



# ADVANCES IN TREATING DISEASES

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## Dr. Ian J Martins

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Simplicity in complexity: Ian James Martins' research on insulin therapy and autoimmune disease with a special focus on NAFLD

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The insightful research by Ian James Martins' might be one of the next breakthroughs in medical science. His research paper describes the insulin therapy and the autoimmune disease with relevance to non-alcoholic fatty liver disease.

We are well aware that the diabetes epidemic is now expected to become a global pandemic by the year 2050. The data shows that nearly 592 million people succumb to the disease in both the developing and developed nations. Medical scientists have been trying to find a solution to treat this disease.

We are also acquainted with the treatment of diabetes by insulin therapy, which is commonly recommended by various doctors to treat their patients. The insulin treatment has been the focus for many diabetics with the improvement and prevention of various diseases such as cardiovascular disease, kidney disease, and neurodegeneration.

Martins', however, felt the need for some research in this field. He understood that the global non-alcoholic fatty liver disease (NAFLD) has now become a major concern with a critical interest in insulin therapy to reverse and stabilize autoimmune disease with relevance to NAFLD and the diabetes pandemic.

Martins' in his work further describes the role of dietary components that activate anti-aging genes to improve insulin therapy. He elaborates that it should be assessed with specific amounts and doses of Indian spices consumed which further, may interfere with insulin therapy and induce mitophagy in various diseases.

Mitophagy is a form of macroautophagy that selectively degrades damaged mitochondria. Double-membraned autophagosomes enclose whole mitochondria or selectively target the damaged areas. Autophagosomes then fuse with lysosomes for degradation.

Martins' work throws light on the role of food quality; appetite control and core body temperature and how the above three factors are critical in maintaining insulin therapy with unhealthy diets linked to NAFLD and diabetes. Genomic medicine and dietary activators are essential to maintain

insulin therapy and prevent toxic immune reactions with relevance to NAFLD and diabetes management.

Martins' research has made us more aware of this chronic disease. According to him, insulin treatment has been evaluated in diabetes but the global NAFLD epidemic that is now expected to reach 20- 30% of the global communities will now be connected to diabetes pandemic and the pathogenic loop. He says that insulin therapy has been assessed with relevance to improving inflammatory conditions. However, the defect in the anti-aging gene Sirt 1 and diabetic mitophagy still continues to persist with the induction of NAFLD and various organ diseases.

Martins' has also emphasized the need to assess insulin therapy to avoid over-consumption of Indian spices that may be the cause of inactivation of insulin therapy and mitochondrial biogenesis. He has also stressed how imperative genomic medicine and Sirt 1 genes can be in maintaining insulin therapy, especially in the developing world with toxic immune reactions vital to NAFLD. In addition to the above, he also says that insulin therapy may not reverse the nuclear – mitochondria defect that is relevant to global organ disease and various plasma biomarkers.

Ian James Martins' work has simplified the complexity associated with NAFLD and diabetes and paves a way for the future medical scientists to further contribute to the research conducted by him.

## BIOGRAPHY



Dr. Ian James Martins is an Editor/Reviewer for Open Access Pub/Open Access Journals/MDPI journals and various other international journals. Advisory Board Member for Photon Journal

(Portrait 18), Fellow of International Agency for Standards and Ratings (IASR). Conferred with the RICHARD KUHN RESEARCH AWARD-2015

ENDOCRINOLOGY AND METABOLISM. Chief Editor for International Journal of Diabetes Research (2014-2018), [Research and Reviews: Neuroscience](#) (2016-2018) and Journal of Diabetes and Clinical Studies (2017-2018). BIT Member (BIT Congress. Inc) with an *h-index* of 65, (ResearchGate (28) Scopus ID: 7103152779/Mendeley (21), UWA Research Repository (16). Scientist Science Advisory Board (USA), Academic with Academia.edu. Citations accumulated to >4741. [Ian James Martins - Semantic Scholar](#) <https://www.semanticscholar.org/author/Ian-James-Martins/5258067>. ResearchGate Researcher: Ian J Martins | Ph D | Centre of Excellence for Alzheimer's Disease

[https://www.researchgate.net/profile/Ian\\_Martins2](https://www.researchgate.net/profile/Ian_Martins2).

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