

## PA-A-20

### THE EFFECTS OF DRY INTERMITTENT FASTING ON OVERWEIGHT AND OBESITY: PROTOCOL FOR A NON-RANDOMIZED CONTROLLED TRIAL

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#### INTRODUCTION

In line with the increasing trend of overweight and obesity prevalence worldwide, stakeholders have been strengthening the efforts to promote obesity prevention programs. Although wet intermittent fasting has been proven effective in reducing weight and is widely practised nowadays, the effectiveness of two-days per week dry fasting is still unclear. The Cardiometabolic and Anthropometric Outcomes of Intermittent Fasting (CAIFA) study aimed to determine the cardiometabolic, anthropometric, dietary and quality of life changes among overweight and obese civil servants following combined intermittent fasting and healthy plate (IFHP) and healthy plate (HP) alone. This study also explored the participants' experience with both methods.

#### METHODOLOGY

The CAIFA study is a mixed-method quasi-experimental study examining the effectiveness of IFHP and HP methods among overweight and obese adults. A total of 177 participants participated in this study, of which 91 were allocated in the IFHP group and 86 in the HP group. The intervention involve two phases: a supervised phase (12 weeks) and an unsupervised phase (12 weeks). The data collection was conducted during baseline visit, after the supervised phase, and at the end of the unsupervised phase. Data on socio-demographics, quality of life, physical activity and dietary intake were also obtained. Serum and whole blood were collected from each participant for analysis.

#### RESULTS

Most of the participants were females (n=147, 83.7%) and Malays (n=141, 79.6%). The outcomes included in this study were changes in body weight, body composition, quality of life, physical activity, dietary intake and cardiometabolic parameters such as fasting blood glucose, 2-hour postprandial blood glucose, HbA1c, fasting insulin and lipid profile.

#### CONCLUSION

We established a mixed-method study to assess the effectiveness of combined IFHP and HP interventions on cardiometabolic and anthropometric parameters and to explore participants' experience throughout the study

## PA-A-21

### GRAVES' DISEASE COMPLICATED WITH THYROID STORM AND SEVERE CHOLESTASIS

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#### INTRODUCTION

A multifaceted relationship exists between the thyroid gland and the liver, which is crucial for maintaining homeostasis. Therefore, it is common to identify liver dysfunction in patients with thyroid disease. Although cholestasis can be associated with thyroid storm, it is important to ascertain the etiology as other conditions such as drug-induced cholestasis, autoimmune liver disease and sepsis-related hepatic dysfunction warrant specific management.