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## **Metabolic hormones and ethnic aspects in obesity**

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## METABOLIC HORMONES AND ETHNIC ASPECTS IN OBESITY

1. The strong positive correlation between circulating leptin levels and fat mass in South Asians makes leptin a potential biomarker for adiposity in this population. - *this thesis*
2. The effectiveness of noradrenergic activation of brown adipose tissue depends on polymorphisms of the ADRB2 receptor. - *this thesis; Ishida et al, Int J Obes 2024*
3. South Asian females will especially benefit from anti-inflammatory therapies to reduce the development of obesity-related diseases. - *this thesis*
4. Cold exposure to improve lipid metabolism should preferably be undertaken in the evening, at least in females. - *this thesis*
5. Combinations of functionalities that mimic satiety hormones within a single drug represent the current standard in treating obesity and its related diseases – *Jastreboff et al, N Engl J Med 2023*
6. Personalized interventions based on ethnic and sex-specific traits will improve the efficacy of obesity treatment. - *Misra et al, Curr Obes Rep 2019*
7. Body Mass Index criteria for identifying cardiometabolic risk associated with obesity require ethnic-specific cutoffs. - *Misra et al, Diabetes Metab Syndr 2025; this thesis*
8. Understanding the pathophysiology of obesity should be integrated into the curriculum for future physicians. - *Westbury et al, Curr Obes Rep 2023; Puhl et al, PLoS One 2021*
9. “There is a time for many words, and there is also a time for sleep.” *Homer (8<sup>th</sup> century BCE), Ancient Greek poet* - There are moments when productivity and expression are important and other times when reflection, silence, and self-care are paramount, especially during a PhD trajectory.
10. “Know your plan, know your budget, and know your limitation” – *Scott Cam (1962 -), Australian presenter of The Block Australia* - Tackling obesity requires a clear strategy, realistic goals, and an understanding of the challenges ahead.