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Kefir intake as adjuvant onto glycemic control in diabetic rats

Cristina Stewart Bogsan
University of Sao Paulo, Brazil

Diabetes Mellitus (DM) is a group of metabolic disorders that has in common hyperglycemia. Kefir (K), classified as probiotic fermented milk showed beneficial effects as anti-inflammatory, antioxidant, antiviral, anticancer and antifungal. Animal studies showed evidence that Kefir has beneficial effects on intestinal micro-biota and immune system modulation as well as contribute to the reduction of oxidative stress and blood glucose control in diabetics, but there are few published studies in animals and humans to support this claim. Furthermore, probiotics have demonstrated the ability to adhere to mucosal surfaces and inhibit the attachment of other pathogenic bacteria contributing to the barrier integrity by modulating the immune cells. DM, when compared to CTL, showed an increase in water intake, food intake, diuresis and glycemia while DMK group all these metabolic parameters were decreased. DMK group was also presenting increase of body mass and insulin levels compared to DM. The lipid profile of the diabetic groups showed the tendency to increase compared to the respective controls. Concluding that the hypoglycemic effect promoted by kefir intake could be used as a tool to glycemic control, reducing or delaying the complications associated with this disease.

Biography

Cristina Stewart Bogsan is an Assistant Professor of Food Technology, Department of Biochemistry Pharmaceutical Technology of the Faculty of Pharmaceutical Sciences, University of Sao Paulo. She is a Graduate in Pharmacy and Biochemistry from Universidade Paulista in 1999 and obtained her Master's degree in Immunology and Microbiology, Federal University of Sao Paulo in 2002 and she was awarded Doctorate from the University of Sao Paulo in 2012. She has experience in Food Science and Technology, Microbiology and Immunology, focusing on Immunology and Food Science and Technology with emphasis on Science and Technology, dairy functional food, acting on the following topics: Fermented milk probiotic, interaction matrix-probiotic-mucosa, B-1 cells and mucosal immune modulation.

cris.bogsan@uol.com.br

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