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&
2nd INTERNATIONAL CONFERENCE ON OBESITY AND DIET IMBALANCE
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Opening the four chambers to the latest controversies in the nutritional management of cardiac health

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Cardiovascular disease (CVD) is a well known leading cause of mortality in Western countries, representing almost 30 % of all deaths worldwide. With the rising incidence of heart disease among global statistics, the American Heart Association and many other governmental organizations has taken it as a public health priority in preventing CVD through diet and lifestyle interventions. Apart from the probability of developing CVD from an unhealthy diet and lifestyle; CVD also coincides with multiple co-morbidities such as obesity, hypertension, dyslipidemia and diabetes which represent four of the 10 greatest risk factors for all- cause mortality worldwide. Current scientific evidence and many observational studies have reported that nutrition might be the most preventive factor of CVD death and could even reverse heart disease. Several controversial diets and foods have received significant media exposure and are mired by hype. The benefits of several trending foods and dietary patterns like the ketogenic diet and fasting diets require more study period to completely understand and nutritional science continues to evolve. The 2015 to 2020 Dietary Guidelines for Americans recommend 3 healthy eating patterns: 1) the healthy US style eating pattern; 2) the healthy Mediterranean and 3) the healthy vegetarian eating pattern. The latest guidelines emphasise on maintaining a healthy weight through a healthy dietary pattern, active lifestyle, adequate sleep and stress management. Individuals with pre-existing heart disease need individualized medical nutrition therapy taking into account diabetes, hypertension and dyslipidemia management. As medical professionals our goal is to match the intensity of preventive efforts with an individual's CVD risk and the individual's willingness and capacity to implement preventive strategies.

Biography

Juliot Vinolia is a Dubai Health Authority licensed clinical dietitian and community nutritionist with over a decade experience in medical nutrition therapy. As a research scholar, she received her M.Phil and Masters in Clinical Nutrition from the University of Madras, Women's Christian College, India. Heading the nutrition department at Medeor Hospital Dubai, she has provided personalized therapeutic nutrition care for acute and chronically ill patients. She is also an active Columnist on national newspapers, magazines and corporate newsletters creating awareness on the prevention of obesity related diseases like diabetes and cardiovascular diseases. Delivered lectures at conferences, participated on radio talks and medical camps in creating healthier communities. She is affiliated with the American Society of Parenteral and Enteral Nutrition, Indian Dietetic Association and Emirates Clinical Nutrition Society.