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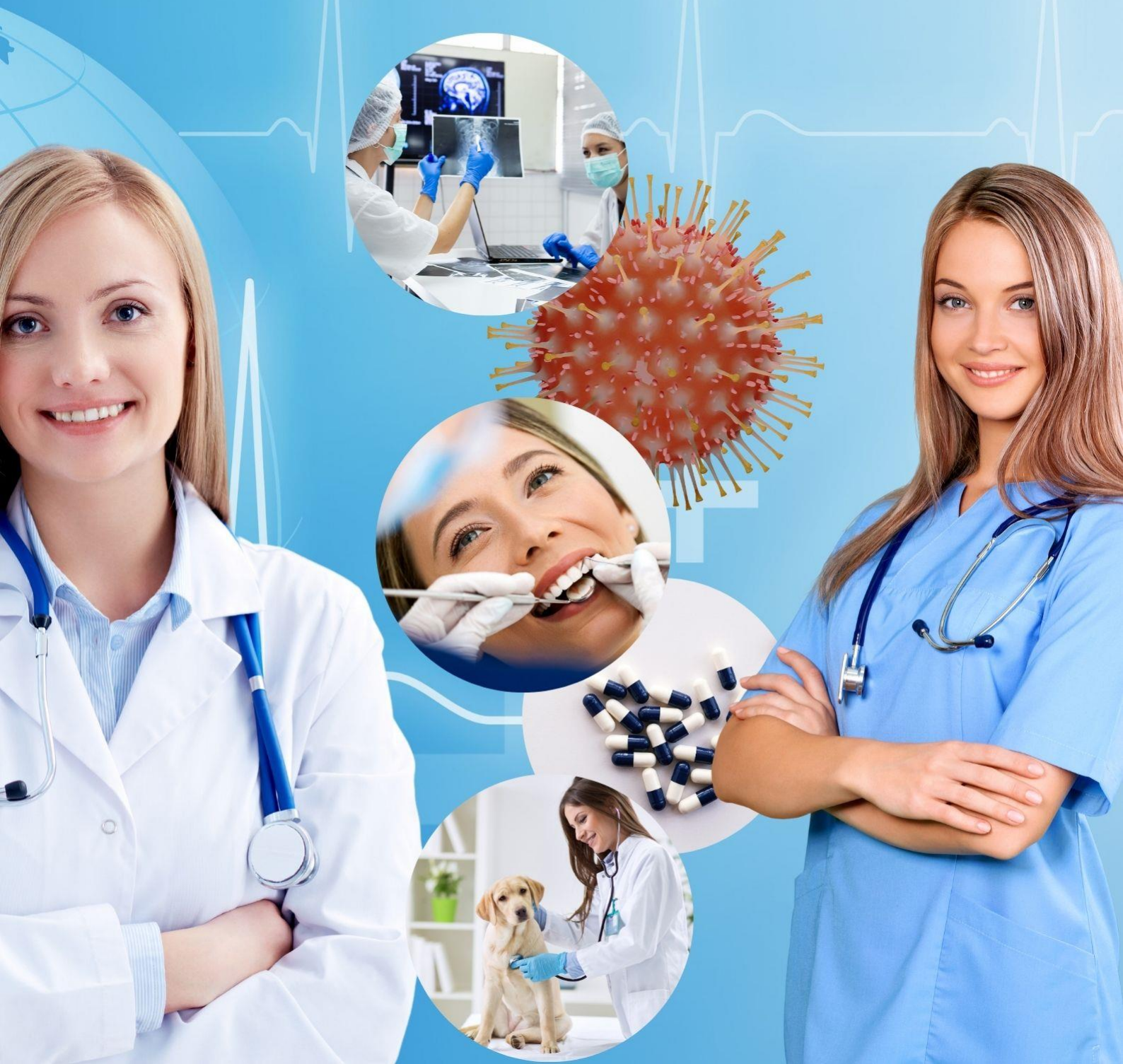

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Official statement (April 6, 2024):

The official congress committee of the European Congress of Health Sciences (ECHS) consists of medical doctors working independently, and Aydan Çevik Varol MD, Assist. Prof. of Family Medicine working as a state university staff at Namik Kemal University, Faculty of Medicine, Department of Family Medicine, Tekirdag, Turkiye. This statement is placed here to declare that ECHS meets the UAK associate professorship application criteria in Turkey.

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Oral Presentations

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Oral Presentation-1

doi: pending

Calcium Oxalate Diet in Kidney Stone Management

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[1] Department of Family Medicine, Shanghai General Hospital, Shanghai, China

ABSTRACT

It was aimed to investigate the quality of life (QOL) among geriatric patients using the Short-Form 36 (SF-36) health survey. A cross-sectional study was conducted with 68 geriatric patients (age > 75 years) attending hospital clinics. QOL was assessed using the SF-36 questionnaire, covering eight domains: physical functioning, social functioning, physical role limitations, emotional role limitations, mental health, energy/vitality, pain, and general health perceptions. Descriptive statistics and comparisons between domains were performed using SPSS 25.0. While social functioning (82.5), emotional role limitations (86.5), mental health (81.5), and general health perceptions (73.3) scored relatively high, physical functioning (78.5), physical role limitations (75.6), energy/vitality (70.1), and pain (62.1) emerged as areas of concern. Pain was the lowest-scoring domain, suggesting a significant impact on QOL (Table 1). Geriatric patients experience a multifaceted QOL with strengths in social, emotional, and mental domains but challenges in physical functioning, vitality, and pain. Targeted interventions addressing these areas, particularly pain management, could significantly improve overall QOL.

Table 1. Resistance rates in Acinetobacter isolates to some antibiotics.

	Mean score per 100 points
Physical functioning	78.5
Social functioning	82.5
Physical role limitations	75.6
Emotional role limitations	86.5
Mental health	81.5
Energy/vitality	70.1
Pain	62.1
General health perceptions	73.3

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Oral Presentation-2

doi: pending

Infectious Mononucleosis in Pregnancy

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[1] Specialist of Gynecology and Obstetrics, New Delhi, India

ABSTRACT

We present a case of a 30-year-old pregnant woman diagnosed with Epstein-Barr virus (EBV) infection presenting as infectious mononucleosis (IM) in the second trimester. Despite initial concerns about potential fetal effects, comprehensive maternal and fetal monitoring yielded a reassuring outcome, highlighting the importance of a balanced approach in managing such cases.

A 30-year-old primigravida woman at 22 weeks' gestation presented with fever, fatigue, cervical lymphadenopathy, and pharyngitis. Laboratory tests revealed leukocytosis, atypical lymphocytes, and positive EBV serology (immunoglobulin M (IgM) positive, IgG negative). A diagnosis of IM was confirmed. Ultrasound examination revealed a normal-appearing fetus with no evidence of congenital anomalies. Fetal cardiotocography and amniocentesis were performed, demonstrating reassuring results.

Management included supportive care with antipyretics, hydration, and symptomatic relief. Fetal surveillance using regular ultrasounds and cardiotocography was maintained throughout the remaining pregnancy. Maternal EBV serology monitored the viral course, which resolved spontaneously within 4 weeks. The patient delivered a healthy term neonate via spontaneous vaginal delivery with Apgar scores of 9 at 1 and 5 minutes. Postnatal examinations and EBV serology in the neonate were unremarkable, confirming no vertical transmission.

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Oral Presentation-3

doi: pending

Hyperemesis Gravidarum

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ABSTRACT

While "morning sickness" is often associated with early pregnancy, for some women, this common experience escalates into a debilitating condition known as hyperemesis gravidarum (HG). Defined by persistent nausea, vomiting, and dehydration, HG impacts up to 20% of pregnant women, significantly affecting their quality of life and even jeopardizing their health. This letter aims to raise awareness of HG in the medical community and advocate for improved recognition, diagnosis, and management of this often misunderstood condition. The profound physical and emotional toll of HG cannot be overstated. Severe dehydration, electrolyte imbalances, malnutrition, and psychiatric distress are frequent complications, potentially impacting both mother and fetus. Yet, due to its subjective nature and societal downplaying of pregnancy-related discomforts, HG can be misdiagnosed or dismissed, leaving women struggling for appropriate care and support. Early diagnosis and intervention are crucial for mitigating the debilitating effects of HG. Healthcare professionals must be equipped to recognize the signs and symptoms, differentiating HG from typical nausea and vomiting. Standardized diagnostic criteria and readily available screening tools can facilitate timely identification and intervention.

Management strategies for HG encompass a spectrum of approaches, tailoring interventions to the severity and individual needs of each woman. Effective antiemetics, intravenous hydration, nutritional support, and psychological counseling are cornerstones of treatment. In severe cases, hospitalization may be necessary for comprehensive supportive care. Beyond pharmacological and clinical interventions, fostering empathy and understanding within the medical community is vital. Validating patients' experiences, acknowledging the debilitating nature of HG, and offering emotional support are essential components of holistic care. Furthermore, research focusing on the etiology, pathophysiology, and potential preventative measures for HG remains limited. Increased funding and collaborative efforts are necessary to elucidate the underlying mechanisms and develop evidence-based preventative and treatment strategies.

In conclusion, hyperemesis gravidarum is not simply an exaggerated form of morning sickness. It is a serious medical condition demanding prompt recognition, comprehensive management, and continued research. By raising awareness, fostering empathy, and prioritizing research efforts, we can empower healthcare professionals to effectively support women experiencing HG, ensuring their health and well-being throughout pregnancy.

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Oral Presentation-4

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Disbiose: Impactos na Saúde Humana e Estratégias Terapêuticas

(Dysbiosis: Impacts on Human Health and Therapeutic Strategies)

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Formação Acadêmica:Médica
Instituição: São Lucas Afya

Oral Presentation-4 (*continue*)

ABSTRACT

Dysbiosis is characterized by an imbalance in the composition of the gut microbiota, playing a crucial role in various human diseases. This review article aims to explore the factors contributing to dysbiosis, its health implications, and the therapeutic strategies available for its modulation. The review was conducted based on scientific articles published between 2010 and 2023, using databases such as PubMed, Scopus, and Google Scholar. The results indicate a significant association between dysbiosis and diseases such as irritable bowel syndrome, autoimmune and metabolic disorders. Additionally, the use of probiotics, prebiotics, and fecal microbiota transplantation emerge as promising strategies to restore microbiota balance. It is concluded that an in-depth understanding of dysbiosis and its interventions is essential for the development of personalized and effective therapies.

Keywords:
Dysbiosis, gut microbiota, health, probiotics, therapies

RESUMO

A disbiose é caracterizada pelo desequilíbrio na composição da microbiota intestinal, desempenhando um papel crucial em diversas doenças humanas. Este artigo de revisão visa explorar os fatores que contribuem para a disbiose, suas implicações na saúde e as estratégias terapêuticas disponíveis para sua modulação. A revisão foi realizada com base em artigos científicos publicados entre 2010 e 2023, utilizando as bases de dados PubMed, Scopus e Google Scholar. Os resultados indicam uma associação significativa entre disbiose e doenças como síndrome do intestino irritável, doenças autoimunes e metabólicas. Além disso, o uso de probióticos, prebióticos e transplante de microbiota fecal emergem como estratégias promissoras para restaurar o equilíbrio da microbiota. Conclui-se que a compreensão aprofundada da disbiose e suas intervenções é fundamental para o desenvolvimento de terapias personalizadas e efetivas.

Palavras-chave:
Disbiose, microbiota intestinal, saúde, probióticos, terapias

INTRODUÇÃO

A microbiota intestinal é composta por trilhões de microrganismos que desempenham funções essenciais na manutenção da homeostase do hospedeiro, incluindo a digestão de nutrientes, regulação do sistema imunológico e proteção contra patógenos. O termo disbiose refere-se ao desequilíbrio dessa microbiota, que pode resultar na predominância de microrganismos patogênicos, redução da diversidade microbiana e comprometimento das funções benéficas dos microrganismos. Estudos recentes têm demonstrado que a disbiose está associada a uma ampla gama de doenças, incluindo distúrbios gastrointestinais, condições metabólicas, doenças autoimunes e até mesmo transtornos

neurológicos. Este artigo de revisão tem como objetivo discutir as causas e consequências da disbiose, bem como as estratégias terapêuticas atuais para sua correção.

Oral Presentation-4 (*continue*)

METODOLOGIA

Para a realização desta revisão, foi conduzida uma busca nas bases de dados PubMed, Scopus e Google Scholar utilizando os termos "disbiose", "microbiota intestinal", "probióticos", "prebióticos", "transplante de microbiota fecal" e "doenças associadas à disbiose". Foram incluídos artigos publicados entre 2010 e 2023, em inglês e português. A seleção dos artigos considerou estudos experimentais, revisões de literatura e ensaios clínicos randomizados que abordassem a disbiose e suas implicações na saúde humana. Após a coleta dos dados, os artigos foram analisados criticamente, focando nas principais causas da disbiose, seus impactos na saúde e as intervenções terapêuticas mais promissoras.

RESULTADOS

A análise dos artigos revelou que a disbiose pode ser desencadeada por diversos fatores, como dieta inadequada, uso indiscriminado de antibióticos, estresse e doenças subjacentes. A disbiose foi associada a doenças como a síndrome do intestino irritável, diabetes tipo 2, doenças inflamatórias intestinais, esclerose múltipla, e até mesmo transtornos psiquiátricos como a depressão e ansiedade. As estratégias terapêuticas mais estudadas incluem o uso de probióticos e prebióticos, que têm mostrado eficácia em restaurar a diversidade e funcionalidade da microbiota, e o transplante de microbiota fecal, que surge como uma abordagem promissora em casos mais graves. No entanto, a resposta aos tratamentos varia entre os indivíduos, indicando a necessidade de uma abordagem personalizada.

DISCUSSAO

Os resultados desta revisão sugerem que a disbiose desempenha um papel central na patogênese de várias doenças, destacando a importância da microbiota intestinal na manutenção da saúde. A dieta e o estilo de vida surgem como fatores determinantes na modulação da microbiota, com dietas ricas em fibras e baixas em açúcares refinados favorecendo uma microbiota equilibrada. Além disso, o uso de probióticos e prebióticos, bem como o transplante de microbiota fecal, demonstram potencial terapêutico, embora ainda existam desafios a serem superados, como a padronização dos tratamentos e a compreensão das interações complexas entre os microrganismos e o hospedeiro.

CONCLUSAO

A disbiose representa um desafio significativo na medicina moderna, dado seu papel na etiologia de várias doenças crônicas. O desenvolvimento de terapias personalizadas, baseadas na modulação da microbiota, promete revolucionar o tratamento de condições associadas à disbiose. No entanto, mais estudos são necessários para compreender completamente os mecanismos subjacentes à disbiose e para otimizar as intervenções terapêuticas, garantindo sua eficácia e segurança a longo prazo.

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Poster Presentations

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Poster Presentation-1

doi: pending

Circadian Rhythm and Sleep Disorders

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[1] Psychologist, Beijing, China

ABSTRACT

Our internal clock, known as the circadian rhythm, plays a central role in regulating numerous biological processes, including sleep-wake cycles, metabolism, hormone secretion, and mood. When this delicate rhythm malfunctions, a cascade of sleep disorders can emerge, impacting not only sleep quality but also overall health and well-being. This letter urges the medical community to recognize the intricate link between circadian rhythm and sleep disorders, advocating for comprehensive assessment and effective management strategies. Among the most common circadian rhythm sleep-wake disorders are jet lag, delayed sleep phase syndrome, and advanced sleep phase syndrome. Each presents unique challenges, yet all share a core disruption in the natural alignment between the sleep-wake cycle and the external light-dark environment.

The consequences of chronic circadian misalignment are far-reaching. Studies have linked sleep disorders to an increased risk of cardiovascular disease, diabetes, metabolic syndrome, depression, and cognitive decline. Early identification and intervention are crucial to mitigate these potential health complications. Comprehensive assessment forms the cornerstone of effective management. Evaluating sleep patterns, light exposure, medical history, and potential genetic factors can provide valuable insights into the underlying cause of the disorder. Light therapy, chronotherapy (adjusting sleep and wake times), and melatonin supplementation are well-established therapeutic options, aiming to realign the internal clock with the external environment.

Beyond pharmacological and behavioral interventions, promoting healthy sleep hygiene practices and minimizing exposure to disruptive stimulants like caffeine and alcohol are crucial for optimizing sleep quality. Additionally, addressing co-existing medical conditions or mental health concerns can further contribute to improved sleep and overall well-being. Furthermore, research efforts focused on elucidating the complex interplay between circadian rhythm, genetics, and environmental factors are essential for developing novel and personalized treatment strategies. Understanding the intricate pathways involved in sleep regulation can pave the way for more targeted interventions and improved outcomes for individuals struggling with sleep disorders.

In conclusion, recognizing the intricate link between circadian rhythm and sleep disorders is crucial for optimizing patient care. Promoting awareness, conducting comprehensive assessments, and implementing evidence-based management strategies are key to mitigating the health consequences of sleep disturbances and fostering healthy sleep-wake patterns. By prioritizing research and embracing a holistic approach, we can empower individuals to reclaim their internal clock and experience the restorative power of quality sleep.

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