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## LEPTIN HORMONE: IT'S ASSOCIATION WITH OBESITY: A REVIEW

[ADD TO MY LIST](#)**Author(s):** [Shradha Bisht1\\*](#), [Subhash Pingolia1](#), [Natasha Sharma2](#)**Journal:** [International Journal of Drug Formulation and Research](#)  
ISSN 2229-5054**Volume:** 1;**Issue:** 1;**Start page:** 204;**Date:** 2010;[Original page](#)**Keywords:** [appetite](#) | [hormone](#) | [Leptin](#)**ABSTRACT**

Leptin is expressed predominantly by adipocytes, which fits with the idea that body weight is sensed as the total mass of fat in the body. Smaller amounts of leptin are also secreted by cells in the epithelium of the stomach and in the placenta. Leptin receptors are highly expressed in areas of the hypothalamus known to be important in regulating body weight, as well as in T lymphocytes and vascular endothelial cells. Leptin is a hormone that is tied closely to regulating energy intake and expenditure, including appetite, metabolism and hunger. It is the single most important hormone when it comes to understanding why we feel hungry or full. When present in high levels, it signals to our brain that we're full and can stop eating. When low, we feel hungry and crave food. It does this by stimulating receptors in our hypothalamus, the part of our brains which regulates the hormone system in our bodies. When leptin binds to receptors in this part of our brains, it stimulates the release of appetite-suppressing chemicals. People with leptin disorders eat uncontrollably. Although leptin is a circulating signal that reduces appetite, in general, obese people have an unusually high circulating concentration of leptin. These people are said to be resistant to the effects of leptin, in much the same way that people with type 2 diabetes are resistant to the effects of insulin. The high sustained concentrations of leptin from the enlarged adipose stores result in leptin desensitization. The pathway of leptin control in obese people might be flawed at some point so the body doesn't adequately receive the satiety feeling subsequent to eating.

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