

12th World Congress on
Pharmaceutical Sciences and Innovations in Pharma Industry
&
9th Edition of International Conference on
Alternative Medicine

February 26-28, 2018 London, UK

A review of a relationship between coeliac disease and obesity: Not just failure to thrive**Chelsea Spackman**

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Objectives: The primary objective of this review was to provide a systematic review of the literature on the relationship between coeliac disease (CD) and obesity. Further, the reviewer had the purpose of conducting an investigation on this correlation, ranging from pediatrics to adults, in specific areas such as the mechanism of the two conditions and the nutritional interventions. The mechanism review involved finding any pathogenic and pathophysiological link between the two conditions and investigating the possible association in clinical evidence and manifestations and of the symptoms. As a result, the present research was designed to establish a paper that can effectively inform not only the public but health care providers, concerning the importance of proper and time-sensitive diagnosis.

Methods: In order to achieve these objectives, the researcher conducted desk-based research, which involved a comprehensive review of numerous journal articles drawn from various publishers. The search strategy involved the use of both internal and external secondary sources of information obtained from Science Direct, PubMed, Journal of Paediatric Gastroenterology and Nutrition, The American Journal of Clinical Nutrition, and The European Journal of Clinical Nutrition, among others. Moreover, the search strategy also considered the mechanistic pathology, functional physiology, and human intervention.

Results: The key pathophysiological findings indicated that CD and obesity have a connection in the context of the predisposing factors, which are genetic, environmental and immunological factors. Further, the two conditions also show connection in the aspects of human nutritional interventions, where the intervention for CD was established to involve a GFD, however, some patients have been recorded as becoming obese once they start the treatment process.

Conclusion: Conclusively, it was important establishing a link between obesity and CD based on the clinical implications of the findings, as well as the general health care field; where, the present paper points out for the proper diagnosis of both conditions, whether the symptoms are atypical or not. Hence, it was important to provide a precise nutritional intervention for future patients, which may involve an introduction of a GFD before diagnosis, and strict follow-up and education for the patients on the importance of this intervention.

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