Changes in 25(OH) vitamin D levels, leptin levels and visceral adipose tissue volume: Results from a lifestyle intervention program in viscerally obese men.

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Abstract

Objective

To investigate the associations between changes in 25(OH) vitamin D levels, changes in adiposity variables and changes in leptin levels following a 1-year lifestyle intervention program.

Methods

Results

Table 1: Characteristics of the sample of 113 men involved in the lifestyle intervention program.

Table 2: Correlations between 1-year changes in 25(OH)D and 1-year changes in adiposity variables.

Table 3: Correlations between 1-year changes in adiponectin and 1-year changes in adiposity variables.

Table 4: Partial correlations between 1-year changes in 25(OH)D and 1-year changes in adiposity indices after adjustment for 25(OH)D and leptin levels.

Summary

Changes in 25(OH) vitamin D were independently associated with changes in leptinemia after adjustment for adiposity changes. This finding supports the notion of a possible link between 25(OH)D and leptin independent from adiposity.

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