

The 1st International Congress of NLRCS, “Nutrition, from the Laboratory to Clinical Studies”, 6th – 8th September 2017, Mashhad, Iran

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The first International Congress of NLRCS, “Nutrition, from the Laboratory to Clinical Studies” was held on 6th - 8th September 2017, located in Mashhad University of Medical Sciences International Conference Center and was hosted by Mashhad University of Medical Sciences.

The purpose of the congress was to bring together cellular and molecular researchers, nutritionists, physicians, experts in food and health and other specialists to discuss the challenges of the interplay between Nutrition Sciences and medical intervention in all age groups. The meeting focused on the exchange of ideas and knowledge between the different disciplines for basic research and clinical interdisciplinary collaborations focusing on nutrition and health issues.

A panel regarding “Fasting and Human Health” was organized in the first day of the congress, and Professor Fereidoun Azizi, -a very well-known scientist in the field of Ramadan fasting- was the chairperson. Invited speakers presented their research related to fasting and relevant health issues. At first, Dr. Mohsen

Nematy, director-in-charge of “Journal of Fasting and Health” talked about “Ramadan fasting, recent advances and an introduction on the practical guideline for diabetes and Ramadan”. He emphasized that the researches and congresses about Ramadan fasting are not sufficient in comparison to enhancement of Muslims population. He introduced relevant on-going studies, congresses and journals in this area during 10 years ago and mentioned that although the research in this area is developing, more studies are required in this field (1).

Professor Fereidoun Azizi was the second speaker and presented a lecture entitled “Changes in metabolism and management of some endocrine disorders during Ramadan fasting”. He talked about endocrine variations during Ramadan due to changes in diet and sleep pattern that cause the variation in carbohydrates metabolism, and glycogenesis. Then he described hypothyroidism during Ramadan and the effect of fasting on T3 hormone (2,3).

In the following, Dr. Rauf explained the rationale for having a guideline which focuses

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on the details of diabetes and fasting, considering the large number of Muslims around the world who have diabetes and choose to fast. Finally, at the end of this panel, Dr. Abdolreza Norouzy discussed about the effects of fasting on weight loss, not only in Ramadan, but also during the rest of the year (4).

Abstracts of the conference presentations are published in the supplementary issue of Iranian Journal of Basic Medical Sciences, which is ISI-indexed.

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