Annual Congress on
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Keynote Forum

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Can Mediterranean diet improve fatigue in Cancer survivors?

Cancer-related Fatigue is a common symptom in many cancer survivors. It may be influenced by a variety of demographic, medical, psychosocial, behavioural, and biological factors. The complexity of the etiology of fatigue, as well as the symptoms experienced by the patients themselves have led scientists to suggest various interventions in order to treat this fatigue. These interventions are divided in pharmacologic treatments and non-pharmacologic treatments. The latter include exercise, rest, cognitive interventions and nutrition.

Purpose: The aim of our interventional pilot study was to evaluate whether Mediterranean Diet would improve the cancer-related fatigue syndrome experienced by cancer survivors.

Methodology: A study with two groups of cancer survivors ($\geq$ 3 months and$\leq$5 years since primary treatment) was carried out. The Control group (n=18) and the Intervention group (n=21). Follow up was set at 4 weeks. The Control group received only general nutritional advice, whereas the Intervention group was provided with personalized Mediterranean Diet menus that were generated by a Clinical Decision Support System. The FACIT Fatigue Scale was used to assess Cancer-related fatigue. Med Diet Score was used to assess adherence to Mediterranean Diet.

Findings: At the study endpoint, significant ameliorations in cancer-related fatigue were recorded in the Intervention compared to Control group ($p<0.05$). 83% of the intervention group participants showed higher score in FACIT Fatigue scale, meaning better Quality of Life after the 4-week intervention. Participants in the control group showed a 28% increase in FACIT Fatigue scale. Moreover, 89% of the participants in the Intervention group displayed a higher score in Med Diet Score, revealing their adherence to the Mediterranean Diet menus they were given.

Conclusions: Mediterranean Diet can play a vital role in dealing with cancer-related fatigue in cancer survivors. More studies though, are needed to empower these findings.

Recent Publications

1. Frantzeska Nimee, Aristea Gioxari, James Steier, and Maria Skouroliakou (2021). Bridging the Gap: Community Pharmacists' Page 2 of 9 Burgeoning Role as Point-Of-Care Providers During the COVID-19 Pandemic Through the Integration of Emerging Technologies. J Nutrition Health Food Sci 9(3):1-9. DOI: 10.15226/jnhfs.2021.001184

Biography

Frantzeska Nimee is a European Economic Area (EEA) qualified pharmacist with specialization in Public Health and Nutrition. Since October 2018 she has been a member of the UK Association for Nutrition. Currently, she is a PhD candidate in Pharmaceutical and Nutritional Care in Oncology patients through the use of Clinical Decision Support Systems in Harokopio University. She has three publications in reputed Journals.

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Climate change impact on nutrition: Measures to mitigate carbon foot print

For sustenance of life nutritious food is one of the basic necessities apart from potable water and clean air. Nearly 3 million children die per year globally for lack of nutritious food. 40% of global population cannot afford a healthy diet. 2 million people are obese due to poor diet and sedentary lifestyle. 14% of food is lost due to inadequate harvesting, handling storage and transit. Global Agri food sector provide job over 1 billion people more than any other sector.

Air pollution, Global warming and Climate change are inter-related and have an impact on agriculture and predicted 20% reduction in yield with low protein content. Global food sector contributes more than 33% of global greenhouse gases emissions second to Industries. Climate change of 2˚-3˚C causes extinct of nearly 54% of land and sea species. Fish contributes 12.8% of the animal protein. Use of fish in pregnant mother with other food with folate contribute for antioxidant and help in Th1 stimulation in epigenetic change in her fetus with less asthma. Change in biodiversity causes reduction of fresh water fish by 75% by 2075. Rising sea level will cause coastal erosion, inundation of coastal land being useless for agriculture, migration of population food scarcity and violence. Many terrestrial fresh water, ocean and coastal systems currently near or beyond their ability to adopt.

We are in the state of Catastrophe with Climate change from CO2 level of 400-450 PPM and rising temperature of 1.2 to 2.7˚C, further escalation with Carbon footprint leads to irreversibility and extinction of all species. It is time for all of us to act for our survival apart from nutritious food by the end of this century by reducing Carbon footprint from 4 ton to 2 tons-person. Details will be discussed during the talk.

Recent Publications

1. Paramesh H, Rashmi C, Paramesh- Overview in the management of persistent cough in pediatric practice. 2018;1(4):154-157 DOI: 10.15406/mojcrr.2018.01.00024
2. H Paramesh, K Nagaraju, Tu Sukumaran, Mukesh Sanklecha, Arun Wadhwa, Rajeev Sanghvi, Ashok Gupta, Sanjay Marath, A Balachandran, Tilak Raj Dangwal, Prabhakar Mishra, Subhashish Roy, Varsha Narayanan- Recurrent Respiratory Infections Management in India: Consensus Statement from Experts- Vol. 1, No. 3, October-December 2017. doi.10.1016/S0140-6736(17)32345-0.
3. Randeep Guleria, Raja Dhar, Ashok Mahashur, A G Ghoshal, S K Jindal, Deepak Talwar, Pralhad Prabhudesai, Nitin Abhayankar, H Paramesh, S Balamurugan- Indian Consensus on Diagnosis of Cough at Primary Care Setting. 2019 Jan;67(1):92-98.-

Biography

H Paramesh is a pioneering pediatric pulmonologist and Environmentalist. Had his basic medical degree MBBS in University of Mysore and Post-Graduation and Post Doctorate studies in USA. Over a decade of stay he returned to India in Nov. 1977. Established Lakeside Medical Center and Hospital and ran for 37 yrs. earning a good name in society as an academic institute. Now he is the Visiting Prof. at Divecha Center for Climate Change IISc. Bangalore. He has published over 100 papers at National, International level. He is one of the members international consensuses of pediatric asthma by EAAAC and published in 2012. He is one of the 8 Global Experts opinion leader for Lancet Respiratory Journal on Round the World: Preschool Wheeze in 2017. He has received many awards for his work. He is a reviewer for many Journals and editorial board of Current science. Alumni of WHO Climate change.

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