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Nutrition and nutraceuticals an epigenetic strategy a for chronic diseases treatment

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Already in 2002 the WHO congress examined the science base of the relationship between diet and physical activity patterns and the major nutrition-related chronic diseases. The biologist Leroy Hood coined the terms P4 medicine, as a medicine that is predictive, preventive, personalized and participatory; which has transformed medical practice into a more targeted approach that manages a person's overall health as opposed to simply managing a patient's disease. A life course approach in chronic disease epidemiology explicitly recognizes the importance of timing and accumulation of exposures in identifying links between risk factors and outcomes within an individual's life. However, as adults age they become at risk of "nutritional frailty" which can compromise their ability to meet nutritional requirements at a time when specific nutrient needs may be high. How could food consumption influence epigenetic modifications that would eventually make an impact on individual health? One possibility is through directly affecting catalytic activities of the enzymes responsible for 'writing' or 'erasing' the epigenetic modifications. Nutriepigenomics is a promising field in the treatment of complex human diseases. Different epigenetic patterns provide information on dietary habits but also on the prospect of optimized dietary. Chronic diseases have emerged as a significant threat to health with and epidemic increased statistics. Recent work has suggested a significant role of the gastrointestinal microbiome, the interaction of the immune system with the nervous system in the health and diseases such as the effect of autonomic nervous activity on the immune response. Genetic variations may modulate the answer to treatment as does the inter-individual differences in the bacterial flora of the human digestive tract. Rapid progress in the understanding of the host microbial interaction has redefined pharmacokinetics of drug metabolism, allowing to improve the management of drug (ab) users and to improve the response in chronic situations. Nutrition as a therapeutic option for chronic diseases and therapeutic nutrition can be a target in chronic diseases as treatment and prevention.

Biography

Agnes Mazic- de Sonis, MD, PhD specialized in gynecology or obstetrics. She followed a multidisciplinary training involving TCM acupuncture pharmaconutrition and pain medicine. In the pain clinic of CHIREC Brussels all aspects of pain treatment and integrative approach are used. The group performs research on treatment of refractory pain, drug tolerance and side effects and efficacy of acupuncture. In the research on acupuncture a bidirectional approach of basic science and clinical trials is required. She is professor in pain medicine and acupuncture in Brussels and Paris. She oversees a special interest group integrative pain medicine supported by Belgian pain society (IASP).

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