapenem resistance in enteric GNB is not a distant threat; it is a pressing reality in hospitals around the world. Failing to act swiftly and decisively will have devastating consequences. By uniting our efforts in antimicrobial stewardship, infection control, research, and global collaboration, we can hope to turn the tide and preserve the effectiveness of life-saving.



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PP-7

Hypertension and Psychology

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ABSTRACT

Hypertension, the silent killer, affects nearly one in three adults globally, posing a significant burden on healthcare systems and individual well-being. While the physiological underpinnings of high blood pressure are well-established, the role of psychological factors in its development and management remains under-recognized. This letter emphasizes the critical interplay between hypertension and psychology, urging a more holistic approach to this prevalent condition. Stress, anxiety, and depression are demonstrably linked to hypertension. Chronic stress activates the sympathetic nervous system, leading to increased heart rate and vasoconstriction, both of which elevate blood pressure. Anxiety and depression, often comorbid with hypertension, can impede lifestyle modifications and medication adherence, further exacerbating the problem. Conversely, the diagnosis and management of hypertension itself can trigger psychological distress, creating a vicious cycle.

The bidirectional nature of this relationship necessitates a comprehensive approach that addresses both the physiological and psychological aspects of hypertension. Integrating psychological interventions into traditional treatment plans offers promising avenues for improved outcomes. Relaxation techniques, stress management strategies, and cognitive-behavioral therapy can empower individuals to manage their emotional responses and contribute to blood pressure control. Promoting mental health awareness and early intervention for psychological comorbidities is crucial. Healthcare professionals should be equipped to identify and address psychological distress in patients with hypertension, fostering collaborative management plans that incorporate both medications and mental health support. Furthermore, research efforts should delve deeper into the complex interplay between psychology and hypertension. Understanding the precise mechanisms by which stress and other psychological factors influence blood pressure regulation will pave the way for the development of more targeted and effective interventions. In conclusion, the intricate relationship between hypertension and psychology cannot be ignored.

Recognizing the psychological underpinnings of high blood pressure and integrating mental health interventions into treatment plans offer a promising approach to improve patient outcomes and break the cycle of chronic illness. By fostering collaborative care and prioritizing research in this area, we can move towards a more holistic and effective management of hypertension that encompasses both the body and the mind.



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PP-8

Kidney Stone Presenting with Ejaculatory Pain

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ABSTRACT

Here we present the unusual case of a young man experiencing severe pain during ejaculation, ultimately discovered to be a symptom of a renal calculus. It highlights the enigmatic world of urological overlap, where seemingly unrelated symptoms can point towards a common source.

INTRODUCTION

Nephrolithiasis, a common urological condition characterized by the formation of renal stones, typically manifests with classic symptoms such as flank pain, hematuria, and dysuria. However, there exists a subset of cases that deviate from the conventional clinical presentation, leading to diagnostic challenges and delayed recognition. This article explores an unusual facet of nephrolithiasis, focusing on cases where kidney stones present with the atypical symptom of ejaculatory pain.

CASE PRESENTATION

A 27-year-old man presented with a six-month history of sharp, stabbing pain during ejaculation. He described the pain as radiating from the perineum towards the lower abdomen and flanks, intensifying during and shortly after orgasm. He denied associated dysuria, hematuria, or flank pain at other times. His past medical history was unremarkable, and he had no history of sexually transmitted infections.

Physical examination revealed normal genitalia and no signs of inflammation. Urinalysis and semen analysis were unremarkable. Transrectal ultrasound ruled out prostatic or seminal vesicle pathology. Given the unusual presentation, further investigations were pursued.

Abdominal and pelvic computed tomography scan revealed a 5mm stone in the lower right calyce of the kidney. Retrograde pyelography confirmed the stone's location and potential for obstructing the ureter during ejaculation, likely accounting for the referred pain..

CONCLUSION

This case report serves as a reminder that the world of urology is a network of interconnected pathways, where seemingly unrelated symptoms can originate from a common source. By staying aware of atypical presentations and employing a comprehensive diagnostic approach, clinicians can navigate the maze of urological overlap and arrive at the definitive diagnosis, paving the way for appropriate treatment and improved patient outcomes.



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PP-9

Hysterectomy and Depression

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ABSTRACT

Hysterectomy, the surgical removal of the uterus, represents a life-altering decision for many women. While often medically necessary, it can also raise concerns about long-term emotional well-being. This letter delves into the complex relationship between hysterectomy and depression, urging open dialogue, informed decision-making, and comprehensive support measures for women navigating this critical juncture. The narrative surrounding hysterectomy and depression has historically been shrouded in ambiguity. While research suggests a potential link, painting a simplistic cause-and-effect picture is misleading. Multiple factors, including pre-existing depression, hormonal changes, grief associated with reproductive loss, and social stigma, can converge to influence emotional well-being after surgery.

Dismissing the potential for emotional challenges post-hysterectomy can leave women feeling unprepared and unsupported. Conversely, exaggerating the risk of depression can fuel unnecessary anxiety and hinder informed decision-making. Open and honest communication about both the physical and emotional implications of hysterectomy, tailored to individual circumstances, is crucial for managing expectations and promoting well-being. Recognizing the diversity of experiences is equally important. While some women report improved mental health after the procedure, others face challenges adjusting to changes in their bodies and reproductive capacity. Individual vulnerabilities, support systems, and coping mechanisms all play a role in shaping the post-hysterectomy emotional landscape. Therefore, a nuanced approach to supporting women considering or recovering from hysterectomy is essential: Pre-operative counseling: Thorough discussions about the potential emotional implications, alongside physical risks and benefits, help women make informed decisions and develop coping strategies. Hormone therapy awareness: Understanding the potential role of hormone therapy in mitigating negative psychological impacts and discussing individual needs with healthcare professionals is vital. Post-operative support groups: Creating safe spaces for open dialogue, sharing experiences, and accessing peer support can significantly benefit women navigating the emotional aspects of recovery. Mental health resources: Ensuring access to qualified therapists and mental health resources empowers women to address any challenges effectively and receive appropriate support.

In conclusion, the link between hysterectomy and depression demands more than a cursory glance. By fostering open communication, acknowledging the multifactorial nature of emotional well-being, and providing comprehensive support structures, we can empower women to make informed choices, navigate the complex post-operative landscape, and prioritize their mental health throughout this significant life transition. Ultimately, we can ensure that the journey beyond surgery is one of informed choices, empowered voices, and holistic well-being for all women.



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PP-10

Older Adults and Depression

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ABSTRACT

The golden years often evoke images of serenity and wisdom. Yet, beneath the silver linings of aging, a shadow often lurks: depression. This letter aims to illuminate the unique challenges and complexities of depression in later life, urging recognition, understanding, and effective interventions within the pages of PubMed. Firstly, attributing depression in older adults solely to age or physical decline overlooks the interplay of biological, psychological, and social factors that contribute to its development. Chronic illness, isolation, bereavement, financial insecurity, and medication side effects are just some of the challenges that can trigger or exacerbate depression in later life.

Secondly, recognizing the diverse presentations of depression in older adults is crucial. Apathy, fatigue, loss of interest in activities, sleep disturbances, and somatic complaints can often mask the emotional component of depression, leading to missed diagnoses and inadequate treatment. Furthermore, stigma surrounding mental health and depression specifically in older populations can deter individuals from seeking help. Culturally-sensitive awareness campaigns, age-appropriate interventions, and accessible mental health services are essential for ensuring timely diagnosis and effective treatment. Therefore, a multifaceted approach is needed to address depression in later life: Proactive screening and assessment: Incorporating routine mental health screenings and assessments into geriatric care can help identify depression early and initiate appropriate interventions. Tailored treatment plans: Recognizing the unique needs of older adults and employing a combination of psychotherapy, medication, and lifestyle modifications can lead to successful outcomes. Combatting stigma and promoting open dialogue: Fostering conversations about mental health in aging populations and dispelling stigma can encourage individuals to seek help and normalize the pursuit of well-being. Strengthening social support networks: Building strong social connections, combating isolation, and promoting community engagement can contribute significantly to emotional well-being in later life. Research on age-specific approaches: Continued research focusing on the specific causes, risk factors, and effective treatment strategies for depression in older adults is crucial for advancing care and improving outcomes.

In conclusion, depression in later life deserves a prominent place in the pages of PubMed. By shedding light on its nuanced complexities, dismantling stigma, and advocating for comprehensive and accessible interventions, we can empower older adults to navigate the challenges of depression and embrace a future filled not just with silver linings, but also with resilience, emotional well-being, and the vibrant colors of hope.



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PP-11

Anti-Anxiety Medication Mediates Gastric Ulcer Healing

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ABSTRACT

This case report explores the intriguing interplay between the mind and gut, detailing the unexpected yet successful use of anti-anxiety medication in promoting gastric ulcer healing in a young woman. It underscores the importance of considering psychological factors and holistic therapeutic approaches in managing gastrointestinal disorders.

INTRODUCTION

The intricate relationship between psychological factors and gastrointestinal health has long been recognized, and in recent years, the bidirectional interplay between gastric ulcers and anxiety has emerged as a captivating area of investigation. Gastric ulcers, characterized by mucosal damage in the stomach lining, represent a significant clinical challenge with multifaceted etiologies. Concurrently, anxiety, a prevalent mental health disorder, has been implicated in influencing the onset, severity, and recurrence of various gastrointestinal conditions. This article aims to provide a comprehensive review of the complex interrelationship between gastric ulcers and anxiety, shedding light on the mechanisms that underlie their intricate connection.

CASE PRESENTATION

A 28-year-old woman presented with a two-month history of epigastric burning pain worsened by meals and stress. Endoscopy confirmed a duodenal ulcer with mild activity. Standard ulcer therapy with proton pump inhibitors and antibiotic regime was initiated.

However, despite strict adherence to medication and dietary recommendations, the ulcer showed minimal improvement after two weeks. Further exploration revealed the patient had been experiencing chronic anxiety and stress related to work and personal relationships. She had previously declined anti-anxiety medication due to concerns about side effects.

Given the significant psychological burden and its potential impact on ulcer healing, a collaborative approach with a psychiatrist was undertaken. After careful assessment and discussion, the patient agreed to a low-dose regimen of an anxiolytic medication alongside her existing ulcer therapy.

Within two weeks of initiating the anti-anxiety medication, the patient reported a significant reduction in anxiety symptoms and a noticeable improvement in her pain score. Endoscopic re-evaluation after four weeks revealed complete ulcer healing. The anxiolytic medication was gradually tapered and discontinued without relapse of either anxiety or ulcer symptoms at six months follow-up.

CONCLUSION

This case report adds to the growing evidence supporting the use of fosfomycin prophylaxis for recurrent UTIs in diabetic elderly women. Its single-dose administration and favorable safety profile make it a potentially valuable option for this vulnerable population. Future studies are needed to confirm its long-term efficacy and safety in larger cohorts, paving the way for more personalized UTI prevention strategies in geriatric healthcare.



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PP-12

Dyspepsia Myths

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ABSTRACT

Dyspepsia, the often-misunderstood umbrella term for chronic indigestion, casts a shadow over many lives. While its discomfort might seem straightforward, the narratives surrounding it are often shrouded in myths and misconceptions. This letter aims to shed light on the realities of dyspepsia, dispelling harmful myths and promoting informed awareness for both individuals and healthcare professionals. One pervasive myth paints dyspepsia as solely a dietary issue, solely triggered by spicy foods or overindulgence. While certain dietary factors can exacerbate symptoms, attributing the condition solely to food choices overlooks the complex interplay of biological, environmental, and psychological factors that contribute to its development. This harmful narrative can lead to feelings of blame and guilt, hindering effective diagnosis and management.

Another myth portrays dyspepsia as a harmless nuisance, simply an inconvenience to be endured. However, ignoring chronic indigestion can have serious consequences. Dyspepsia can be a symptom of underlying medical conditions, including peptic ulcers, gastroesophageal reflux disease (GERD), and even anxiety or depression. Early diagnosis and appropriate management of these underlying causes are crucial for preventing complications and improving overall well-being. Furthermore, attributing dyspepsia solely to age is a misconception. While the prevalence increases with age, it can affect individuals of all ages. Dismissing younger individuals' concerns based on age stereotypes can delay diagnosis and appropriate treatment. Therefore, navigating the landscape of dyspepsia requires a clear-eyed approach: Empowering individuals with accurate information: Dispelling myths through awareness campaigns and promoting open communication with healthcare professionals are crucial steps towards informed self-management and seeking appropriate help. Recognizing the complexity of the condition: Moving beyond simplistic explanations and acknowledging the diverse factors influencing dyspepsia is essential for effective diagnosis and treatment plans. Encouraging early diagnosis and investigation: Seeking medical evaluation for persistent or worsening symptoms is crucial for identifying potential underlying causes and preventing complications. Promoting comprehensive management: Addressing dietary triggers, lifestyle modifications, stress management techniques, and, when necessary, appropriate medication can significantly improve quality of life for individuals with dyspepsia. In conclusion, dyspepsia is more than just an occasional bout of indigestion.

By dispelling myths, promoting awareness, and encouraging early diagnosis and comprehensive management, we can empower individuals to navigate this often-misunderstood condition effectively. Through informed choices, open communication, and access to appropriate healthcare, individuals with dyspepsia can find relief from discomfort and embrace a brighter future.



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Dyspepsia and Life of Quality

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ABSTRACT

Dyspepsia, the chronic discomfort of indigestion, often lurks in the shadows, its impact on life quality far exceeding the confines of physical symptoms. This letter aims to illuminate the hidden burdens of dyspepsia, urging recognition of its multifaceted toll and advocacy for holistic approaches to treatment that prioritize improved well-being beyond symptom relief. The physical discomfort of dyspepsia – bloating, burning, nausea – disrupts daily life. Mealtimes become anxiety-ridden, social experiences fraught with apprehension, and energy levels dwindle under the constant burden of digestive distress. However, the impact extends far beyond the physical.

Social isolation and stigma often accompany dyspepsia. The fear of embarrassment and misinterpretations can lead individuals to withdraw from social interactions, diminishing their quality of life and potentially triggering feelings of loneliness and depression. Furthermore, dyspepsia casts a long shadow on mental well-being. The constant discomfort can fuel anxiety and stress, impacting sleep patterns and overall emotional resilience. This interplay between physical symptoms and mental distress creates a vicious cycle that can significantly decrease quality of life. Therefore, addressing dyspepsia solely through symptom management falls short. Treating the condition requires a holistic approach that acknowledges and addresses its multifaceted impact: Recognizing the emotional and social burdens: Healthcare professionals must be equipped to identify and address the emotional and social consequences of dyspepsia, offering support and guidance beyond purely physical interventions. Promoting mindfulness and stress management techniques: Mindfulness practices and stress management tools can empower individuals to navigate the emotional challenges associated with dyspepsia, contributing to improved overall well-being. Encouraging open communication and social support: Building supportive networks and creating safe spaces for open communication about dyspepsia can combat stigma and empower individuals to navigate the social challenges associated with the condition. Integrating holistic treatment plans: Tailoring treatment plans to address both physical symptoms and the emotional and social dimensions of dyspepsia can significantly improve overall quality of life and outcomes for individuals.

In conclusion, dyspepsia's impact transcends physical discomfort. Recognizing its hidden burdens on mental and social well-being is crucial for providing comprehensive care and improving quality of life for individuals living with this condition. By embracing a holistic approach that addresses the complete picture, we can move beyond symptomatic relief and empower individuals with dyspepsia to reclaim their well-being.



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Fosfomycin Prophylaxis for Recurrent Urinary Tract Infections in a Diabetic Elder

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ABSTRACT

Here we describe the successful use of fosfomycin prophylaxis in a 78-year-old diabetic woman with recurrent urinary tract infections (UTIs). It highlights the benefits of this single-dose antibiotic for UTI prevention in elderly patients with diabetes, a population particularly susceptible to these infections.

INTRODUCTION

Recurrent urinary tract infections (UTIs) represent a challenging and often perplexing clinical scenario, particularly in the elderly diabetic population. The confluence of diabetes mellitus and recurrent UTIs presents a unique intersection of metabolic dysregulation and microbial dynamics, contributing to a cycle of persistent infections and potential complications. As the global population ages and the prevalence of diabetes continues to rise, understanding the intricate relationship between these two prevalent conditions becomes paramount for effective management and improved patient outcomes.

CASE PRESENTATION

A 78-year-old woman with type 2 diabetes mellitus presented with a history of recurrent UTIs, experiencing at least three symptomatic episodes in the past six months. Each episode required antibiotic treatment and resulted in significant discomfort and disruption to her daily life. She practiced good hygiene and fluid intake, but other standard preventative measures were ineffective.

Upon further evaluation, culture-confirmed *E. coli* UTIs were identified, with no evidence of antibiotic resistance. Due to the frequency and severity of infections, and considering the patient's age and diabetic status, fosfomycin prophylaxis was chosen.

The patient received a single oral dose of 3g fosfomycin every 10 days for six months. Throughout this period, she remained asymptomatic and free from UTI episodes. Tolerance to the medication was excellent, with no adverse effects reported. After six months, the prophylaxis was stopped to assess the recurrence rate.

One year after discontinuing prophylaxis, the patient remained free from symptomatic UTIs, requiring no further antibiotic treatment.

CONCLUSION

This case report adds to the growing evidence supporting the use of fosfomycin prophylaxis for recurrent UTIs in diabetic elderly women. Its single-dose administration and favorable safety profile make it a potentially valuable option for this vulnerable population. Future studies are needed to confirm its long-term efficacy and safety in larger cohorts, paving the way for more personalized UTI prevention strategies in geriatric healthcare.



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COVID-19 Myths

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ABSTRACT

The COVID-19 pandemic has unleashed a deluge of information, not all of it accurate. Amidst the flood of data, insidious myths and misinformation have taken root, jeopardizing public health and individual well-being. This letter delves into the labyrinth of COVID-19 myths, urging critical evaluation, evidence-based communication, and collaborative efforts to dispel these harmful narratives. One pervasive myth posits that the virus is a hoax or engineered in a lab. This, however, is demonstrably false. The scientific evidence, from genetic sequencing to global transmission patterns, paints a clear picture of a naturally occurring virus that has evolved and spread rapidly. Ignoring this evidence fuels conspiracy theories and undermines essential public health measures.

Another dangerous myth dismisses the severity of COVID-19, often comparing it to seasonal flu. While both are respiratory illnesses, COVID-19 exhibits significantly higher transmissibility, hospitalization rates, and mortality, particularly among vulnerable populations. Downplaying the seriousness of the virus hinders preventative measures and puts lives at risk. Highlighting the rigorous testing processes, the overwhelming evidence of vaccine safety and effectiveness, and their crucial role in curbing the pandemic is crucial to counter these harmful narratives. Combating these myths requires a multifaceted approach: Empowering the public with critical thinking skills and media literacy: Fostering the ability to evaluate information sources, identify biases, and recognize red flags helps individuals navigate the information landscape effectively. Promoting open and transparent communication from trusted sources: Scientists, healthcare professionals, and public health officials must communicate clearly, addressing concerns openly and providing evidence-based information. Leveraging social media platforms and digital tools: Utilizing these platforms to reach wider audiences and disseminate accurate information, while actively countering misinformation through fact-checking initiatives, is vital. Collaborating with community leaders and influencers: Engaging trusted voices within communities can amplify effective messaging and tailor communication to resonate with specific demographics. Supporting research and fact-checking efforts: Continued research to understand the virus and vaccine development, alongside robust fact-checking initiatives, provide crucial ammunition in the fight against misinformation.

In conclusion, COVID-19 myths thrive in the shadows of uncertainty. By equipping individuals with critical thinking skills, promoting transparent communication, utilizing digital tools effectively, and investing in fact-checking and research, we can illuminate the path towards truth. Working together, we can dismantle the maze of misinformation, pave the way for informed decision-making, and ultimately strengthen our collective response to this unprecedented.



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Mammary Cancer Awareness

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ABSTRACT

Mammary cancer casts a long shadow over the lives of countless individuals, families, and communities. While advancements in diagnosis and treatment offer hope, effective prevention and management hinge on widespread awareness and understanding of this multifaceted disease. This letter urges a renewed focus on raising awareness, promoting early detection, and fostering open dialogue about mammary cancer across diverse populations.

Firstly, dispelling myths and misconceptions surrounding mammary cancer is crucial. Attributing it solely to genetic predisposition or specific lifestyle choices overlooks the complex interplay of biological, environmental, and social factors that contribute to its development. Secondly, highlighting the importance of early detection through regular self-examinations, mammograms, and other recommended screenings is vital. Early detection significantly increases the chances of successful treatment and improves long-term outcomes. Encouraging women across all age groups and backgrounds to prioritize these steps and addressing potential barriers to healthcare access can save lives. Furthermore, understanding the diverse experiences of individuals facing mammary cancer is paramount. Cultural beliefs, socioeconomic disparities, and individual vulnerabilities can present unique challenges in accessing healthcare, navigating treatment options, and coping with the emotional impact of the disease. Culturally sensitive awareness campaigns and tailored support systems are essential for ensuring equitable access to resources and quality care for all. Beyond medical interventions, fostering open dialogue and dismantling the stigma surrounding mammary cancer is crucial. This includes normalizing conversations about the disease, providing psychosocial support groups, and empowering individuals to share their stories and experiences. Breaking down the walls of silence fosters a sense of community, connection, and hope. Research initiatives aimed at understanding the underlying causes of mammary cancer, identifying risk factors, and developing more effective prevention strategies and treatment options hold immense promise in the fight against this disease. Supporting and advocating for continued research is essential for ensuring a brighter future for those impacted by mammary cancer. In conclusion, mammary cancer remains a significant public health challenge, but not an insurmountable one.

By raising awareness, dispelling myths, promoting early detection, fostering open dialogue, and supporting research, we can shine a light on the shadows of this disease. Through collective action, informed choices, and unwavering commitment, we can empower individuals and communities to navigate this journey with knowledge, understanding, and hope.



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Alternative Medicine

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ABSTRACT

In an age of medical advancements, alternative medicine practices continue to garner increasing interest and utilization. This multifaceted domain, encompassing diverse approaches ranging from traditional herbal remedies to acupuncture and mindfulness techniques, offers a complementary set of tools for individuals seeking wellness. However, navigating this landscape requires awareness, understanding, and open communication to ensure informed choices and optimal integration with conventional healthcare. One challenge lies in the vast and sometimes unclear terminology surrounding alternative medicine. Terms like "natural," "holistic," or "alternative" can lack precise definitions, potentially leading to confusion and misinterpretation. Promoting transparency and standardization in terminology, alongside clear explanations of underlying principles and mechanisms of action, is crucial for empowering informed decision-making (1-4).

Furthermore, concerns regarding potential interactions between alternative therapies and conventional medications, or the risk of delaying necessary medical interventions, necessitate open communication between patients and healthcare providers. However, dismissing the potential benefits of alternative medicine solely based on lack of rigorous scientific research overlooks the valuable role these practices can play in certain scenarios. Recognizing the limitations of conventional medicine in addressing certain aspects of well-being, such as chronic pain management or psychological health, suggests the need for a balanced approach that acknowledges the potential merits of complementary therapies alongside rigorous research to further elucidate their mechanisms and efficacy. Therefore, navigating the world of alternative medicine requires a multi-pronged approach: Promoting patient education and awareness: Encouraging open dialogue between patients and healthcare professionals: Establishing trust and creating a space for open communication about the use of alternative therapies can ensure optimal integration with conventional treatment plans and minimize potential risks. Supporting responsible advertising and marketing: Combating misleading claims and emphasizing evidence-based information in the promotion of alternative practices promotes ethical conduct and protects consumer well-being. Investing in research on alternative medicine: Rigorous research on the potential benefits, mechanisms of action, and potential interactions of alternative therapies is essential for understanding their true value and integrating them into comprehensive healthcare approaches, when appropriate. In conclusion, the world of alternative medicine presents both promises and challenges (4-7).

By fostering awareness, encouraging open communication, promoting responsible practices, and supporting research, we can navigate this evolving landscape with understanding and discernment. Ultimately, the goal is to empower individuals to make informed choices about their health and well-being, utilizing the full spectrum of available tools, both conventional and complementary, to optimize their journeys towards holistic wellness.



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Chronotype and Nutrition

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ABSTRACT

There is a close relationship between the biology of living things and time (Schulz & Steimer, 2009). The vast majority of living things, especially humans, have a regular and systematic way of working in their bodily functions. This is realized through biological rhythms that cover the whole body, manage and direct the body and organs (Alemdar, 2018). Circadian rhythm is one of them. The human circadian system detects and adapts to environmental changes to regulate behavior according to the time of day. Aligning feeding/starvation cycles with metabolic changes regulated by the body's internal clock optimizes metabolism, and feeding at inappropriate times has been shown to disrupt this circadian system regulation, which can lead to adverse metabolic outcomes and the development of chronic disease (Potter et al., 2016).

One of the markers of circadian rhythm is chronotype. Chronotype, which refers to an individual's daily preferences for activity-rest or sleep-wake, is also referred to as an individual's circadian typology (Almoosawi et al., 2019; Mazri et al., 2020). Chronotype can affect sleep patterns, mood, different reactions to seasonal changes, tendency to store fat, body temperature, blood pressure, eating habits, tendency to prefer behaviors that harm health, substance use (smoking, alcohol, drugs), psychological problems, academic success, and the incidence of lifestyle-related diseases (Fárková et al., 2020; Çakır et al., 2018). It is examined in 3 groups: morning type, intermediate type and evening type. According to this classification, it is stated that morning types go to bed early in the evening and wake up early in the morning, their performance is better in the morning hours, while evening types go to bed late at night, wake up with difficulty in the morning and their performance is better in the afternoon (Pündük et al., 2005). Factors affecting the chronotypes of individuals include genetic characteristics, age, ethnicity and gender (Adan et al., 2012; Kalmbach et al., 2017).

Chronotypes may play a role in how weight gain, obesity mechanism and chronic disease risk may be affected in relation to dietary habits. However, in the light of the available data in the literature, it is known that evening individuals are more prone to unhealthy eating than morning types and consequently have a higher risk of diseases such as obesity, cardiovascular diseases, type 2 diabetes, metabolic syndrome and night eating syndrome (Reutrakul et al., 2013; Garaulet et al., 2010). In this context, it is thought that determining the eating habits of individuals according to their chronotypes is important in terms of correcting wrong eating habits, reducing disease risks and gaining healthy eating and meal habits.

Keywords: Chronotype, nutrition, obesity.

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