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Dietary interventions for the potential prevention, treatment and management of endocrine disorders

The endocrine system is a beautifully complex and unique network of glands that secrete critical hormones that strive to regulate the biochemical functioning and optimize the performance of the human body. Virtually no system, organ, tissue or cell is untouched by the power and presence of the endocrine system. Unfortunately, disorders of the endocrine system may range from a minor inconvenience to a major threat to life. The causes and influencers of endocrine disorders may be biological, behavioral, environmental, dietary or idiopathic in nature. Because certain dietary patterns may exacerbate or attenuate the pathogenesis and ultimate outcomes of endocrine disorders, it is necessary to explore the nutritional profile of certain dietary patterns and their potential in the prevention, treatment and management of endocrine disorders. The nutritional profile of dietary patterns, such as the Western Diet, enhances the consumption of foods abundant in possible atherogenic, carcinogenic, obesogenic, toxigenic and inflammatory compounds which may act in synergy to promote chronic inflammation and disease pathogenesis. Conversely, dietary patterns such as the Mediterranean Diet, Okinawan Diet and the DASH Diet, rich in whole grains, fruits, vegetables, omega-3 fatty acids, antioxidants and other anti-inflammatory, anti-atherogenic, anti-carcinogenic and anti-obesogenic compounds, may be useful in reducing the risks, symptoms and severity associated with endocrine disorders and accompanying co-morbidities. Thus, examining the dietary-disease interface may prove to be the first line of defense for the prevention, treatment and management of endocrine disorders.

Biography

Melissa Johnson is currently working as an assistant professor in the Department of Food and Nutritional Sciences at Tuskegee University. She has published several papers in peer-reviewed journals, as well as served as co-author of chapters in edited books. Her research interests include cardiovascular and other chronic diseases, health promotion, disease prevention and health disparities.

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