

3rd International Conference on
FOOD SCIENCE AND TECHNOLOGY

November 11-12, 2019 | London, UK

The role of cortisol excess and deficiency in Metabolic syndrome

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According to the first global report of the World Health Organization, the number of adults with diabetes has increased to 422 million while causing 1.6 million deaths per year. This rise is largely due to type 2 diabetes mellitus. This study involved a literature search (PUBMED) which identified randomized controlled trials and systematic/literature reviews for interventions with an antidiabetic effect and risk factors that caused diabetes mellitus. Then studies were searched on the effect on cortisol for the interventions and risk factors. Thirty-five functional foods, 27 supplements, 19 pharmaceuticals, 9 non-communicable diseases, 8 psychological conditions, six environmental factors and the effect of physical activity were evaluated. The results revealed a positive correlation between cortisol and risk of insulin resistance. These findings suggest that the hypothesis of diabetes mellitus type 2 being caused by chronic cortisol overproduction is plausible.

Biography

Adrian Isaza is a Doctor of Chiropractic Diplomat of the American Clinical Board of Nutrition Allied Health Instructor Certified in Conversational Spanish (University of Santiago de Compostela, Spain) 2005 and 2007 Certified in French (Avec praxis/ Nice France).

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