

6th International Conference and Exhibition on

NUTRITION

September 14-16, 2016 San Antonio, USA

Dairy product consumption and gastritis/stomach ulcer risk in Korean middle-aged and elderly men

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Several studies have reported fermented milk protect gastritis or stomach ulcers in animal model and the association of dairy products and gastric cancer are controversial. In this study we examine the effects of dairy product consumption on gastritis/stomach ulcer risk in Korean middle-aged and elderly men. We used the data of Korean Genome and Epidemiology study which is large and prospective cohort study. In analysis, 3321 men (baseline aged 40-69 years) were included who are not diagnosed gastritis/stomach ulcer at baseline and attended more than two times. The follow-up years are 7.8 ± 3.0 years. The incidence rate of gastritis or stomach ulcer was 9.3%. The cumulative average intake of dairy products was calculated with food frequency questionnaires (FFQ) those were collected at baseline and second-follow up study. At baseline study, compared to the lowest quartile, the highest quartile of total dairy products and yogurt was associated with prevalence of gastritis/stomach ulcer (Odd Ratio (OR)=1.27, 95% Confidence Interval (CI): 1.02-1.57, $p=0.0353$ for dairy product; OR=1.41, 95% CI: 1.15-1.71, $p=0.0007$ for yogurt, respectively) after adjusting age, residual area, education, income, exercise, smoking, drinking, BMI and total energy intake. Whereas in follow up study, compared to the lowest quartiles of yogurt, the highest quartiles was significantly related with a lower hazard ratio (HR=0.66, 95% CI: 0.45-0.96, $p=0.0298$) of gastritis/stomach ulcer after adjusting confounding factors. This study suggests that high intake of yogurt may reduce the incidence of gastritis/stomach ulcer in Korean middle-aged and elderly men.

Biography

Hae-Jeung Lee has received her PhD degree in 2003 from Seoul National University in Korea and worked at Harvard School of Public Health as a Visiting Scientist and Brigham Women's Hospital as a Research Fellow. Her research areas include studies on evaluation of functional food and dietary factors against chronic diseases throughout *in vitro*, *in vivo*, clinical trial, and epidemiological methods. She is an Associate Professor at Department of Food and Nutrition in Gachon University and Chief of Institute for Aging and Clinical Nutrition Research affiliated to Gachon University.

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