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Thyroid Disorders Ther 2016, 5:1(Suppl)
http://dx.doi.org/10.4172/2167-7948.C1.003

International Conference on
Thyroid Disorders and Treatment
February 29-March 01, 2016 Philadelphia, Pennsylvania, USA

Lifestyle interventions for Hashimoto's Thyroiditis

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Various studies have established a connection between Celiac disease and Hashimoto's. The incidence rate of Celiac disease in Hashimoto's patients has been reported to be between 1.2% and 15%. Researchers have reported that patients diagnosed with both conditions, who were on the gluten-free diet, had improved outcomes in both Celiac disease and Hashimoto's. Anecdotal evidence suggests that the gluten-free (GF) diet may also be helpful for Hashimoto's patients without Celiac disease. This presentation will focus on summarizing current published research on nutritional interventions for Hashimoto's, including the well described interventions of the gluten-free diet, Vitamin D and Selenium, as well as anecdotal results on the most helpful self-reported interventions from a survey of 2232 patients with Hashimoto's that took place in May 2015 (publication pending). Overall, 88% of survey respondents with Hashimoto's who attempted a GF diet felt better, with 86% reporting an improvement in digestive symptoms. Improvements in mood, energy levels and weight reduction were reported in 60%, 67%, and 52% of people with Hashimoto's who undertook a GF diet, respectively. Notably, only 3.5% of survey respondents reported being diagnosed with celiac disease, suggesting that a person with Hashimoto's does not have to have celiac disease to benefit from a gluten-free diet. Large scale randomized clinical trials on lifestyle interventions for Hashimoto's Thyroiditis are still in their infancy, however this presentation will share the most helpful interventions from a large scale patient survey which was guided by this author's clinical experience, that can be utilized in clinical practice.

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Expression of Mitogen-Activated Protein Kinases in papillary Thyroid carcinoma

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Papillary Thyroid carcinoma (PTC) is the most common endocrine malignancy, accounting for 85–90% of all Thyroid cancers. PTC also frequently carries several alterations in genes coding for proteins that activate the Mitogen-activated protein kinases (MAPK) signalling pathway, which plays a key role in the regulation of cell growth and differentiation. This study aims to investigate the mitogen-activated protein kinase (MAPK) signaling pathway, [extracellular-regulated kinase (ERK), Jun N-terminal Kinase (JNK) and p38] involved in tumorigenesis of PTC. 20 samples of PTC were selected for immunohistochemical and Western blot analysis of total and phosphorylated ERK, JNK and p38. Effect of MAPK inhibitors U0126 (ERK inhibitor), SP 600125 (JNK inhibitor) and SB 203580 (p38 inhibitor) were analyzed on BC-PAP, TPC-1, and WR082-W-1 cell lines by MTT assay and Western blots. Phosphorylated p38 was seen as abundant nuclear and cytoplasmic immunolabelling in 11/20 cases, while ERK and JNK phosphorylation were seen in one and four cases respectively ($p<0.01$). By Western blotting, phosphorytated p38, phosphorylated ERK and JNK were detected in 17, 7 and 10 cases respectively.MTT assay showed a decrease in the number of viable cells in all the cell lines after culturing with the p38 and ERK inhibitor. Western blot analysis revealed decreased phosphorylation of p38 and ERK after treating with inhibitors. These data suggest that p38 is activated in a larger proportion of PTC than ERK or JNK. The molecular profiling of PTC could reveal the altered biological pathways involved in the genesis of this common endocrine malignancy.

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