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Antioxidant and functional nutraceutical treatments following minimally invasive (robotical) surgery**Ozlem Tokusoglu**

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Robotic surgery is a type of minimally invasive surgery. Minimal invasive means that instead of operating on patients through large incisions, it has been used miniaturized surgical instruments which fit through a series of quarter-inch incisions. When performing surgery with the Da Vinci Si - the world's most advanced surgical robot; these miniaturized instruments are mounted on four separate robotic arms, allowing the surgeon maximum range of motion and precision and has 3D camera. Robotic surgeries provide fewer traumas on the body, minimal scarring and faster recovery time. Medical nutrition therapy comprehends oral nutritional supplements, enteral or parenteral nutrition after surgery. To acquire convenient healing and functional recovery, a metabolic response is indispensable, but this needs nutritional therapy especially when the patient is malnourished and the stress/inflammatory reply are prolonged. Nutrition therapy is the verdict of nutrition or nutrients either orally including regular diet, therapeutic diet, fortified food, oral nutritional supplements or by Enteral Nutrition (EN) or Parenteral Nutrition (PN) to cure or treat malnutrition. In order to reduce perioperative discomfort including anxiety oral preoperative carbohydrate treatment (instead of overnight fasting) the night before and two hours before surgery should be administered. After operation, especially for gastrointestinal system, the intake of a hypoosmolar 12.5% carbohydrate rich drink has been shown to reduce postoperative insulin resistance. After minimal invasive surgery, oral preconditioning with glutamine, antioxidants and green tea extract versus placebo elevated plasma vitamin C concentrations significantly improved and improved total endogenous antioxidant capacity without reducing oxidative stress and inflammatory response. It can be difficult to bounce back after an operation, but a number of vitamins, minerals and antioxidant nutrients can support the recovery of patient after minimal invasive surgery operations. Studies have shown that long used vitamin K, which promotes blood clotting, to help heal incisions in patients after surgery and also aids in building strong bones. Vitamin K1 is present in many foods, especially leafy green vegetables including cabbage and spinach, broccoli, brussels sprouts, spring onions and is also present in liver, cows' milk, egg yolk and some cereals. With antioxidant properties many times more powerful than those found in better-known nutrients (including vitamin C and vitamin E), grape seed extract is a heart-smart and cancer-smart botanical.

Biography

Ozlem Tokusoglu has completed her PhD from Ege University, Department of Food Engineering. She is currently working as an Associate Professor, Faculty Member in Celal Bayar University Engineering, Faculty Department of Food Engineering. She was a Visiting Scholar at the Food Science and Nutrition Department, University of Florida, USA. She has published many papers in peer reviewed journals and serving as an Editorial Board Member of selected journals. She has published the scientific edited three international books entitled Fruit and Cereal Bioactives: Chemistry, Sources and Applications and Improved Food Quality with Novel Food Processing by CRC Press, Taylor & Francis, USA Publisher, and third book Food By-Product Based Functional Food Powders by CRC Press.

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