



Health and Nutrition



HELLO!



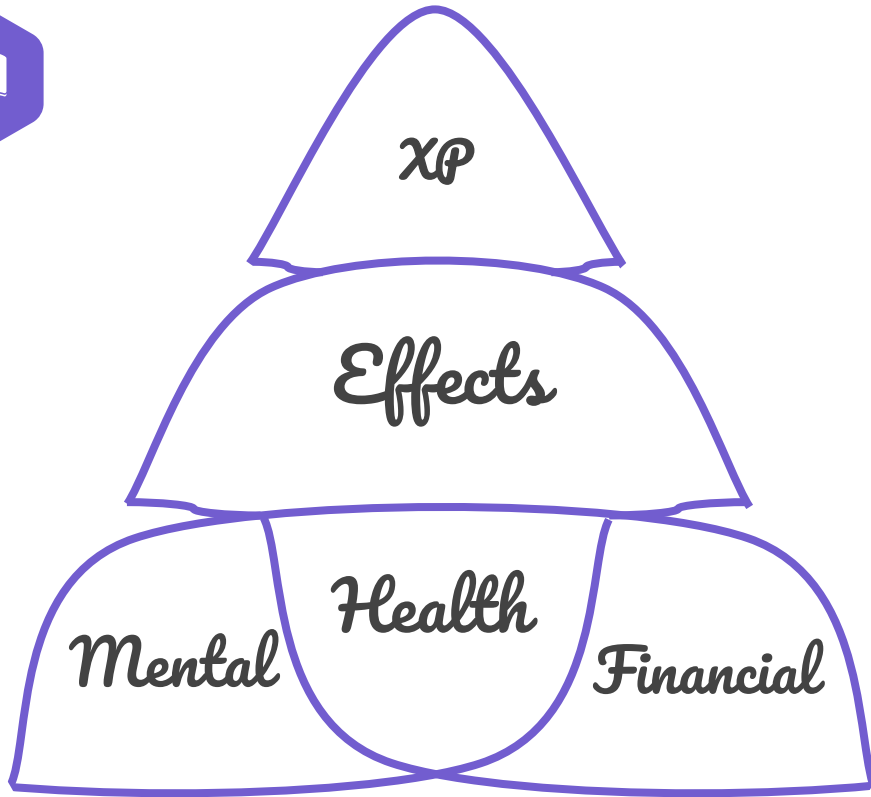
“Our food should be our
medicine and our
medicine should be our
food” -Hippocrates



1

Call Of The Night

Xeroderma Pigmentosum



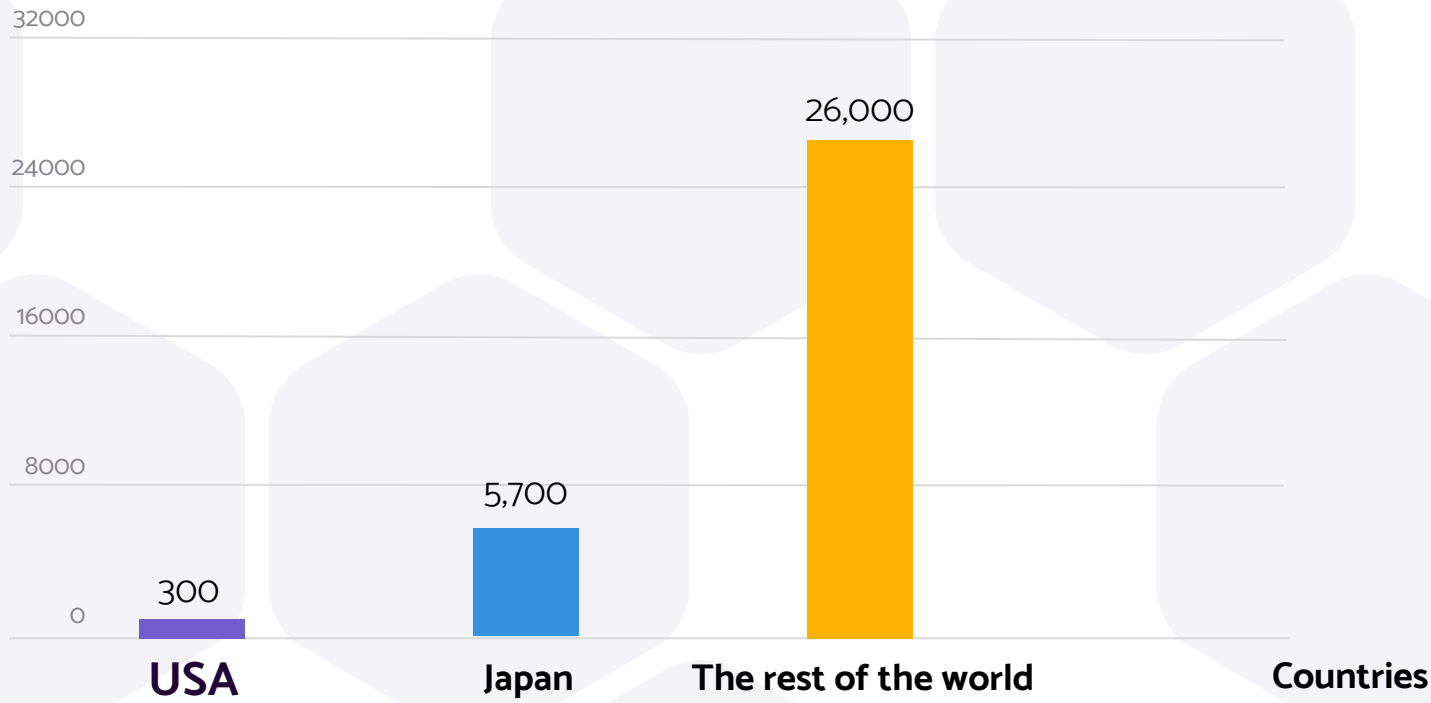
- What is Xeroderma Pigmentosum (XP)?
- What are the challenges that people with XP face?



Xeroderma Pigmentosum:

- XP is an inherited disease that is characterized by extreme sensitivity to UV light.
- It is **autosomal** and **recessive**.
- Also extremely rare to inherit

Number of people affected by XP



Symptoms:

- Severe sunburn with blistering
- Dry skin and eyes
- Corneal clouding
- Microcephaly
- Intellectual disability
- Delayed Growth



What about one's mental health?





Loneliness

Depression



Insecurities



There is no treatment for XP

But there are methods to prevent its symptoms which require high financial capabilities.





Ophthalmologist

Oncologist

Dermatologist

Neurologist



Audiologist





2

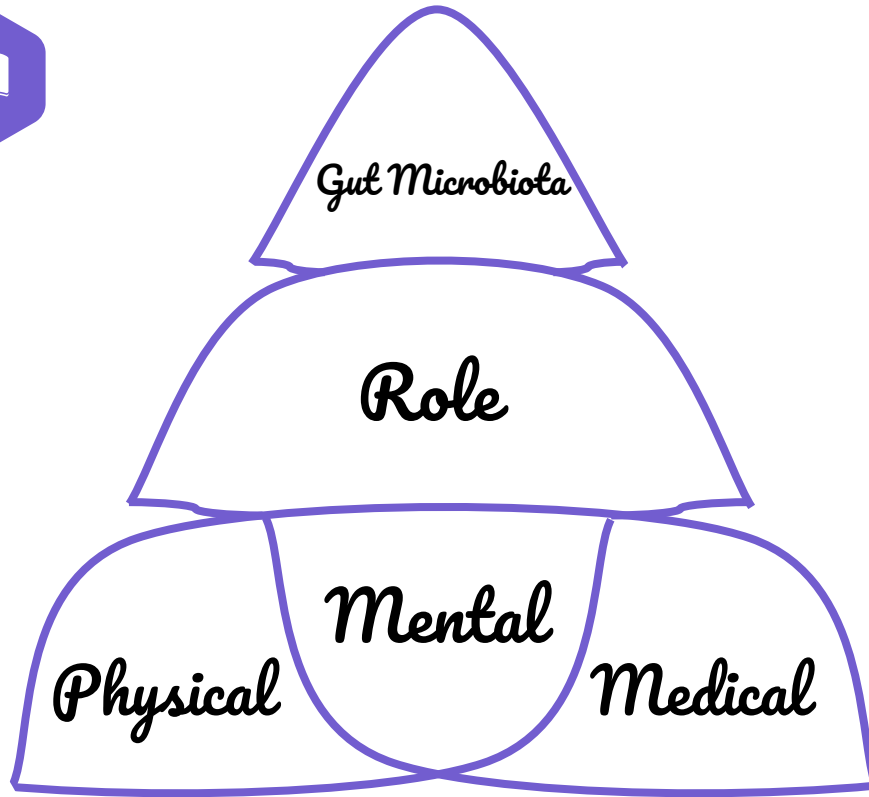
The Other Body

Gut Microbiota



“Everyday we live and every meal we eat influence the great microbial organ inside of us - for better or for worse.”

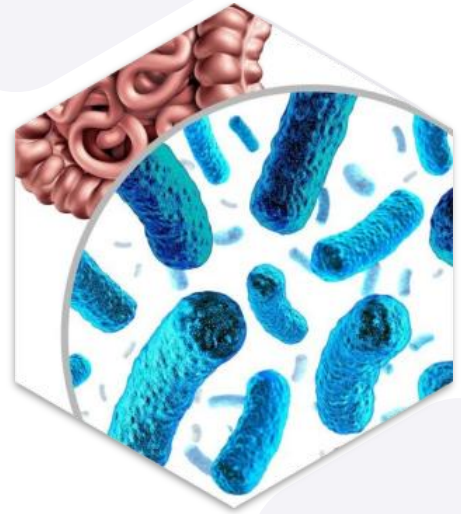
-Giulia Enders



- How does Microbiota act on the body ?
- How can microbiota be used to improve the health of an individual ?

Physical:

- Influences the proliferation as well as inhibition of certain bacteria
- Depends on diet of individual
- Affects overall appetite and urges
- May result in obesity, diabetes, as well as cancer
- Can also be used as a method to treat obesity



Mental:

Case Study:

- Depression and Anxiety patients given probiotic pills.
- Overall mood improved after 2-3 months.
- Food consumed is crucial to overall mental health of individuals and can help in improving it.

Probiotics are foods or pills that contain beneficial microorganisms for the gut microbiota.

Medical:

- Fecal microbial Implantation (FMT) by which a solution of fecal matter which contains healthy microorganisms are inserted into the intestines of recipients to improve their gut microbiota.
- Introducing FMT aiding in treating intestinal disease
- Previously mentioned bariatric surgery to treat morbid obesity
- Researching new ways of utilization still ongoing



TEAM PRESENTATION

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RESOURCES

<https://www.cancer.net/cancer-types/xeroderma-pigmentosum>

<https://www.verywellhealth.com/xeroderma-pigmentosum-2861056>

<https://medlineplus.gov/genetics/condition/xeroderma-pigmentosum/>

<https://rarediseases.info.nih.gov/diseases/7910/xeroderma-pigmentosum>

<https://www.verywellhealth.com/xeroderma-pigmentosum-2861056>

<https://journals.sagepub.com/doi/10.1177/1359105317714643>

<https://www.skincancer.org/blog/camp-sundown/>

<https://www.sciencedirect.com/science/article/pii/S1021949819300122>

<https://www.bmj.com/content/361/bmj.k2179>

<https://www.healthline.com/health/probiotics-depression>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4749851/>