

## Anti-Obesity Drug that Prevents Liver Diseases

Being overweight and obese is viewed by many as a serious and fast growing public health problem. More and more people are now adding extra weight because of several factors which includes family genetics, eating habits, lifestyle, and so on. This health condition not only gives the person a feel of embarrassment in social circles, but also faces a dangerous health condition.

Obesity is defined as the excess or having too much body fat. Being overweight on the other hand, refers to those who weigh too much. Both of these conditions refer to weight as those that come from the bone, fat, muscle, and body water of a person. Either way, both terms apply to people who have excess weight, more than what their height applies for.

Several health problems may arise if a person is considered as overweight and obese. From arthritis, asthma, high blood pressure, sleep apnea, high cholesterol, gallstone, fatty liver, insulin resistance and diabetes, to depression, these conditions may seriously risk one's health, putting an overweight or obese person at risk.

In line with this, anti-obesity drugs have been available for people who are experiencing obesity or being overweight. This particular kind of medication includes all pharmacological treatments designed to decrease or control a person's body weight. Since these drugs are expected to alter one of the fundamental processes of the human body, anti obesity drugs are medically prescribed only for people with morbid obesity, or where weight loss can be life saving.

A new and recent study on the effect of an anti-obesity drug called rimonabant found out that it reduced points of liver damage, decreases levels of pro-inflammatory proteins, and improved on lipid profiles. Since obesity is associated with changes in tissue and blood levels of pro-inflammatory and anti-inflammatory proteins and hormones, it is the main cause of several metabolic syndrome features and their complications, including hepatic steatosis (an accumulation of fat in the liver). According to researchers, as they studied the effect of rimonabant on the liver, they found out that the treatment with this medication reduced liver enlargement, completely eliminated hepatic steatosis, and decreased blood levels that indicate liver disease and liver damage. The results from this study also showed an improvement in abnormal lipid levels, which can lead to cardiovascular diseases. It also lessened the levels of cholesterol and free fatty acids, and with the treatment of rimonabant, normalized levels of adiponectin are reached (a hormone that plays an important role in metabolic disorders).

This study further suggests a potential clinical application in the treatment of liver diseases connected with obesity and the metabolic syndrome. Researchers from this study noted that while weight loss is achieved by burning more calories than consumed, the reality may not be that simple. But then again, this medication also offers a weakened rate due to its side effects such as nausea, dizziness, depression and diarrhea. In any case, this medication should be further studied to prevent any unacceptably side effects that can harm people who are dealing with being overweight and obese.

## About the Author

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