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**Abstract Book**

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## Certificate of Poster Presentation

This is to certify that:

**Fatemeh Rahimi**

held a Poster Presentation entitled:

**Sleep quality in hemodialysis patients before hemodialysis**

in the

**Second International congress of Nephrology & Urology (ICNU)**

**Tehran, Iran**

**August 1-4, 2016**

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## ASSESSMENT OF KNOWLEDGE OF NUTRITION AND DIET IN PATIENTS UNDERGOING HEMODIALYSIS IN ONE OF THE SELECTED HOSPITALS OF ALBORZ UNIVERSITY OF MEDICAL SCIENCES KARAJ

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### Poster Presentations

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**Background and Aim:** Kidney failure is one of public health concerns. The annual numbers of patients under hemodialysis in Iran has increased by about 15%. Adherence to the diet and limiting fluid intake in patients with chronic renal failure are of great importance.

Studies have shown that 6 to 8% of dialysis patients suffer from severe malnutrition, and on average, 35 to 40% of them are malnourished. Unfortunately, morbidity and mortality rates among patients undergoing hemodialysis are unexpectedly on the rise. In the meantime, non-compliance with nutrition and diet is one of the most common causes of morbidity and mortality in hemodialysis patients.

**Methods:** This descriptive cross-sectional study was conducted on 50 hemodialysis patients in the hospitals of Karaj after obtaining informed consent. The instruments used in this study bulblets included demographic questionnaire and tools to measure knowledge. SPSS version 20 software was used for data analysis.

**Results:** Based the results of this study, the mean age of the participants was 53.33 years, 54.7% were male, the mean duration of dialysis was 5 years, 53% had diabetes, 61% had hypertension, 16% had full knowledge of nutrition and diet, 70% were aware somewhat of nutrition and diet, and 84% used supplements.

**Conclusion:** Nutritional knowledge in more than half of the patients undergoing dialysis was low, and promotion of literacy and level of knowledge play an important role in improving the nutritional status of patients, prevention of many possible complications, increasing quality of life in these patients.

**Keywords:** Diet, Dialysis, Nutrition, Knowledge

### FLAXSEED SUPPLEMENTATION IN METABOLIC SYNDROME MANAGEMENT: A PILOT RANDOMIZED, OPEN-LABELED, CONTROLLED STUDY

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style modification alone in management of MetS; whether these effects will be sustained with longer treatment durations remains to be determined

**Keywords:** Metabolic syndrome, Flaxseed, Insulin resistance, Central obesity, Body mass index

### GINGER SUPPLEMENTATION IN NONALCOHOLIC FATTY LIVER DISEASE: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED PILOT STUDY

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**Background and Aim:** Nonalcoholic fatty liver disease (NAFLD) is one of the most common chronic liver diseases worldwide. The pathogenesis of this disease is closely associated with obesity and insulin resistance. Ginger can have hypolipidemic and antioxidant effects, and act as an insulin-sensitizer. The aim of this study was to evaluate the efficacy of ginger supplementation in NAFLD patients.

**Methods:** In a randomized, double-blind, placebo-controlled clinical trial, 44 patients with NAFLD were assigned to take either two grams per day of a ginger supplement or the identical placebo, for 12-weeks. In both groups, the patients were advised to follow a modified diet and physical activity program. The metabolic parameters and indicators of liver damage were measured at study baseline and after the 12 week intervention.

**Results:** Ginger supplementation resulted in a significant reduction in alanine aminotransferase,  $\gamma$ -glutamyl transferase, and inflammatory cytokines, as well as the insulin resistance index and hepatic steatosis grade in comparison to the placebo. We did not find any significant effect of taking ginger supplements on hepatic fibrosis and aspartate aminotransferase.

**Conclusion:** Twelve weeks of two grams of ginger supplementation showed beneficial effects on some NAFLD characteristics. Further studies are recommended to assess the long-term supplementation effects.