

24th International Conference on

Clinical Nutrition

March 04-06, 2019 | Barcelona, Spain

Nutritional & Physiological assessment for mentally retarded females in Cairo

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Objective: Nutritional and physiological assessment for mental retarded females aged 10-13 and 14-18 years old lived in 3 disability centers in Cairo.

Subjects & Methods: This descriptive cross sectional study was conducted at Shalan Psychology Center, Psychology Medical Hospital and Al Shourok Specialist Hospital in Cairo. The study included 70 females of which 31 of 10-13 years old and 39 of 14-18 years old. Questionnaire was developed including general information, Intelligence Quotient (IQ), 24 h dietary recall and diet history. Anthropometric measurement including body weight, height and Body Mass Index (BMI) were done. Lipid profile, acetylcholine, blood gases and the enzymes cholinesterase and choline acetylase were measured.

Results: The study showed prevalence of malnutrition and metabolic abnormalities in mentally retarded females especially in 14-18 years old group. Energy, fat, potassium, zinc, phosphorus, iodine, iron, calcium, vitamin C and D intake were under the recommended values. The prevalence of obesity is enhanced by age despite of nutritional deficiency may be because of decreased gastrointestinal disorder and decreasing consumption of carbohydrates and poor nutritional knowledge of mothers and sedentary life style for resident.

Conclusion: The prevalence of malnutrition and metabolic disorders are high among mentally retarded females. Nutrition care should be provided in association with multidimensional care, including medical, physical and preventive strategies for amelioration of mental retardation disorders in females.

Biography

Mohamed Shalan is a Faculty Member at Al Arish University, Egypt. He holds a Doctorate (PhD) in Physiology (2000). He is a Reviewer for many scientific American, European, Asian and African journals. Many institutions in the world seek for his scientific work. Amelioration of toxicity and radiation exposure disorders is the main topics of his researches. He has extensive recognition and experience in all areas of physiology. He served as Physiology Instructor at Faculty of Science. He has many activities in community and developing faculty member's services.

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