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A review on benefits of selenium in fish health

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The nutrition of human, it has been considered that fish would be a significance source of protein because of the fact that fish and fish oils contain omega-3 fatty acids; in particular, eicosapentaenoic acid and docosahexaenoic acid. Fish and fishery products have been identified as nutritional sources because of their high protein content. However, their biochemical changes which causes substantial problems in distribution. The limitation of natural resources such as fresh water and land has led to intensification of production systems. Selenium is an essential trace element and acts as an antioxidant by incorporation with selenocysteine in

selenoproteins. Selenium could prevent damage to the unsaturated fatty acid of sub-cellular membranes by lipid peroxidation induced by free radicals. Some investigations provide a direct evidence for the preservation role of selenium on the antioxidative defense system against toxic agents. With administration of selenium, the toxic effects on inhibition of antioxidant enzyme activity have prevented significantly. This might be related to the fact that toxic agents are detoxicated by selenium, which thus enabled fish exposed to toxic pollutants to survive. In real, selenium is an interesting agent for research on antioxidative effect.

Biography

Zeliha Selamoglu is a Professor in Medical Biology department of Nigde Omer Halisdemir University, Turkey. She earned her PhD in Biology from Inonu University, She has published over 90 peerreviewed journal articles with over 840 citations and many technical reports. She is a member of Society for Experimental Biology and Medicine: Associate Membership and European association for cancer research. She has served as Editorial Board member for many Journals. Her research Interest focuses on Medical Biology, Molecular Biology, Biochemistry, Biotechnology, Oxidative stress, Antioxidants, Cancer.

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