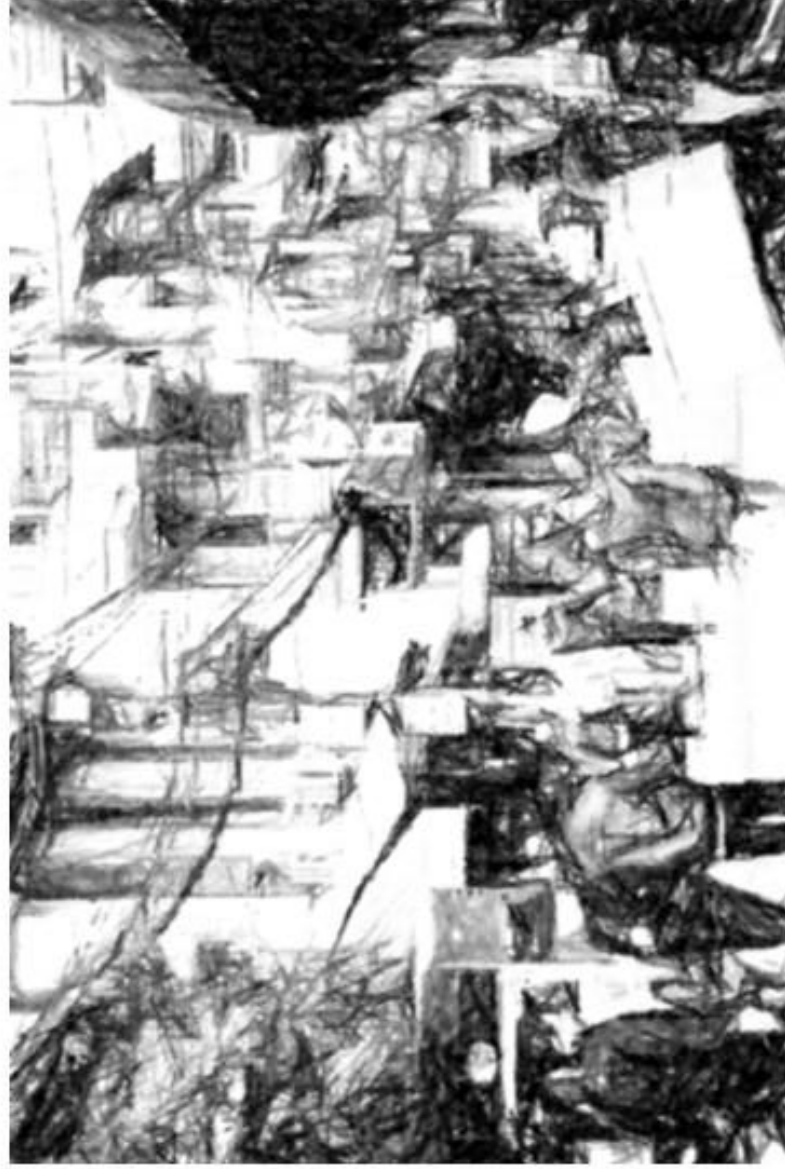


B - C O N 4

**Biofunctional
Finding
Organization**

Biofunctional Finding Conference 4

Diverse dietary cultures and BIOFUNCTIONAL RESEARCH in Ho Chi Minh City



Friday 26th July 2024
~ Sunday 28th July 2024
Ho Chi Minh City
Vietnam

**7th Floor, STAR BUILDING,
33Ter-33bis, Mac Dinh Chi Street,
Da Kao Ward, District 1,
Ho Chi Minh City, Vietnam.**

For B-CON4

Thank you very much for making it possible to hold this international conference in Ho Chi Minh City. I am very pleased to have the opportunity to exchange knowledge and gain new insights with all of you. Ho Chi Minh City, known as a crossroads of cultures, welcomes you with a spirit of hospitality and diversity.

Ho Chi Minh City, formerly known as Saigon, has etched its name as a rich intersection of history and culture. From the French colonial period in the late 19th century to reunification after the Vietnam War, Ho Chi Minh City has always been a symbol of transformation and progress. This city is a place where tradition and modernity harmonize, full of hope and potential for the future.

It is highly meaningful to deepen new insights through academic discussions and exchanges in this historic city. By learning about the transitions from the past to the present of Ho Chi Minh City and feeling its spirit, we hope our discussions will become deeper and richer.

This organization was born as a "life science study group" together with members who shared the desire to research and develop human biological functions and related fields in Kyushu. In 2018, we continued our activities while changing the name to "Biofunctional Finding Organization (BFO)", and this year 2024 is the 7th year.

I look forward to sharing diverse perspectives and knowledge and having a fruitful time. I hope this conference will be beneficial to all of you and provide profound inspiration.

We would like to express our sincere gratitude to all those concerned for their efforts in holding this conference.

Chairperson

Biofunctional Finding Conference 4

KIYOKAWA Takuma

B-CON4

Biofunctional Finding Conference 4

EVENT : Biofunctional Finding Conference 4 (B-CON4)

DATE : Friday 26th July 2024 ~ Sunday 28th July 2024

PLACE : 7th Floor, STAR BUILDING, 33Ter-33bis, Mac Dinh Chi Street,
Da Kao Ward, District 1, Ho Chi Minh City, Vietnam.

THEME : Diverse dietary cultures and BIOFUNCTIONAL RESEARCH
in Ho Chi Minh City

Chairperson : KIYOKAWA Takuma

PROGRAM :

Day	Time	Topic
26, Jul	15:00~15:30	Keynote 1 NEMOTO Seiji
	15:30~17:00	Report
27, Jul	07:00~14:00	Keynote 2 Nhân (coordinator)
	15:00~17:00	General Meeting & Board of Directors
28, Jul	10:00~11:00	Closing remarks NEMOTO Seiji

[Research report recruitment]

Deadline for submitting the final:

Friday, June 28, 2024, 5:00 p.m. (JST)

Guidelines for Paper Submissions:

We are looking for papers on a wide range of biological functions. Anyone involved in related fields, regardless of affiliation, can apply. Please include the presentation title, affiliation, presenter's name, and co-author's names, and summarize your paper in terms of [Objective], [Method], [Results], and [Conclusion]. Submit your paper in a total of 500 characters or less. If you have any questions, please contact the secretariat.

Receipt and acceptance of reports:

If you submit a report by email, we will notify you. If you do not receive a reply, please contact the secretariat.

We will inform you later about the acceptance / rejection of the submitted report (review result). Reports are slide presentations or poster presentations.

[Registration]

Date and time of registration and payment of participation fee:

Friday, June 28, 2024, 5:00 p.m. (JST) / ¥10,000 (JPY)

※Once you have received the fee, it cannot be refunded.

[PAYEE]

Bank transfer: Japan Post Bank ⇒**Same bank:** 10500-93149501

⇒**Other bank:** [store] 058 [account] 9314950)

[OFFICE]

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TEL: 080-5266-3087 / **Mail:** biofunctional.finding.org@gmail.com

Abstract (Keynote)

Keynote 1: 26, Jul, 2024 15:00~15:30

“Diverse dietary cultures and BIOFUNCTIONAL RESEARCH” NEMOTO Seiji

Ho Chi Minh City has a unique food culture shaped by its rich history and diverse culture. The city's food culture has been influenced by a variety of influences from the French colonial period, the Vietnam War, and up to the present day. As a result, the city's food culture is a wonderful blend of local traditions and outside influences.

Some of the city's signature dishes include pho, banh mi, and spring rolls. These dishes are characterized using fresh herbs and vegetables, as well as balanced seasonings, and are known as healthy meals. For example, pho uses broth made from bones, which is rich in amino acids and minerals. This is expected to improve digestive function and strengthen the immune system.

Also, banh mi is a sandwich that combines French baguettes with Vietnamese ingredients, and contains a balanced amount of carbohydrates, proteins, and vegetables. This is said to help provide energy and maintain muscles.

Ho Chi Minh City's diverse food culture is closely linked to its cultural background. Examples include the fusion of French and Vietnamese cuisine influenced by the French colonial period, and the influence of immigrants from China and Cambodia. This cultural background brings diversity to the choice of ingredients, cooking methods, and eating styles, making Ho Chi Minh City's food culture rich and unique.

Ho Chi Minh City's diverse food culture is not just a source of nutrition but reflects the history and culture of the region and has many biological functions that contribute to health. Understanding and incorporating this food culture will be an important factor in living a healthy life.

Thus, Ho Chi Minh City's food culture is supported by its rich history and diverse cultural background, and its impact on health is also very diverse.

Keynote 2: 27, Jul, 2024 07:00~14:00

“History of the Cu Chi Tunnels” Nhân (coordinator)

The Cu Chi Tunnels are a network of underground tunnels used by the Viet Cong (National Liberation Front) during the Vietnam War, located about 70 kilometers northwest of Ho Chi Minh City in the Cu Chi district. These tunnels were a central hub for guerrilla warfare in South Vietnam and have become a significant historical site from the war.

The construction of the Cu Chi Tunnels dates to the French colonial era. In the late 1940s, during the First Indochina War, the Viet Minh (Vietnamese Independence League) first began digging tunnels to use in their battles against the French forces.

In the 1960s, as the United States began its military intervention in South Vietnam, the tunnels were greatly expanded by the Viet Cong. The tunnels extended to a total length of approximately 250 kilometers, forming a complex underground network. They were used as part of guerrilla warfare tactics, serving as multifunctional secret bases for troop movement, storage of weapons and supplies, hospitals, kitchens, and meeting rooms. This allowed the Viet Cong to evade enemy detection and continue their strategic attacks.

Life within the tunnels was harsh, with limited space, oxygen, and light posing significant challenges. However, the Viet Cong maintained their existence by utilizing cleverly designed ventilation systems and chimneys, remaining hidden from enemy forces. The tunnels were also equipped with landmines and booby traps to defend against intrusions.

The U.S. military, recognizing the existence of the tunnels, implemented various countermeasures. Special units known as "Tunnel Rats" were formed to infiltrate and clear the tunnels of enemies. Efforts to destroy the tunnels using bombs and chemical agents were also made, but complete control was difficult to achieve.

Today, the Cu Chi Tunnels are preserved as a tourist attraction and are open to the public. Visitors can explore the actual tunnels and learn about the history of the war and life within the tunnels. The Cu Chi Tunnels stand as an iconic legacy of the Vietnam War, symbolizing the harshness of the conflict and the resilience of the soldiers. They are an essential part of understanding Vietnam's history and culture, providing deep insights to all who visit.

Abstract (Report)

Report : 26, Jul, 2024 15:30~17:00

01

Development of a nursing operations support system focused on hospital admission tasks

KAGAWA Shota

Makuhari Faculty of Human Care, Tohto University

Introduction: The Japanese medical field faces a severe shortage of nurses due to the aging population and declining birthrate, leading to decreased student academic ability and motivation in nursing colleges. This affects practical skills in clinical settings, potentially lowering the quality of patient care. This study aims to develop a nursing work support system to improve nurses' work efficiency, particularly for complex hospital admission tasks.

Method: At Hospital A in Tokyo, we gathered admission documents, observed the admission workflow, and conducted time studies on nurses. This data was used to create a workflow diagram and develop a system in collaboration with an IT engineer.

Results: The proposed system comprises four subsystems:

Work Standardization System: Automatically creates hospitalization work patterns.

Task Management Support System: Tracks task completion and progress.

Task Support System: Provides necessary task-related information.

Documentation Support System: Documents information using voice, camera, and text.

Discussion: The system aims to free nurses from repetitive tasks, allowing more focus on patient care and providing learning opportunities for less experienced nurses. It reduces educational exhaustion and improves nursing management efficiency. Future includes collecting operational data to enhance and optimize the system, ultimately improving the quality of medical care.

02

Muscle-related nutritional components of sarcopenia in older Asian women: a literature review of randomized controlled trials.

KINOSHITA Hiroe

Makuhari Faculty of Human Care, Tohto University

Objective

In today's super-aging society, maintaining physical strength in the elderly is crucial for their quality of life and to prevent the need for nursing care. Disuse muscle atrophy from decreased physical activity and reduced dietary intake leads to sarcopenia, which increases mortality and disability risk. Sarcopenia affects about 20% of Japanese men and women aged 75-79 and about 30% of men and 50% of women aged 80. Lower estrogen levels are associated with muscle weakness, highlighting the need for preventive measures for women. While resistance exercise is known to reduce physical function decline, adequate dietary intake is also vital for muscle fiber growth and metabolism. Identifying effective dietary interventions could reduce sarcopenia in elderly women. This systematic review examines randomized controlled trials (RCTs) on muscle-related nutritional components of sarcopenia in Asian women aged 65 and older.

Methods

PubMed was searched for RCTs from 2014 to 2024 assessing nutrition interventions on muscle mass, strength, and function in women.

Results

Eight RCTs were included. Interventions varied in supplement type, dosage, age, and duration. Seven RCTs reported beneficial effects of soy, leucine-rich whey protein, oral nutritional supplements (ONS) with HMB, vitamin D, essential amino acids plus catechin-fortified tea, and Korean mistletoe extract (KME) on muscle mass, strength, and function.

Conclusion

Several nutrients positively impact sarcopenia in older Asian women. Further research on combining these nutrients with resistance exercise and dietary interventions is warranted to enhance muscle metabolism and prevent sarcopenia.

03

Weight Changes in Setting Energy Reduction Goals for Specific Health Guidance

KIYOKAWA Takuma

Makuhari Faculty of Human Care, Tohto University

Purpose

Since 2008, specific health checkups and guidance have targeted individuals aged 40 to 74 under employment and national health insurance. These initiatives aim to prevent lifestyle-related diseases through lifestyle changes. This study analyzes the impact of health guidance provided on the same day as the checkup versus subsequent days, focusing on weight changes based on energy reduction goals through exercise or diet.

Methods

Participants included those who received health guidance on the same day or later in fiscal year 2023, aiming to reduce energy through exercise or diet. Ethical approval was obtained, and data were securely stored.

Results

Among 185 participants, 113 received same-day health guidance, and 72 received it later. Average weight loss was 0.12 kg for same-day guidance and 0.31 kg for later guidance. For same-day guidance, those focusing on exercise lost an average of -0.21 kg, while those focusing on diet lost 0.49 kg. For later guidance, those focusing on exercise lost 1.71 kg, while those focusing on diet lost -0.3 kg.

Discussion

Both same-day and later health guidance led to weight loss, with differences based on the focus of energy reduction. Same-day guidance was more effective for diet-related goals due to time constraints, while later guidance was more effective for exercise-related goals, allowing for better understanding and practice.

About US

NAME: Biofunctional Finding Organization, NPO

Establishment(Certification): March, 20, 2015 (July, 22, 2019)

Address: 1-1, Hibino, Mihama-ku, Chiba-shi, Chiba-ken, Japan, 〒261-0021

Objective:

This association conducts research and development of human biofunctional and its related fields. Promote the quest for the information and knowledge through dissemination and enlightenment. And it aims at contributing to the improvement of the quality of life of people and the public welfare. In addition, we aim to contribute internationally.

<B-CON4 OFFICE>

Chairperson : KIYOKAWA Takuma

Secretary General : KIYOKAWA Takuma

Member : NEMOTO Seiji

<DATA>

B-CON4 Chairperson : KIYOKAWA Takuma

Address: 1-1, Hibino, Mihama-ku, Chiba-shi, Chiba-ken

Day: 26, Jul, 2024