

**Letter to Editor****Breakfast Affects The Cognitive Function of The Health Care Providers?****Faiza Alam<sup>1\*</sup>, Syeda Sadia Fatima<sup>2</sup>**<sup>1</sup>*PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam, Bandar Seri Begawan, Brunei*<sup>2</sup>*Department of Biological & biomedical Sciences, Aga Khan University, Karachi, Pakistan***\*Correspondence:** Faiza Alam PAPRSB Institute of Health Sciences, University Brunei Darussalam, Bandar Seri Begawan, Brunei, Email: faiza.orakzai@gmail.com, Tel: 006738990416

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Madam/Sir, breakfast being the first meal of the day, stands very essential to kick-start the mental and physical activities of the day. Following a long overnight fasting, glycogen stores are depleted and the brain requires a significant glucose to be well-oriented and to perform the cognitive functions well. Without doubt breakfast consumption offers great energy to start the physical activity but also prevents from fat deposits, impaired glucose tolerance, heart problems, bone weakness etc. [1]

Its noteworthy that despite the known benefits of breakfast, a large group of people including the medical students and health care professionals tend to avoid/skip breakfast. Quite a few studies indicate the reasons (lack of time, getting late, work/study pressure, attempt for weight loss, distaste of hostel-food) and presence of neuroglycopenic symptoms (lethargy, drowsy, sensitive) during early study hours. High scores of digit span test and Mini-Mental State Examination suggested lower cognitive status of individuals who skip the breakfast than their counterparts.[2, 3]

Medical students are the future doctors and their neuroglycopenic symptoms during their study tenure can lead to lack of understanding of the concepts which might end up in life-threatening situation for someone in future. It has been observed that the HCP concise/skip their breakfast in order to fulfill their duties efficiently. HCPs need to be alert, receptive, clam with quick reflexes while dealing with patients. Lack of energy might negatively affect their functionality and decision making. Moreover, their habit of skipping breakfast may have a negative influence on a number of people around them, thus leading to an unhealthy society.

Health care professionals have a great impact on the well-being of the society whereas they compromise on their own. Despite existence of extensive literary data available signifying connection between breakfast consumption and cognitive functionality of medical students, yet detailed prospective studies are warranted to observe the convolving link between the two in HCP as this concerns the health and safety of the society.

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**CONFLICT OF INTEREST**

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