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Healthy and therapeutic diets that promote optimal aging

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Introduction: Good nutrition is an important foundation for optimal aging. With the aging population, there will be increasing pressure to address many of the important major concerns that occur with aging, such as cardiovascular disease, cancer, osteoporosis and cognitive dysfunction, how diets have an important and foundation role in preventing and treating common disorders associated with aging. The core dietary recommendations for the disorders described are very similar and include an emphasis on vegetables, fruit, whole grains, healthy proteins, healthy fats, and healthy snacks. Effectively meeting the challenges described here will undoubtedly lead to an improved quality of life and most likely increased longevity. An integrative medicine model is also an ideal approach to explore these issues and develop solutions because the issues are multifactor and interrelated and require the expertise of an interdisciplinary clinical and research collaboration. This presentation will describe:

Important Dietary Guidelines for Preventing Cardiovascular Disease

- Recommended diet for cholesterol reduction
- Approaches to help reduce or control hypertension
- Dietary influences on newer risk factors for cardiovascular disease
- Relationship between antioxidants and cardiovascular disease
- Important Dietary Guidelines for Preventing Cancer
- Relationship between dietary fat and cancer
- Relationship between antioxidants and cancer
- Effects of refined or nutrient-poor diets on nutritional deficiency and cancer risk
- Obesity and cancer
- Dietary guidelines for treating cancer
- Therapeutic diets as adjuvant cancer therapy
- Recommendations for patients with cancer
- Important dietary guidelines for preventing and treating osteoporosis
- Malnutrition and nutritional deficiency in the elderly

Biography

Karima Elshamy has a Doctorate degree in Nursing Science from Cairo University, Egypt (DNSc). She is a Prof. of Medical Surgical Nursing and Head of Gerontological Nursing Department, Faculty of Nursing, Mansoura University, Egypt. She represented AORTIC Nursing of North Africa since 2009 – 2011, and from 2011 - 2013 she was AORTIC Vice President of Oncology Nursing, and now she is AORTIC Vice President of North Africa. She is a member of the Editorial Board of the Journal of Cancer Policy. She is Accreditation Reviewer in Ministry of Health, Egypt. She is a founder and executive director of the Egyptian Society for Promotion of Women's Health.

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