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Malnutrition and nutritional recommendation for beta thalassemia patients

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Beta thalassemia patients suffer from several patterns of growth retardation, defective immune function, diminished bone density, as well as increased oxidative stress as reported from previous studies. Past reports also suggested that in spite of adequate nutritional intake, the levels of circulating vitamins and minerals were depressed compared to the normal population which suggests that thalassemia patients may possibly need increased requirements and supplementations. Beta thalassemia is a disease of marked comorbidities secondary to treatment and iron overload. This work summarizes the nutritional recommendations and guidelines that targets optimal growth pattern and amelioration of the disease complications through monitoring food intake and following a healthy nutritional lifestyle for both children and adult patients.

Biography

Yasmine Adel Saber Lashine has completed her PhD in Molecular Genetics and Postdoctoral studies from the German University in Cairo, Egypt. She has also acquired a Diploma in Clinical Nutrition for Physician from the American University in Cairo, Egypt. She is currently working as a Lecturer of Molecular Genetic Pathology and Pathophysiology at the German University in Cairo, Egypt. She has published 4 papers in reputed journals.

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