



Publications Template

#	Research Title	Field	Abstract	Year of Publication Publishing	Publishing Link	URI
1	Electroacupuncture versus aerobic interval training on liver functions in patients with nonalcoholic fatty liver	alternative therapy	Background: Nonalcoholic fatty liver disease (NAFLD) is considered one of the most common and most important conditions affecting the liver, because of its increasing prevalence all over the world. It is usually associated with elevated liver enzymes and ranges from simple steatosis to liver cirrhosis. This study was conducted to compare the effects of electroacupuncture (EA) versus aerobic interval training (AIT) exercise and how they affect liver functions in people suffering from nonalcoholic fatty liver. Methods: This study was carried out on 50 female patients suffering from NAFLD with age ranging from 30 to 55 years; they were randomly divided into two equal groups: group A received (EA) stimulation at points of liver 3 (LR3), liver 14 (LR14), gall bladder 34 (GB34), and stomach 36 (ST36), whereas group B received AIT exercise. All patients in both groups A and B received 3 sessions per week for 6 weeks ...	2020	https://www.liebertpub.com/doi/ab	/10.1



2	Effect of low-calorie diet on psoriasis severity index, triglycerides, liver enzymes, and quality of life in psoriatic patients with non-alcoholic fatty liver disease	Nutrition in internal medicine	Chronic-plaque psoriasis is a chronic inflammatory dermatological disease. Obesity comorbidities, including non-alcoholic fatty liver disease, are highly prevalent in patients with chronic-plaque psoriasis. Recently, weight loss has been a highly recommended intervention to improve the severity of psoriatic symptoms, psoriasis-induced chronic systemic inflammation, psoriasis-associated cardiovascular risk factors, quality of life, and the efficacy of anti-psoriatic drugs. This study was designed to assess the effect of a 12-week low-calorie-diet intervention on aspartate transaminase, psoriasis severity (assessed via Psoriasis Area and Severity Index – PASI), alanine transaminase, quality of life (assessed via Dermatology Life Quality Index – DLQI), triglycerides, waist circumference (WC), and body mass index (BMI) in class I obese men with chronic-plaque and non-alcoholic fatty liver disease.	2023	https://pmc.ncbi.nlm.nih.gov/articles/
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Material and methods

Sixty men with age ≥ 18 years with class I obesity and with chronic plaque psoriasis and non-alcoholic fatty liver disease were included in the study. All participants were randomly assigned to one of two groups: the first group as the low-calorie-diet group (30 men received immunosuppressive drugs, followed a low-calorie diet, and increased their energy expenditure through a daily 15,000-step outdoor walking program for 12 weeks) and the second as the control group (30 men received immunosuppressive drugs only). The primary outcome consisted of the results of the area and severity index. Weight, BMI, WC, laboratory results such as triglycerides, liver enzymes (alanine transaminase and aspartate transaminase) as well as DLQI were considered as secondary outcomes.

Results

While no significant improvements were achieved in the measured



		variables of the control group, the low-calorie-diet group demonstrated significant improvement in all the measured variables. Conclusions The results of the present study confirmed that 12-week low-calorie-diet intervention controls BMI, increases the response of psoriasis to pharmacological agents and improves the quality of life. Diet interventions significantly control the elevated hepatic enzymes (aspartate and alanine transaminases) and triglycerides in male patients with chronic-plaque psoriasis and non-alcoholic fatty liver disease.		
3	Adding autogenic drainage to	Chest physiotherapy	BACKGROUND: Hypoxemia and pulmonary complications are common after upper abdominal surgery (UAS).	2021 https://www.scielo.br/j/spmj/a/bk3YLjq



**chest
physiotherapy
after upper
abdominal
surgery: effect
on blood gases
and pulmonary
complications
prevention.**

OBJECTIVE: To examine whether inclusion of autogenic drainage (AD) in chest physiotherapy after UAS confers additional benefits in improving blood gases and reducing postoperative pulmonary complications (PPCs).

DESIGN AND

SETTING: Randomized controlled study conducted at Kasr Al-Ainy teaching hospital, Egypt.

METHODS: A randomized controlled trial was conducted on 48 subjects



Randomized controlled trial

2021

undergoing elective UAS with high risk of developing PPCs. The study group received AD plus routine chest physiotherapy (deep diaphragmatic breathing, localized breathing and splinted coughing) and the control group received routine chest physiotherapy only. The outcomes included arterial blood gases measured at the first and seventh postoperative days, incidence of PPCs within the first seven days and length of hospital stay.



RESULTS: Baseline characteristics were similar between groups. In the AD group, SaO_2 , PaO_2 , PaCO_2 and HCO_3 significantly improved ($P < 0.05$) while in the physiotherapy group, only SaO_2 and PaO_2 significantly improved ($P < 0.05$). Nonetheless, significant differences in post-treatment SaO_2 and PaO_2 between the groups were observed. The overall incidence of PPCs was 16.66% (12.5% in the AD group and 20.8% in the physiotherapy group)



(absolute risk reduction - 8.3%; 95% confidence interval, CI, -13.5 to 29.6%), with no significant difference between the groups. The AD group had a significantly shorter hospital stay ($P = 0.0001$).

CONCLUSION: Adding AD to routine chest physiotherapy after UAS provided a favorable blood gas outcome and reduced the length of hospital stay. It tended to reduce the incidence of PPCs.



Response of salivary flow rate to transcutaneous electrical nerve stimulation in haemodialysis patients

Internal
medicine

he immediate and 3-week effects of transcutaneous electrical nerve stimulation (TENS) on hyposalivation in end-stage renal disease patients on maintenance haemodialysis. Methods. Overall, 80 haemodialysis patients with hyposalivation complaints (40 diabetics and 40 nondiabetics with a mean age of 59.35 ± 9.59 and 59.45 ± 9.66 years, respectively) were treated with 20-minute extraoral TENS (50 Hz and 250 μ s pulse duration) applied bilaterally to parotid glands for 3 successive weeks (3 sessions per week). Besides the baseline measurement, the whole resting saliva was collected immediately after the first and last TENS sessions in a graduated test tube via the 5-minute low forced spitting method. The whole resting salivary flow rate (WRSFR) (ml/min) was calculated by dividing the collected salivary volume by the 5-minute collection period. Results. When the baseline WRSFR mean was compared with its value after the first or last TENS session, WRSFR showed a highly significant increase in diabetic and nondiabetic haemodialysis patients. Conclusions. Extraoral

2023

doi: <https://doi.org/10.5114/pq.2023.100000>



		electrostimulation via TENS is an effective therapeutic modality for hyposalivation in end-stage renal disease patients on maintenance haemodialysis. Key words: saliva, electrostimulation, transcutaneous electrical nerve stimulation, haemodialysis, diabetes mellitus, chronic renal failure		
Lipid Profile Response to Electroacupuncture in Non-Alcoholic Fatty Liver Patients with Hyperlipidemia	Internal medicine	Background Non-alcoholic fatty liver disease (NAFLD) is estimated to be one of the most common diseases affecting the liver because of its high prevalence worldwide. Abnormal lipid profile between NAFLD patients has been reported in several studies. Objectives This study aimed to evaluate the lipid profile response to	2021	https://link.springer.com/article/10.1186/s13047-021-01507-7



electroacupuncture in NAFLD patients.

Methods

A total of 60 female patients with NAFLD were included in the study with ages ranged from (30–55) years old. They were divided equally into two groups, group A received electroacupuncture (EA) stimulation at points of; LR14, LR3, ST36, and GB34. And group B received sham acupuncture application in non-acupuncture points. The demographic data and lipid profile such as total cholesterol (TC), serum triglycerides (TG), serum high-density lipoprotein (HDL), serum low-density lipoprotein (LDL) were recorded before and after the study.



Results

The study results revealed a significant decrease ($p < 0.05$) of LDL, TC, TG after 6 weeks of non-interrupted treatment sessions in group A, However HDL showed no significant improvement ($p > 0.05$). A significant difference was found between post-treatment values of LDL, TC, and TG between both groups.

Conclusion

Electroacupuncture can be an effective, simple, and applicable method for the improvement of elevated lipid profiles in NAFLD patients.