



Optimal monitoring in diets Facilitated by adipokine determination



Important links between obesity, insulin resistance and metabolic disorders:

► **Leptin**

Appetite-suppressing adipokine, serum level proportional to the body fat percentage and BMI

With obesity: increased serum level, nevertheless reduced feeling of satiety due to the development of leptin resistance

► **Adiponectin**

Insulin-sensitising adipokine

With obesity: decreased serum level

Leptin level[↑] and adiponectin level[↓]: increased risk of type 2 diabetes and cardiovascular diseases

**For a better overall picture:
Leptin testing combined with adiponectin determination**

Ordering

Leptin ELISA: order no. EQ 6444-9601

Adiponectin ELISA: order no. EQ 6446-9601