The Effectiveness of a Home-Based Diabetes Management Program on Diabetes Control

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Author(s): Gülnaz Karatay*, Yeliz Akku, Bar Öztürk and Barlas Sülü

Background: Diabetes is a lifelong disease and reduces the victim’s lifespan and quality of life. Diabetes management is a continuing life-long endeavor requiring cognitive, attitudinal and behavioral changes.

Effect of Smoking Reduction on Birth Weight: Benefits of Temporarily Quitting Smoking and Smoking Less

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Author(s): Zhen-Qiang Ma* and Monica A Fisher

Objectives: To assess the benefits of smoking cessation beyond measuring success as completely quitting smoking. To consider time-specific and dose-dependent smoking cessation as important harm reduction measures during pregnancy.

The Relationship between Plasma Levels of Large Neutral Amino Acids and Leptin in Women with or Without Obesity

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Author(s): Alireza A. Amini* and Maryam M. Amini

Objectives: To investigate the relationship between plasma levels of large neutral amino acids (LNAA) and leptin in women with or without obesity.
Obese subjects usually have hyperaminoacidemia. Because leptin can affect the metabolism of amino acids, the relationship between them in obesity was investigated. The results showed obese women had significant elevation of plasma large neutral amino acids, which was positively correlated with the values of leptinemia and HOMA-IR.

**Circulating MicroRNAs as Cancer Biomarkers: Can They Play a Role in Clinical Practice? Short Review**

microRNAs (miRNAs) are a large family of short noncoding RNA sequences which modulate gene expression and regulate a wide range of biological processes. There is evidence that miRNAs may have a role in molecular mechanisms linked to tumorigenesis and a lot of studies have proven that some miRNAs are closely correlated with cancer.