

8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Impact of Ramadan fasting on psychology, anthropometric measurements and performance for soccer players

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Aim: To study the impact of Ramadan fasting (RF) on the psychology, anthropometric measurements and soccer performance for Aljazira soccer players Abu Dhabi, UAE.

Subjects & Methods: Forty one healthy male soccer players (1st National League), aged (22±4 years) were included in this study which includes questionnaire, anthropometric measurements, soccer performance which was measured by ProZone technique with the mean of two games before Ramadan (BR) and at 4th week of Ramadan (4th R).

Results: According to the questionnaire there was negative effect for Ramadan on duration and regulatory of sleeping, however there was no differences on physical performance and concentration in the games BR and 4th R. With respect to anthropometric measurements there was a significant difference in body weight, BMI and % body fat BR and 4th R, however; there were no significant difference in muscle mass, medium running, top running and high speed running BR and 4th R.

Conclusions: Although there was a significant difference in body weight, BMI and percentage body fat before BR and 4th R, but this significant difference did not affect muscle mass and physical performance.

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Nutritional status and macronutrients adequacy of some traumatic brain injury patients attending a specialized unit in the State of Qatar

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Objectives: The aims of this study were to assess the nutritional status and macronutrients adequacy of traumatic brain injury (TBI) patients and healthy volunteers as controls, attending treatment from a specialized unit in Qatar.

Research Design & Method: This study was conducted among male attendees follow up with Rumailah Hospital, Hamad Medical Corporation, Doha, Qatar from August 2014 to June 2015 (21 TBI patients and 21 healthy volunteers). The attendees were consecutive patients with TBI. Demographic variables were solicited via medical records or directly from the attendees with TBI. Anthropometric measurements and dietary intake (24-hour recall method) were collected and assessed by the super tracker.

Results: Half of the participants (52.4%) were of age 30-38 years range. Approximately 23.8% of cases were classified as having 'mild TBI' while 28.6% and 47.6% were classified as moderate and severe TBI respectively. In terms of nutritional parameters, three-fourth (76.2%) of TBI patients were at high or moderate risk of malnutrition, 23.8% of them were underweight while 66.7% in the normal range and 9.5% were overweight. TBI patients were noted to have a deficiency in energy (30.2%), carbohydrate (43.0%), protein (24.8%) and fiber (54.1%) intake.

Conclusion: Despite the high prevalence of TBI in emerging economies such as Qatar, to our knowledge, there is a dearth of studies that examining the nutritional status and its complications among the TBI population. This study indicates that TBI patients in Qatar are at a high risk of developing malnutrition and macronutrients deficiency. Therefore, nutritional assessment, intervention and support are highly essential to improve TBI patients' health status beyond the brain injury.

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