

# CWSF 2016 - Montreal, Quebec



## Arjun Pandey

### Cardiometabolic Effects of Dietary Probiotics and Gut Microbiota Supplementation

**Challenge:** Health

**Category:** Senior

**Region:** Waterloo-Wellington

**City:** Waterloo, ON

**School:** Waterloo Collegiate Institute

**Abstract:** Dietary probiotics are foods which contain high amounts of strains of "good" bacteria. This study evaluated the impacts of supplementing a cardiovascular diet with dietary probiotics over a 3 month intervention period in 80 essential hypertensive patients. Significant improvements were noted in numerous cardiometabolic parameters in individuals on the probiotic enriched diet in comparison to the current standard of care control diet.

#### Biography

My name is Arjun Pandey and I am a Grade 11 Extended French and AP Student at Waterloo Collegiate Institute. My research over the past 4 years has focused on cardiovascular disease, and has included abnormalities of circadian blood pressure patterns, pulmonary arterial hypertension, and most recently on the cardiometabolic effects of dietary probiotics. I have presented my previous research at international medical conferences including the American College of Cardiology and Canadian Cardiovascular Congress, and have published my research in peer-reviewed journals such as the British Journal of General Practice, and the journal Circulation. My hobbies and interests include debating, public speaking (in both French and English), basketball and soccer.

#### Awards

#### Value

Excellence Award - Senior - Silver Medal Sponsor: Youth Science Canada	
Dalhousie University Faculty of Science Entrance Scholarship Senior Silver Medallist - \$2500 Entrance Scholarship Sponsor: Dalhousie University, Faculty of Science	\$2 500
UBC Science (Vancouver) Entrance Award Senior Silver Medallist - \$2000 Entrance Scholarship Sponsor: The University of British Columbia (Vancouver)	\$2 000
University of Ottawa Entrance Scholarship Senior Silver Medallist - \$2000 Entrance Scholarship Sponsor: University of Ottawa	\$2 000
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
<b>Total</b>	<b>\$8 500</b>