13th Annual Scientific Conference & Gathering

Theme: Environmental Virology, Exposomics and Epigenetics

Venue: Old Great Hall, College of Medicine, University of Lagos, Idi Araba, Lagos State

Date: Wednesday 8th June 2016

Time: 8.00 am - 5.00pm

Programme & Book of Abstracts
13th Annual Scientific Conference and Gathering

THEME
Environmental Virology, Exposomics and Epigenetics

SUBTHEMES
Non-communicable diseases: environmental and genetic influences
Public health financing and resource limitation

CHAIRMAN
Professor Rahamon A. Bello
Vice Chancellor, University of Lagos

SPECIAL GUEST OF HONOUR
Dr. Olajide Idris
Honourable Commissioner for Health, Lagos State

GUEST SPEAKER
Professor Sunday Aremu Omilabu
Professor of Virology
College of Medicine, University of Lagos

VENUE
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Conference website
www.cmulfcsconference.com
Background: The purpose of this study was twofold: first to provide data for more accurate counseling of adults above 20 years of age on the benefit of regular blood donation and second to sonographically assess Brachial Artery Flow Mediated Dilation (BAFMD) for the prediction of cardiovascular risk in regular blood donors.

Materials and methods: Data was collected over a period of 7 months. 100 eligible male blood donors and 50 non-donors/first time donors, aged 21 to 50 years were selected from Lagos University Teaching Hospital blood donor records. Ultrasound BAFMD, serum markers of iron stores, markers of oxidative stress (LDL), and other related cardiac risk factors were assessed in all subjects.

Results: Flow mediated dilation in the brachial artery was significantly greater in regular blood donors when compared with non-donors (13±7.02% versus 8.20±4.19%, p=0.000). Serum ferritin was significantly decreased in regular blood donors when compared with non-donors (mean value 41.92±23.12 versus 61.97±30.19 ng/ml, p=0.000). Hb did not differ between the groups. High FMD was significantly associated with high C-HDL and low C-LDL. LDL was decreased in regular blood donors compared with non-donors.

Conclusions: The present study provides prognostic information for assessing ultrasound BAFMD as a cardiac risk marker. Regular blood donors have enhanced cardiovascular function with increased flow mediated dilation, decreased body iron stores and decreased oxidative stress compared with non donors.

Keywords: ultrasound, brachial artery flow mediated dilatation, cardiovascular diseases, blood donors.