Πώς να κάνεις μια πετυχημένη παρουσίαση σε συνέδριο;

Κωνσταντίνος Πίτσιος, MD, PhD
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Key message
Effect of Physical Activity on Anxiety Symptoms In Previously Institutionalized Youth

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Introduction
- Individuals who were previously institutionalized in orphanage care tend to have higher anxiety levels than the general public (Tottenham, 2010).
- Exercise has been shown to alleviate anxiety symptoms, however, this relationship has only been examined in the general public (De Moor, 2008).

Research Question
Is there a relationship between physical activity and anxiety levels among previously institutionalized children and adolescents?

Methods
- Participants:
  1. 17 children and adolescents who were previously institutionalized in orphanage care (PI youth) and 15 control participants
  2. 20F, Mage = 13.81

Procedure:
- Participants answered 3 questions about their physical activity levels (e.g., running, cycling, or swimming)
- Adoptive and biological parents of participants reported their perceived child's anxiety levels using the Revised Child Anxiety and Depression Scale (RCADS). Only anxiety items were used in analyses (e.g., My child worries about doing badly at school work)

Discussion & Future Directions
- Small sample size was a limitation to the study.
- In the future, additional questions about physical activity levels would help create a more complete depiction of the type of physical activity adolescents engage in most often.
- It may also be beneficial to have participants self-report their anxiety levels and compare these to their parents' answers.
- Pending further research with larger sample sizes, exercise could prove to be a simple, low cost intervention to help alleviate anxiety symptoms, especially in PI youth who are already at higher risk for developing anxiety disorders.

References
The NTP Version 4 daemon supports some three dozen different radio, satellite and modem reference clocks plus a special pseudo-clock used for backup or when no other clock source is available. Detailed descriptions of individual device drivers and options can be found in the Reference Clock Drivers page. Additional information can be found in the pages linked there, including the Debugging Hints for Reference Clock Drivers and How To Write a Reference Clock Driver pages. In addition, support for a PPS signal is available as described in Pulse-per-second (PPS) Signal Interfacing page.

A reference clock will generally (though not always) be a radio timecode receiver which is synchronized to a source of standard time such as the services offered by the NRC in Canada and NIST and USNO in the US. The interface between the computer and the timecode receiver is device dependent, but is usually a serial port. A device driver specific to each reference clock must be selected and compiled in the distribution; however, most common radio, satellite and modem clocks are included by default. Note that an attempt to configure a reference clock when the driver has not been compiled or the hardware port has not been appropriately configured results in a scalding remark to the system log file, but is otherwise non hazardous.

For the purposes of configuration, ntpd treats reference clocks in a manner analogous to normal NTP peers as much as possible. Reference clocks are identified by a syntactically correct but invalid IP address, in order to distinguish them from normal NTP peers. Reference clock addresses are of the form 127.127.t.u, where t is an integer denoting the clock type and u indicates the unit number in the range 0-3. While it may seem overkill, it is in fact sometimes useful to configure multiple reference clocks of the same type, in which case the unit numbers must be unique. The server command is used to configure a reference clock, where the address argument in that command is the clock address. The key, version and ttl options are not used for reference clock support. The mode option is added for reference clock support, as described below. The prefer option can be useful to persuade the server to cherish a reference clock with somewhat more enthusiasm than other reference clocks or peers. Further information on this option can be found in the Mitigation Rules and the prefer Keyword page. The minpoll and maxpoll options have meaning only for selected clock drivers. See the individual clock driver document pages for additional information.
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In summary, the conference concluded the following:

- The conference clearly highlighted the rapidly growing and dynamic nature of using insects for food and feed worldwide, and revealed far more of the potential and current activities around using insects and their products, including for health care as well as for providing raw materials for the non-food sectors.

- The potential of insects for human food and animal feed is highly relevant in view of: their good nutritional quality; human population growth, and corresponding higher demands for animal proteins in the form of meat and fish; the fast rising costs and quantities needed of major protein sources (for example fishmeal and soy) to feed the growing number of farmed animals; and the high environmental impact of our current high meat consumption food habits and animal farming practices that use feed grains that could be directly consumed by humans.

- A wide range of socio-economic opportunities based on using insects are accessible at any scale of production both in developed and developing countries. These include creation of jobs, enterprise development, food and animal feed production, organic waste processing and increased global trade.

- Major challenges include: further awareness-raising with the general public to promote insects as healthy food and feed for animals; influencing policy makers to approve insect inclusive food and feed legislations; further research efforts to provide and expand with validated data the available scientific evidence and benefits of using insects in the food and feed chains.

- There remains a wide gap between activities being conducted, largely for food in developing countries and the high-tech, large scale industrial initiatives focussing on feed for livestock and aquaculture, primarily in developed countries.
In summary, the conference concluded the following:

✦ The use of insects for food and feed is growing worldwide.
✦ Good future perspectives due to their good nutritional quality, human population growth, with fast rising costs and quantities needed.
✦ Creation of jobs while the food and animal feed production can increased global trade.
✦ Influencing policy makers can help to approve insect inclusive food and feed legislations.
✦ Further research efforts to provide validated data of the benefits are needed.
O6-Benzylguanine Inhibits Tamoxifen Resistant Breast Cancer Cell Growth and Resensitizes Breast Cancer Cells to Anti-Estrogen Therapy

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Abstract

Recent advances in breast cancer research have identified key pathways involved in the repair of DNA damage induced by chemotherapy. The ability of cancer cells to repair DNA damage and maintain DNA repair is an important mechanism for therapeutic resistance and has a negative impact on therapeutic efficacy. A number of DNA-damaging chemotherapy agents are used in the treatment of breast cancer. Understanding the mechanisms of DNA repair is crucial for developing novel therapeutic strategies. In this study, we investigated the effect of O6-benzyguanine (O6-BG) on DNA repair enzymes in tamoxifen-resistant breast cancer cells. O6-BG significantly inhibited DNA repair enzymes in tamoxifen-resistant breast cancer cells, leading to decreased cell survival and increased apoptosis. These results suggest that O6-BG inhibition of DNA repair enzymes may be a potential therapeutic target for tamoxifen-resistant breast cancer.

Introduction

Tamoxifen is a well-known anti-estrogenic drug used in the treatment of breast cancer. However, resistance to tamoxifen is a major challenge in breast cancer treatment. The ability of cancer cells to repair DNA damage and maintain DNA repair is an important mechanism for therapeutic resistance. Understanding the mechanisms of DNA repair is crucial for developing novel therapeutic strategies. In this study, we investigated the effect of O6-benzyguanine (O6-BG) on DNA repair enzymes in tamoxifen-resistant breast cancer cells. O6-BG significantly inhibited DNA repair enzymes in tamoxifen-resistant breast cancer cells, leading to decreased cell survival and increased apoptosis. These results suggest that O6-BG inhibition of DNA repair enzymes may be a potential therapeutic target for tamoxifen-resistant breast cancer.

Results

Prolonged Treatment of Tamoxifen Increases MGMT Expression: We developed tamoxifen-resistant MCF-7 cells by using prolonged treatment of tamoxifen. Tamoxifen-resistant MCF-7 cells showed increased MGMT expression compared to parental MCF-7 cells (Fig. 1A).

Knocking Down Erk Enhances MGMT Expression in Tamoxifen Resistant Breast Cancer Cells: ErbB-2 activation regulates the expression of MGMT in response to DNA damage. We investigated whether ErbB-2 activation regulates the expression of MGMT in tamoxifen-resistant breast cancer cells. ErbB-2 activation significantly increased MGMT expression in tamoxifen-resistant breast cancer cells. This suggests that ErbB-2 activation may be involved in the regulation of MGMT expression in tamoxifen-resistant breast cancer cells.

Transcriptional Regulation Between MGMT and p233: We used ChIP-Seq analysis to investigate the transcriptional regulation between MGMT and p233. MGMT and p233 are transcriptionally regulated by E2F1, suggesting that E2F1 may be involved in the regulation of MGMT and p233 expression in tamoxifen-resistant breast cancer cells.

Conclusions

In conclusion, our results suggest that O6-BG inhibition of DNA repair enzymes may be a potential therapeutic target for tamoxifen-resistant breast cancer. These findings provide novel insights into the mechanisms of DNA repair and resistance to tamoxifen therapy.
Prospective Adherence to Specific Immunotherapy in Europe (PASTE) study: the enrollment of patients in Greece.

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PASTE is a study aiming to evaluate the proportion of adherence to Allergen Immunotherapy (AIT) for allergic respiratory diseases and Hymenoptera venoms, in real life, across different European countries. An EACMI Task Force has been formed for this purpose and 8 countries are participating. Hereby are the first data from the enrollment of the Greek patients.

Results
Thirteen Hospital Deps and Private practices, from different parts of Greece [shown in the Map] are participating in the PASTE study. A total of 322 adult patients (mean age: 33.89, 64.3% males) were recruited by hospital departments (69.9%) and private practices. The main allergic AIT-treated condition was allergic rhinitis (Graphic 1). 50.6% of the patients reported symptoms lasting for more than 5 years, before starting AIT.

A total of 322 patients had sensitivities to airborne allergens; most commonly to grasses, weeds, Olive and to house dust mites (Graphic 2). AIT was prescribed for Grass, Parietaria, Olive, Cypress, Dermatophagoides, Alternaria and cat (Graphic 3). Subcutaneous AIT for airborne allergens is performed in 178 patients, while 49 are receiving sublingual drops (39) or tablets (10).

Fifty-two patients were venom allergic: venom immunotherapy was prescribed to 39 bee-allergic, to 12 Vespula-allergic and to 6 Polistes-allergic patients (Graphic 2). No data of adherence to AIT are presented since the first year of enrollment has not been completed.

Method
Inclusion criteria were adulthood and the eligibility for AIT to inhalant allergens or hymenoptera venoms. AIT-treated in the past were excluded. SurveyMonkey® online software is used for the study and data are collected and analyzed by study's international coordinators. Patients’ enrollment started on October 2012 and ever since data are updated every four months. The total duration of study's follow-up will be of three years.

Conclusions
Most patients have had symptoms long before starting AIT. Subcutaneous is the route for AIT mainly used by Greek allergists. Grass is the main airborne allergen causing respiratory allergies in Greece, followed by Parietaria and Olive. Honeybee is the commonest insect for venom allergy in Greece. Since PASTE includes data from countries with different longitudes, useful conclusions will be extracted.

As a relation to this presentation, I declare that there are no conflicts of interest.
Thank you