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Effect of hypocaloric diet-induced weight loss in obese women on plasma apelin and adipose tissue expression of apelin and APJ.

Isabelle Castan-Laurell, Michaela Vítková, Danièle Daviaud, Cédric Dray, Michaela Kovacikova, Zuzana Kováčová, Jindriska Hejnová, Vladimír Stich, Philippe Valet

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Isabelle Castan-Laurell, Michaela Vítková, Danièle Daviaud, Cédric Dray, Michaela Kovacikova, et al.. Effect of hypocaloric diet-induced weight loss in obese women on plasma apelin and adipose tissue expression of apelin and APJ.. *European Journal of Endocrinology*, 2008, 158 (6), pp.905-10. 10.1530/EJE-08-0039 . inserm-00277309

HAL Id: inserm-00277309

<https://inserm.hal.science/inserm-00277309v1>

Submitted on 7 Apr 2009

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TABLE 1. Clinical characteristics and metabolic parameters of lean controls and obese subjects before and after LCD.

	Obese		P
	Before diet	After diet	
Weight (kg)	89.8 ± 3.7	83.1 ± 3.6	<0.0001
BMI (kg/m ²)	32.2 ± 1.4	29.8 ± 1.4	<0.0001
Fat mass (%)	41.3 ± 1.1	39.0 ± 1.4	<0.001
Fat (kg)	37.8 ± 2.6	33.3 ± 2.7	<0.0001
Waist circumference (cm)	96.4 ± 3.1	88.8 ± 2.8	<0.0001
Waist-to-hip ratio (WHR)	0.81 ± 0.02	0.79 ± 0.01	<0.005
Systolic blood pressure (mm Hg)	116 ± 2	115 ± 3	0.260
Diastolic blood pressure (mm Hg)	73 ± 2	72 ± 2	0.522
Cholesterol (mmol/L)	5.76 ± 0.23	5.27 ± 0.18	<0.01
Triglycerides (mmol/L)	1.28 ± 0.09	1.00 ± 0.07	<0.005
HDL-C (mmol/L)	1.70 ± 0.07	1.51 ± 0.05	<0.001
Glucose (mmol/L)	5.14 ± 0.10	4.97 ± 0.09	0.0862
HOMA-IR	1.89 ± 0.18	1.47 ± 0.16	<0.01

The data presented are means ± SEM in obese subjects before (n= 20) and after (n= 20) LCD.

P: probabilities obtained with nonparametric Wilcoxon's test for paired observations (before and after LCD)