New Insights in Obesity: Genetics and Beyond

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Editorial **Published Date:- 2020-12-14**

Brown fat tissue: Therapeutic potential for insulin resistance, new hopes for tomorrow

The well recognized white adipose tissue is an endocrinal organ secreting various hormones and this article simply indicates to the physiologic concepts brown fat tissues (BAT) which are extremely active endocrine organs and play various metabolic active roles in intermediate metabolism. The physiologic function of Brown adipose tissues contributes to energy-producing parts of the cell. Its amount is rare up to approximately one hundred and thirty gram and implies important characteristics for mammals. An increase in energy expenditure could be an aim by activation of BAT, seems futurity to reduce body weight that needs a vast majority of fundamental research to facilitate its occurrence [1]. Brown fat tissue generates heat and has valuable importance for human metabolism [2,3]. Brown fat tissue is decreased in overweight and obese people and possibly activating brown fat tissue might help for reducing weight and weight-related metabolic disorders like insulin resistance.

Review Article **Published Date:- 2020-04-28**

Obesity Surgery in Spain

Obesity is a multifactorial epidemic disease of environmental origin that affects subjects of all countries and whose origin is not in the stomach or intestines. Surgical treatment represents a unique case of surgery for operating healthy organs, which are not the cause of the disease and do not improve after the operation.

Kremen and Linner [1] and Varco and Buchwald teams of in Minneapolis, MN began the intestinal deviation (ID) of malabsorption in 1954. Payne [2] and Scott [3] developed these ID techniques in the 1960s leaving only 14- 4 inches (35 -10 cm) as an absorption zone and were abandoned in the 1970s due to its serious metabolic (malnutrition) and liver complications (liver failure).

Research Article **Published Date:- 2020-04-22**

Neuroticism and BMI: The role of genetic tendency, behavior and environment on body weight

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Introduction: Recent research has explored the role that personality traits play in health and weight determination. This study extends current research by evaluating the extent to which behavior mediates the impact of neuroticism and body weight using polygenic risk as a measure of neurotic tendency.

Methods: Structural equation modelling disaggregates the effect of neurotic tendency on BMI into direct and indirect effects. Indirect effects-those transmitted through mediating health behaviors—allow for the simultaneous comparison of multiple behavioral mediators— exercise frequency, smoking intensity, sleep sufficiency and screen time.

Results: While health-related behavior-screen time, sleep, smoking and exercise-directly influence BMI, neurotic tendency showed no direct effect. The strong association between neurotic tendency and behavior, however, indicated that polygenic risk of neuroticism indirectly influenced BMI through two health related behaviors-screen time and smoking. Therefore, the relationship between neurotic disposition and BMI is transmitted through behavioral pathways rather than directly.

Conclusion: This research offers novel insight into the relationship between personality and health outcomes. If behavior manifests through personality disposition, then understanding the relationship between personality, behavior and BMI will help guide weight management interventions to focus on strategies to help manage responses to stress to elicit desired weight outcomes.

Research Article **Published Date:- 2020-03-27**

ECHO…for a change!!

The childhood obesity is increased more than three folds in last two decades in developed world. There is nutritional transition seen in the developing world including India. The westernization in diet of the Indian population along with prosperity brings the brunt of overweight and obesity. This has future implications of liver diseases, heart diseases, hypertension, hyperlipidaemia, insulin resistance; malignancies. Mumbai is the prosperous city and an economical capital of India. Also, the rampant use junk food, common outdoor eating's, no grounds to play for children make the high likelihood that the prevalence of obesity to be higher than rest of the country.

It can profoundly affect children's physical health, social, and emotional well-being and self-esteem. It is also associated with poor academic performance and a lower quality of life experienced by the child.

One of the best strategies to reduce childhood obesity is to improve the eating and exercise habits of the entire family. Treating and preventing childhood obesity helps protect the child's health and has tremendous impact on child's Physical and academic performance.

And hence we at Aastha Bariatrics took initiative and launched ECHO... for a change ('E'radicating 'C'Hild 'H'ood 'O'besity), a pan Mumbai campaign against childhood obesity.

This campaign was done in 15 high schools across Mumbai, which covered in total of 9000 students.