



University of Milan, Italy



**Department of Biotechnology and Translational
Medicine**

CENTER FOR STUDY AND RESEARCH ON OBESITY

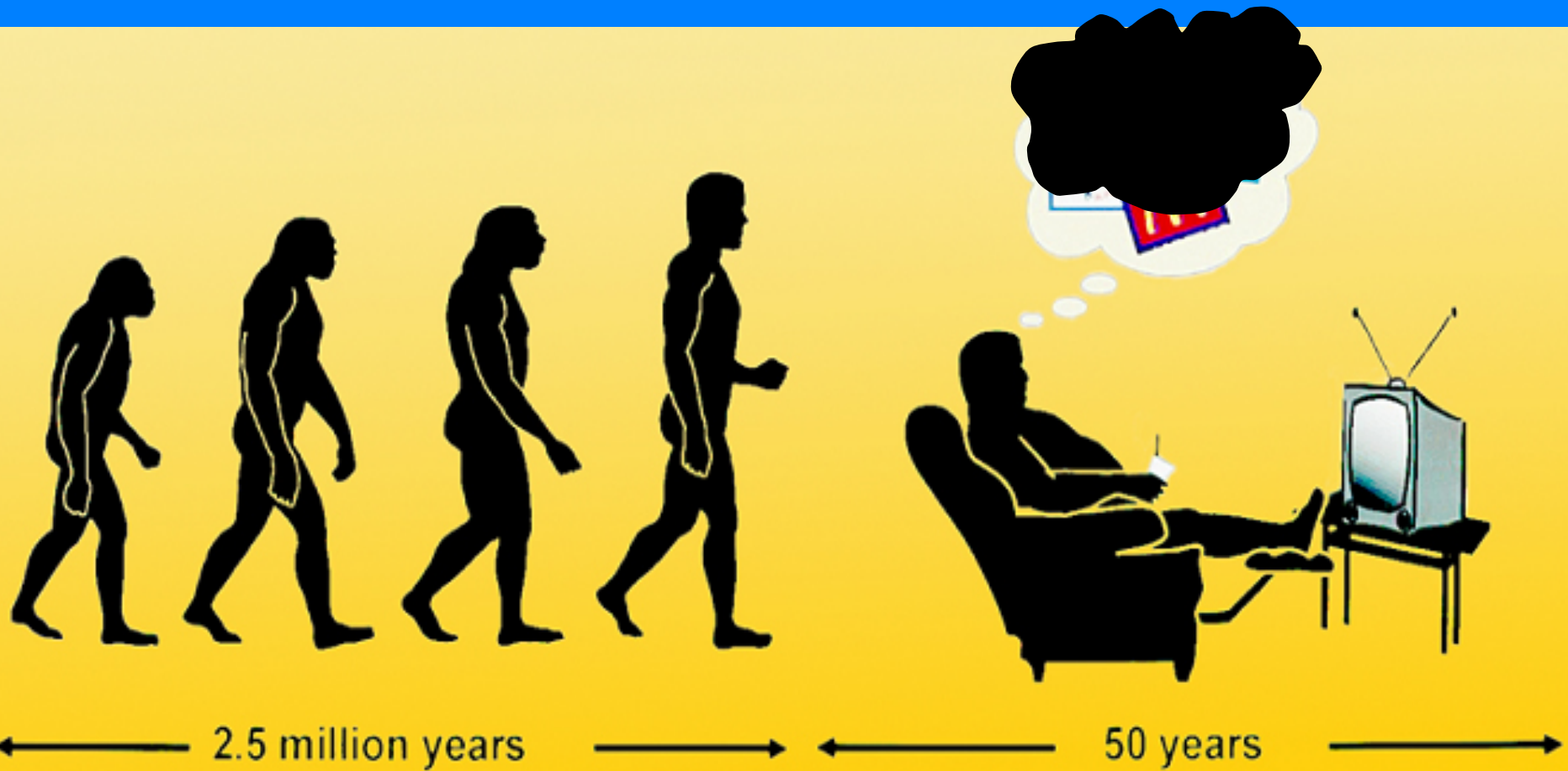
**OBESITY:
EPIDEMIOLOGY,
PATHOPHYSIOLOGY
AND CLINICAL PICTURE**

Michele O. Carruba



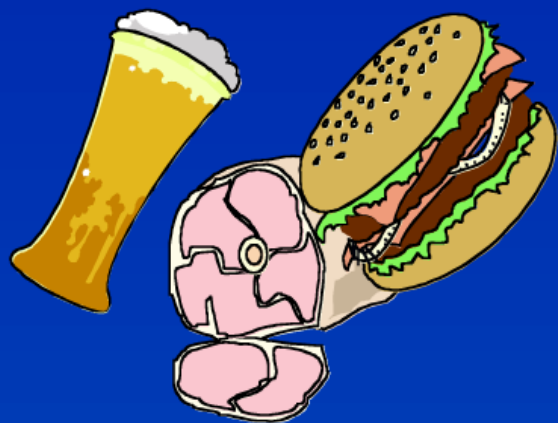
**Department of Medical Biotechnology
and Translational Medicine
University of Milan
Via Vanvitelli, 32
20129 – Milan (Italy)**

L'evoluzione della specie



IL BILANCIO ENERGETICO

Introduzione di Energia



Dispendio di Energia



Fattori di controllo

**Predisposizione genetica
Alimentazione**

**Esercizio fisico
Metabolismo Basale
Termogenesi**

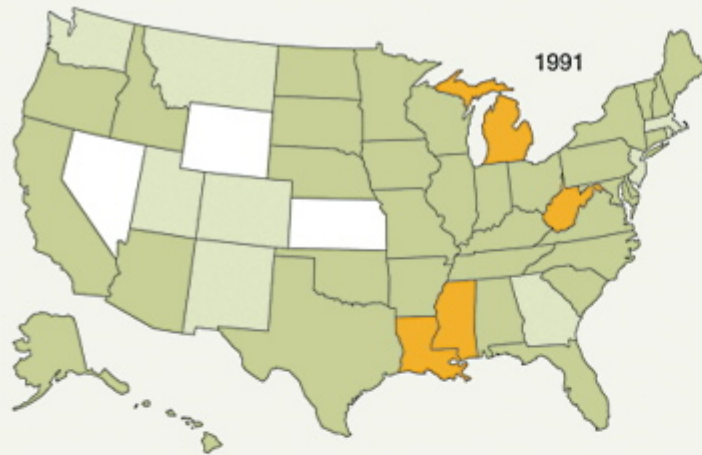


Centro Studio e Ricerca sull' Obesità (C.S.R.O.)
Dipartimento di Farmacologia, Chemioterapia e Tossicologia Medica,
Università degli Studi di Milano, Via Vanvitelli 32, Milano
Prof. **Michele Carruba**

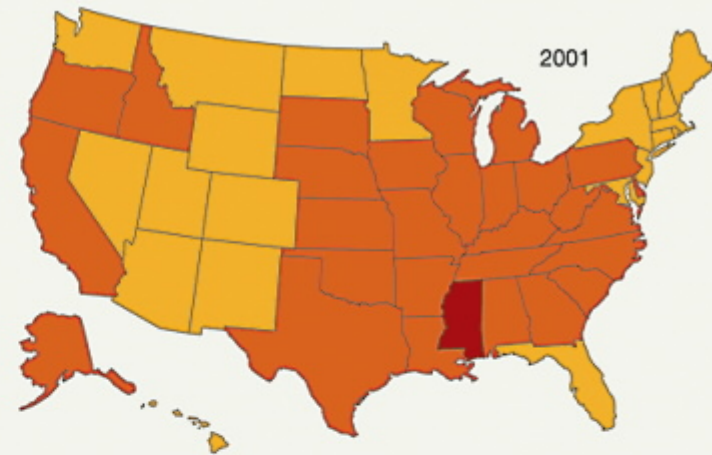


Prevalence of Obesity and Diagnosed Diabetes Among US Adults, 1991 and 2001

A Obesity



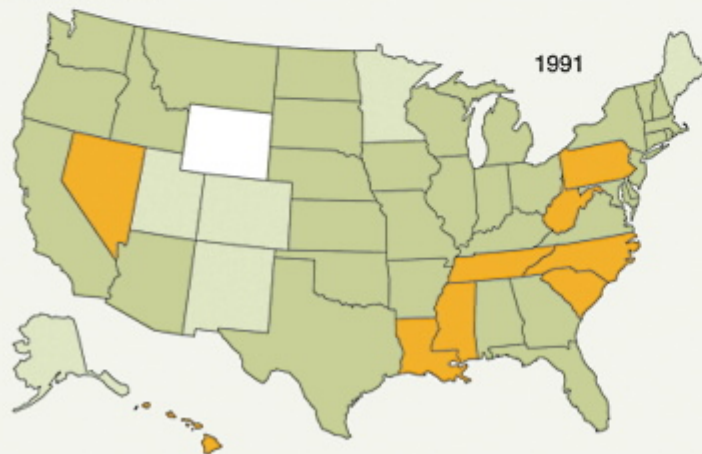
1991



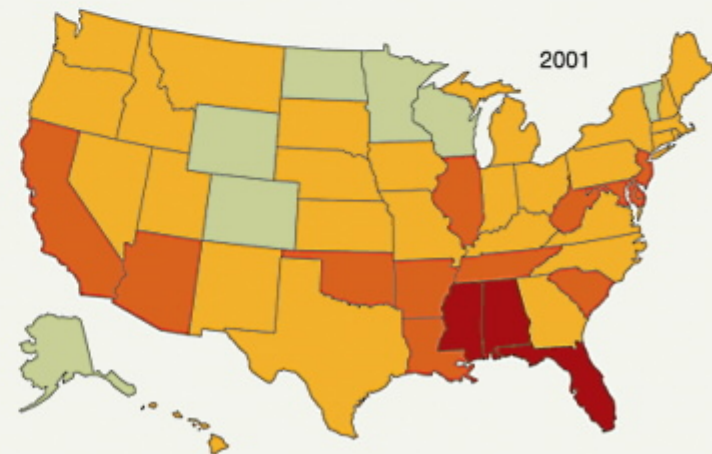
2001

□ No Data ■ <10% ■ 10%–14% ■ 15%–19% ■ 20%–24% ■ $\geq 25\%$

B Diabetes



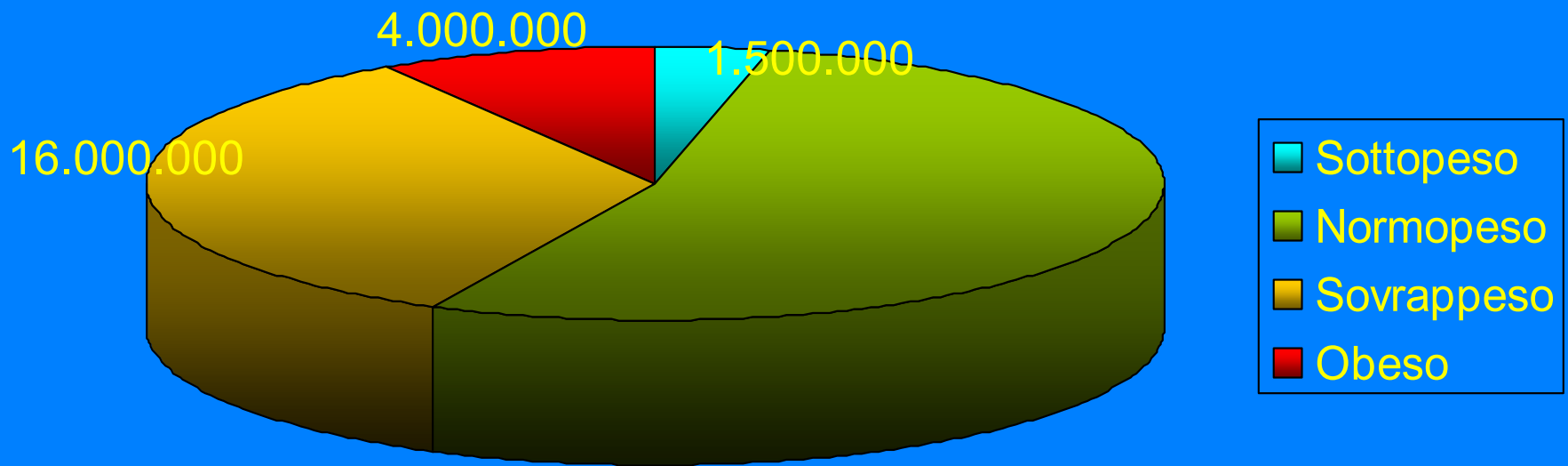
1991



2001

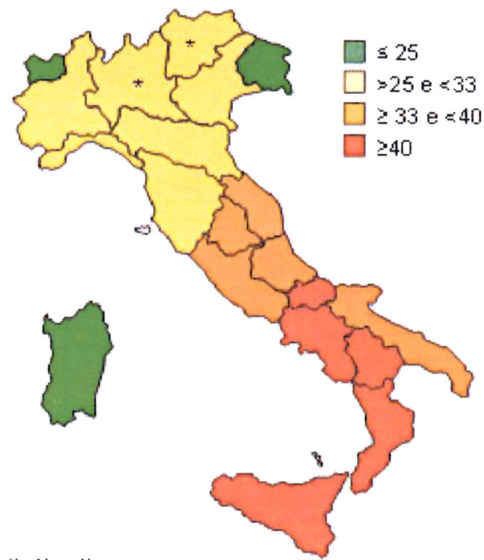
□ No Data ■ <4% ■ 4%–6% ■ 7%–8% ■ 9%–10% ■ >10%

Distribuzione della popolazione italiana nelle varie condizioni di peso





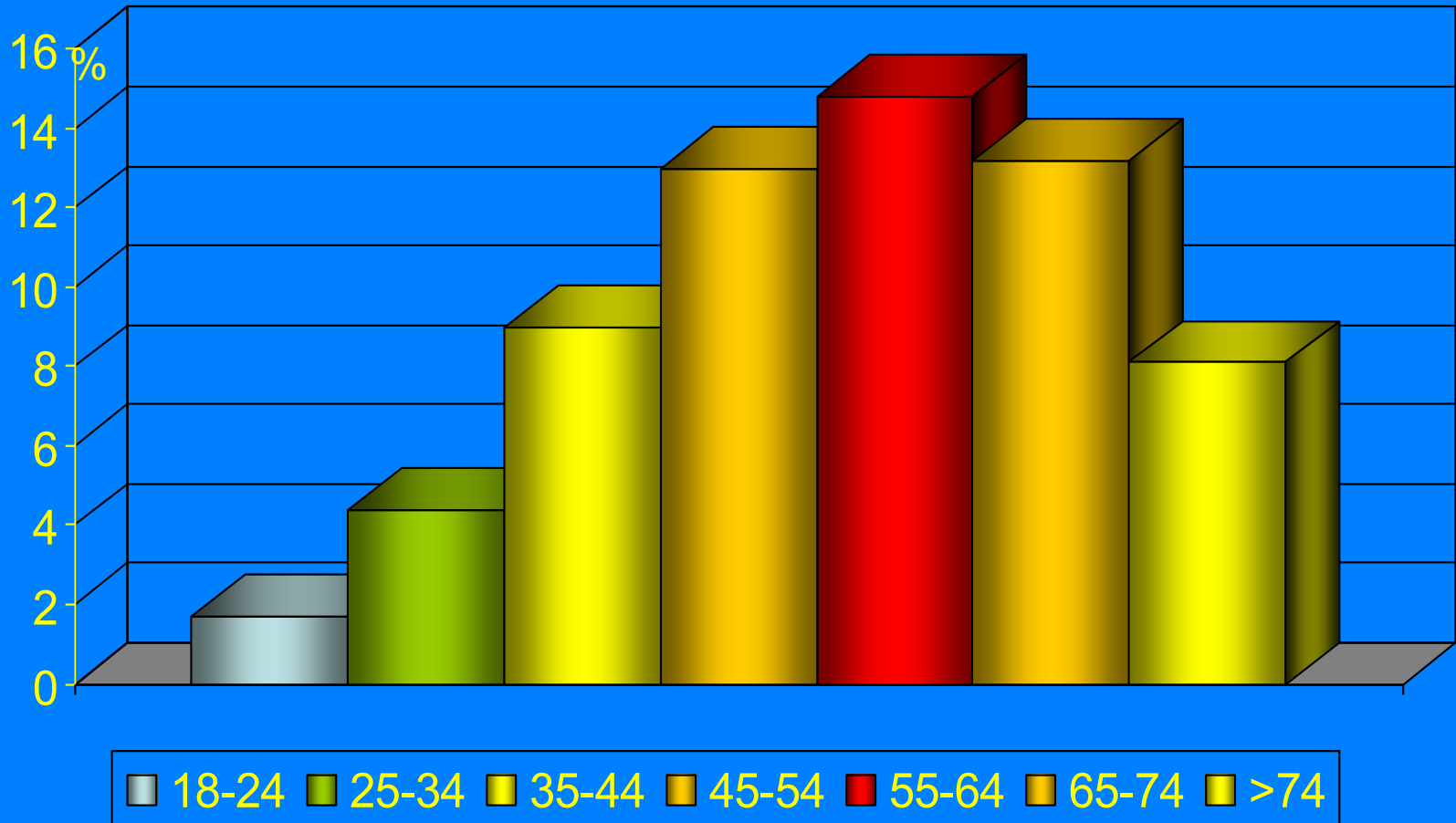
Sovrappeso e obesità per regione, bambini di 8-9 anni della 3^a primaria. Italia, 2008



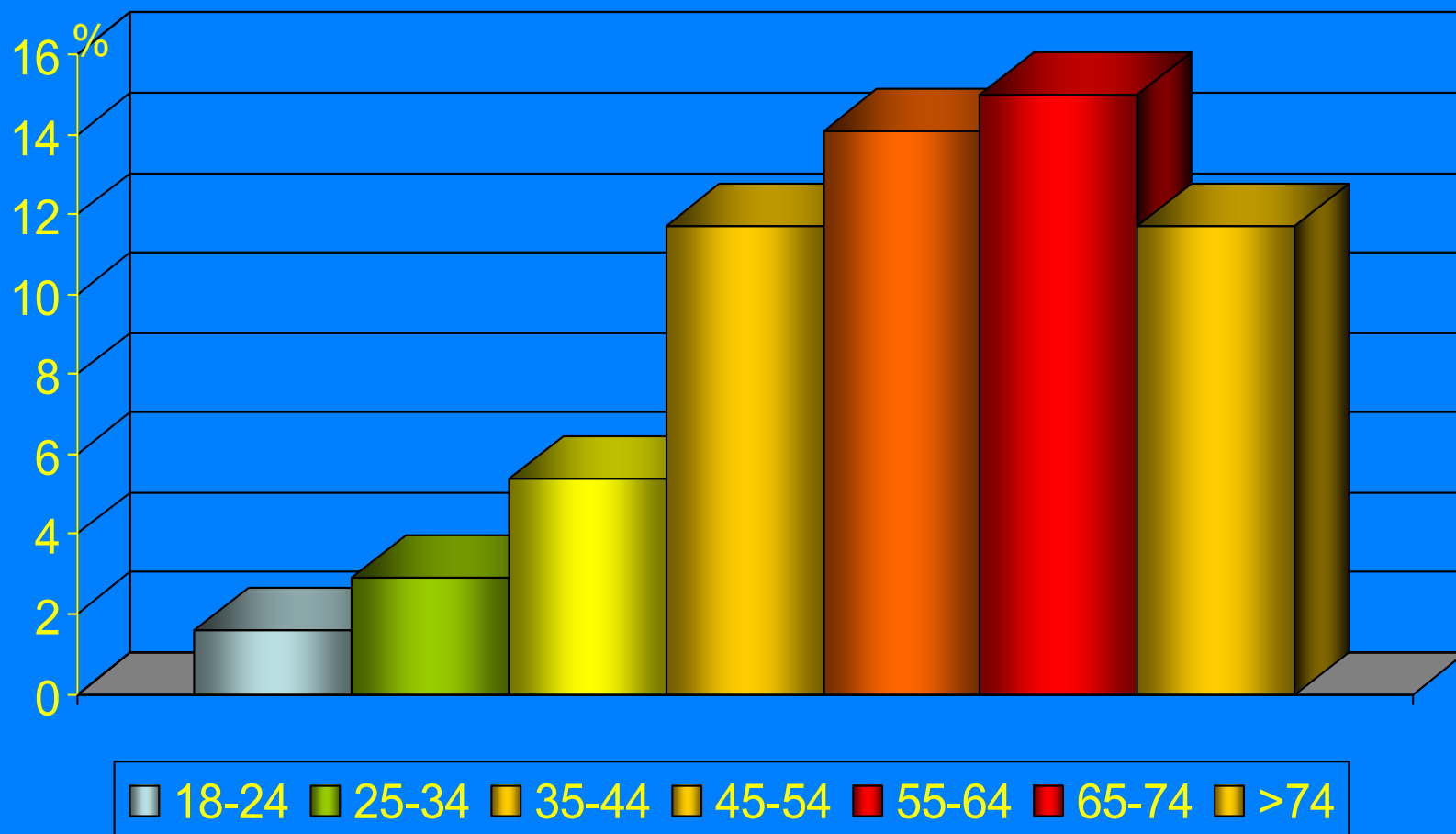
* Dati stimati

Fonte: "OKkio alla Salute" - Istituto Superiore di Sanità

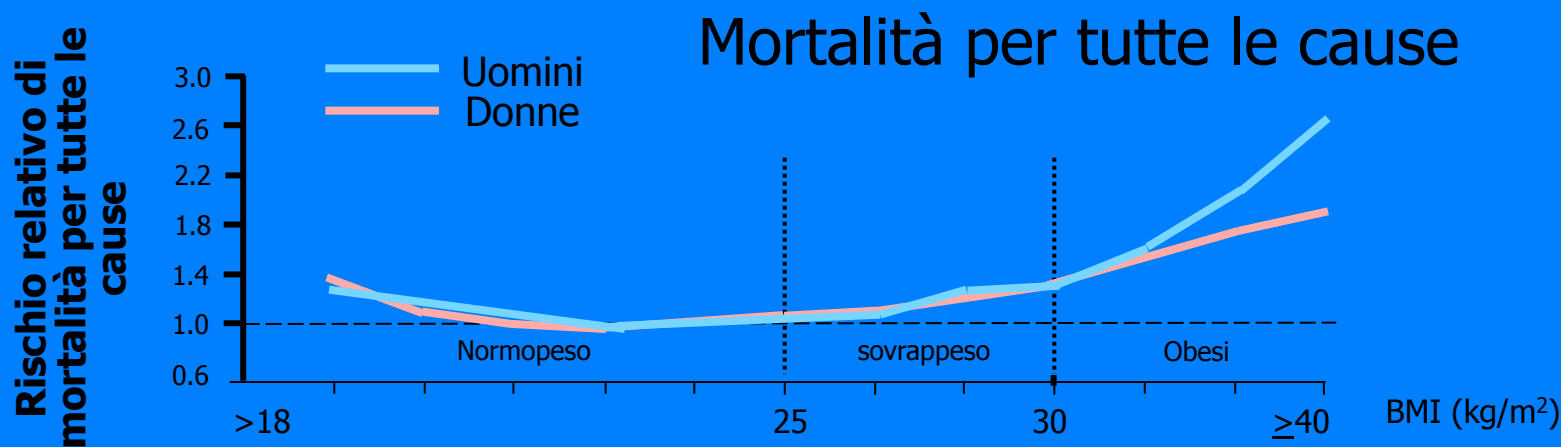
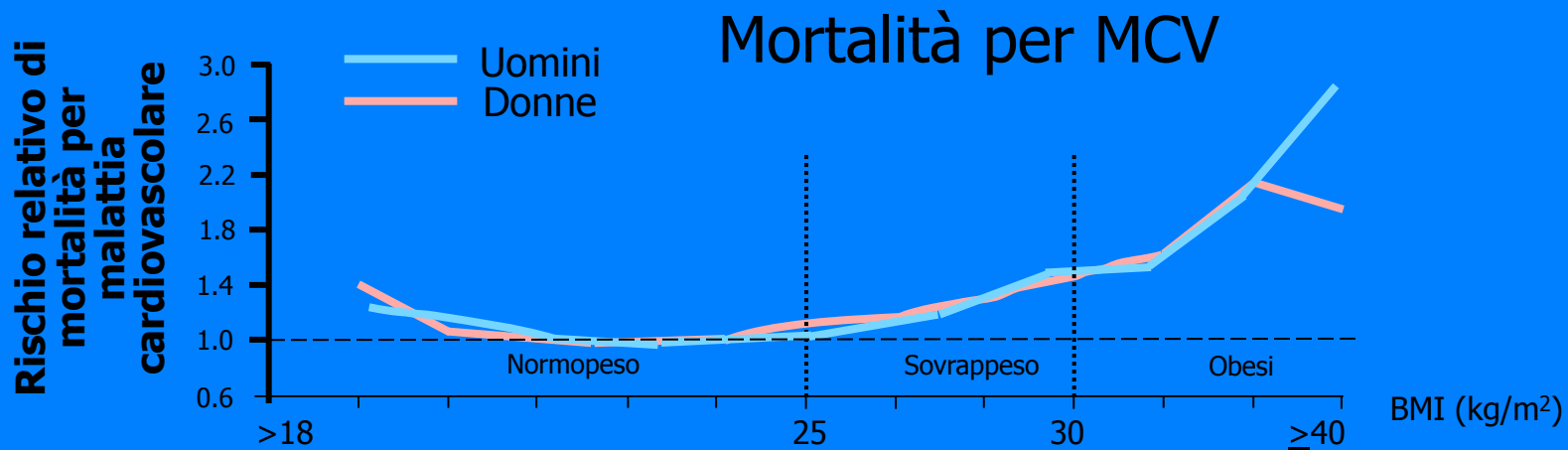
Prevalenza dell' obesità (IMC>30) in funzione dell' età negli UOMINI



Prevalenza dell' obesità (IMC>30) in funzione dell' età nelle **DONNE**



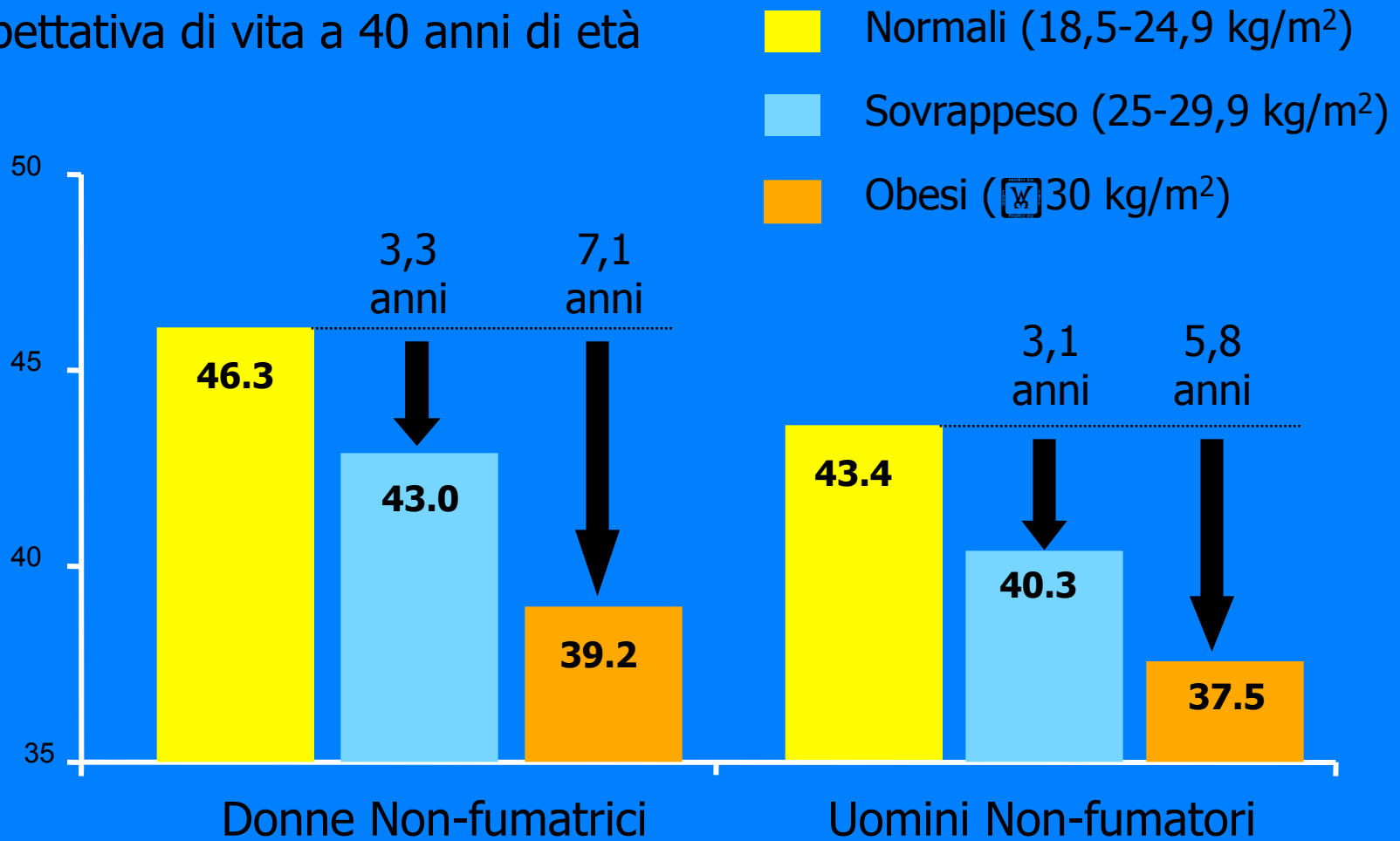
Sovrappeso e obesità aumentano il rischio di MCV e di mortalità per tutte le cause



Dati relativi a 1 milione di uomini e donne seguiti per 16 anni con età media di 57 anni che non hanno mai fumato e non avevano una storia di malattia all'arruolamento.

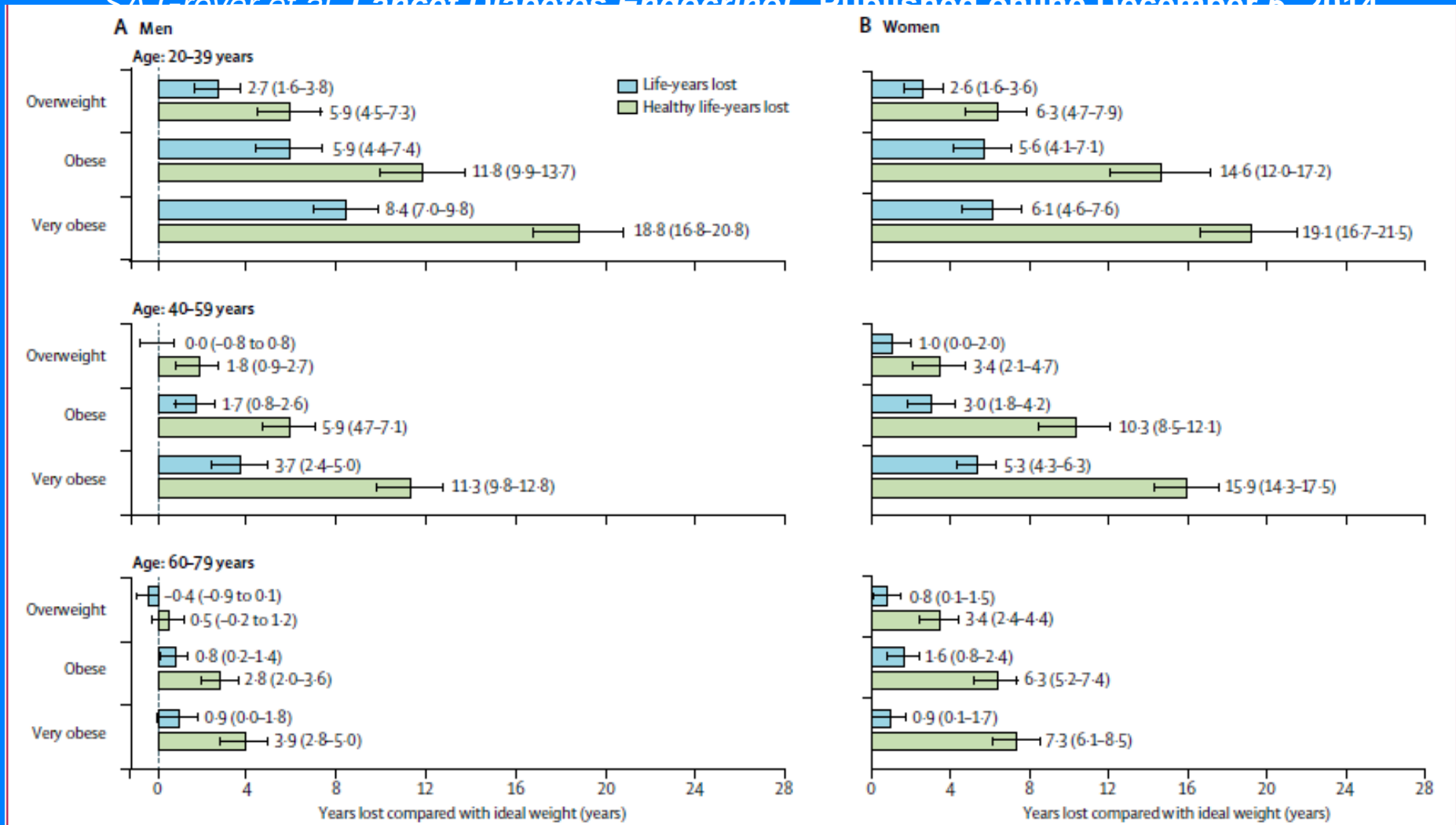
Aspettativa di vita a 40 anni: impatto dell' eccesso di peso corporeo

Aspettativa di vita a 40 anni di età

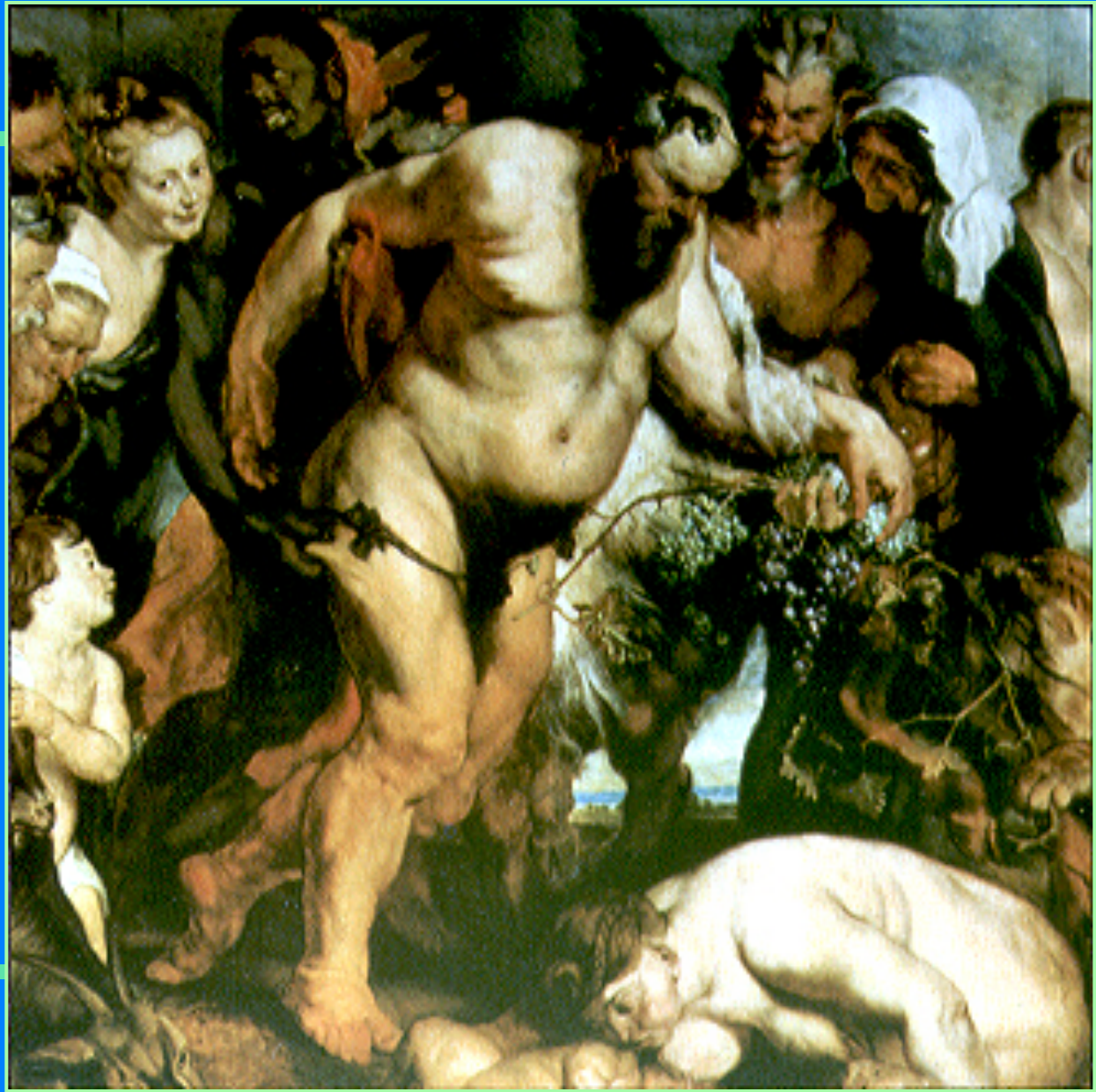


Years of life lost and healthy life-years lost from diabetes and cardiovascular disease in overweight and obese people: a modelling study

SA Croxall et al. *Lancet Diabetes Endocrinol*. Published online December 5, 2014







Un parametro fondamentale: la circonferenza addominale



La circonferenza vita è un indicatore del tessuto adiposo viscerale

Donne

>88 cm = Rischio aumentato¹



Uomini

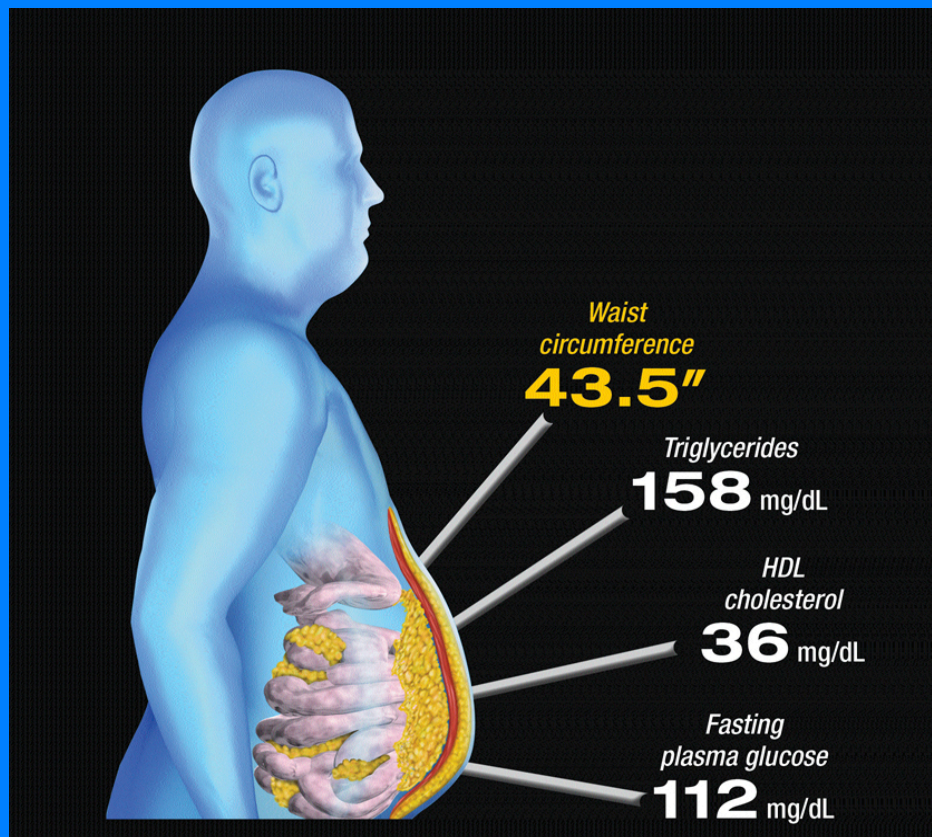
>102 cm = Rischio aumentato¹



¹Lean MEJ, et al. Lancet;1998;351:853-6

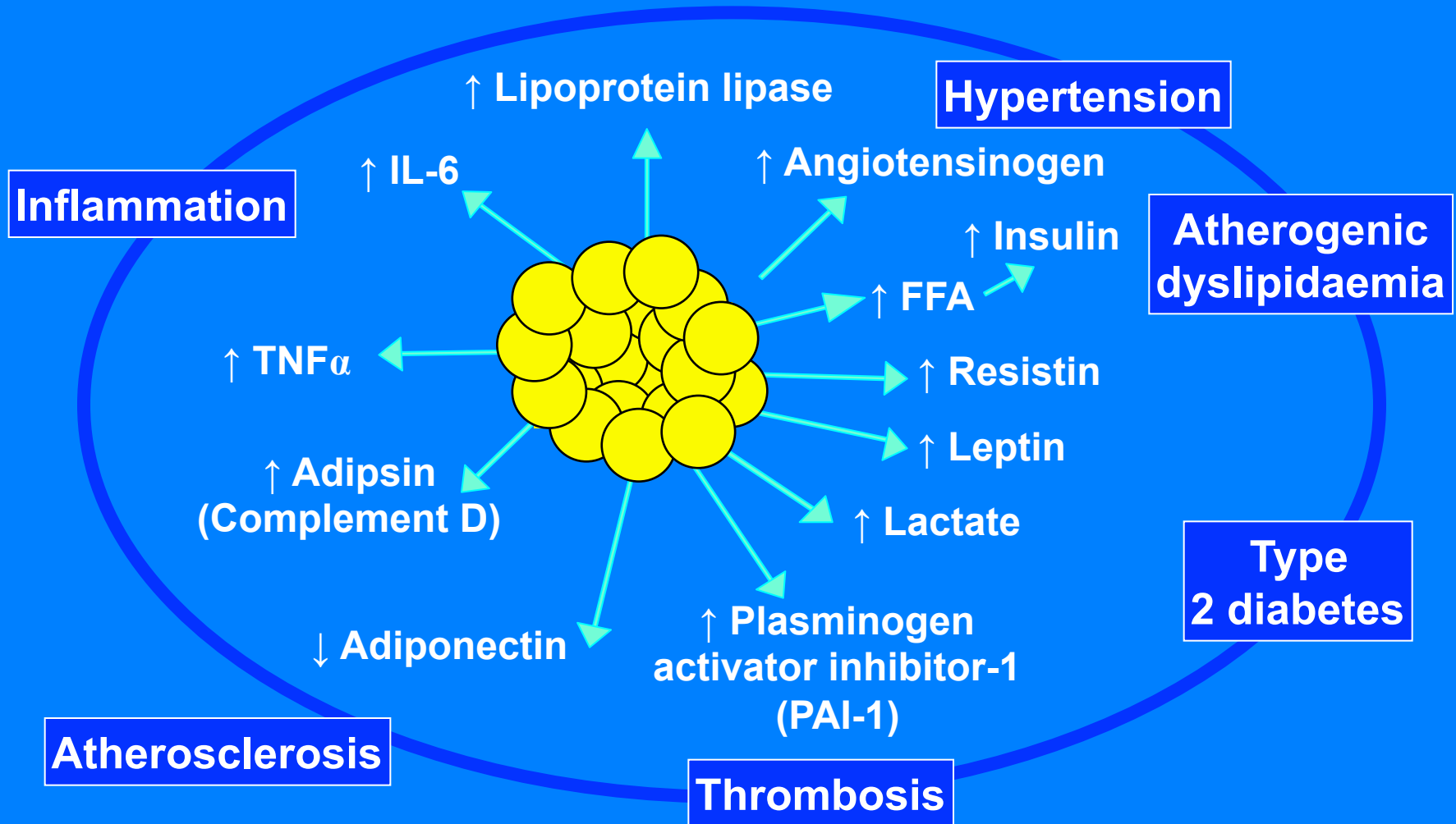
Unmet clinical need associated with abdominal obesity

CV risk factors in a typical patient with abdominal obesity



Patients with abdominal obesity (high waist circumference) often present with one or more additional CV risk factors

Adverse cardiometabolic effects of products of adipocytes



Lyon 2003; Trayhurn et al 2004; Eckel et al 2005

Overweight, Obesity, and Mortality from Cancer in a Prospectively Studied Cohort of U.S. Adults

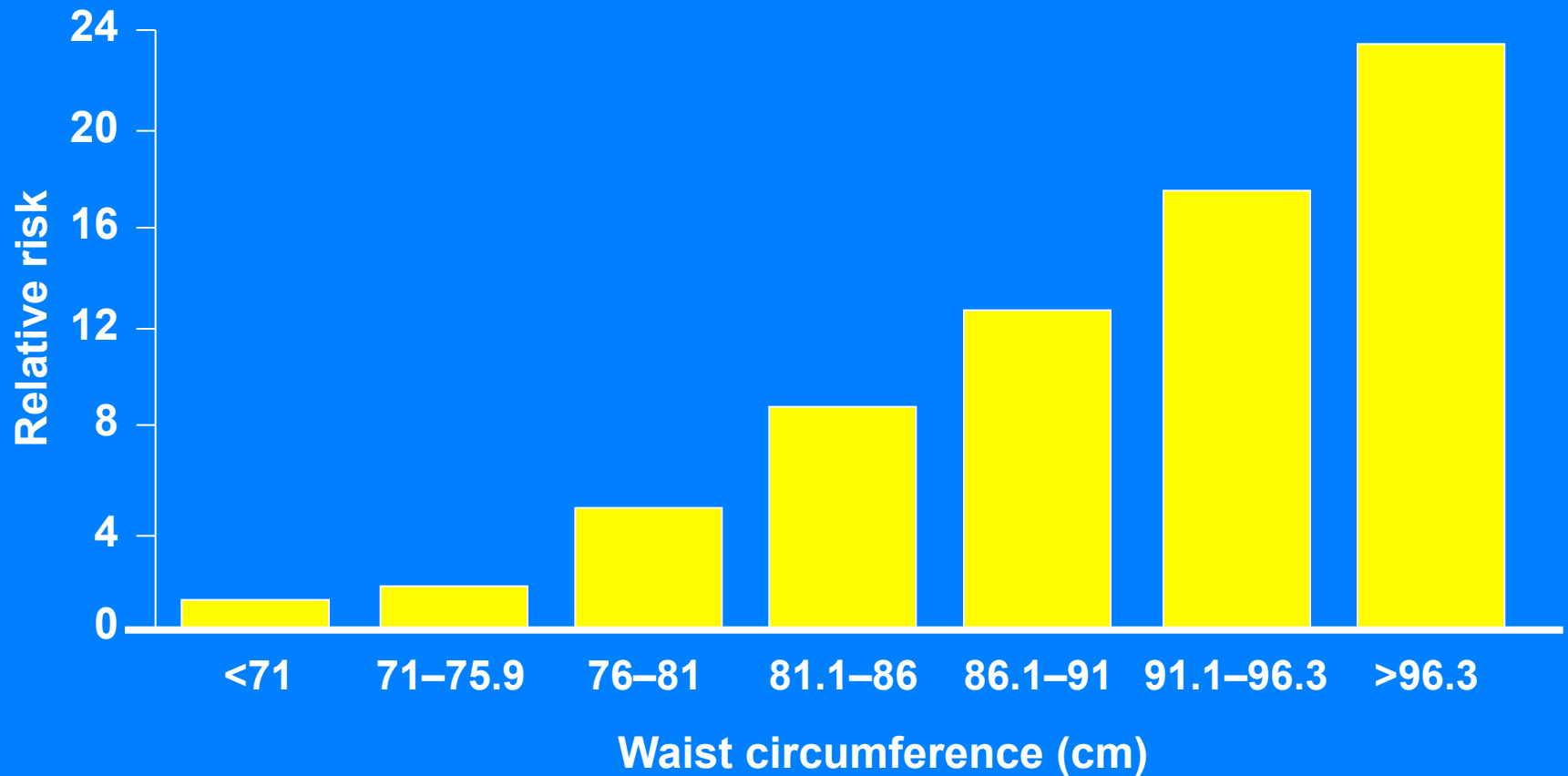
Eugenia E. Calle, Ph.D., Carmen Rodriguez, M.D., M.P.H., Kimberly Walker-Thurmond, B.A., and Michael J. Thun, M.D.

The heaviest members of this cohort (body-mass index of at least 40) had death rates from all cancers combined that were 52 percent higher (for men) and 62 percent higher (for women) than the rates in men and women of normal weight.

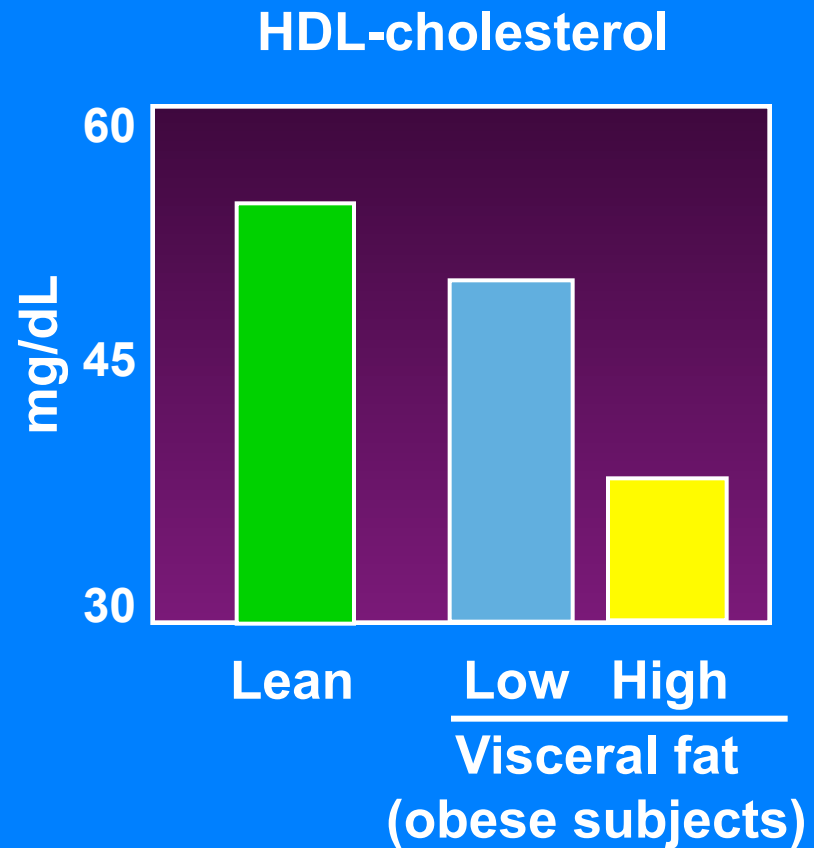
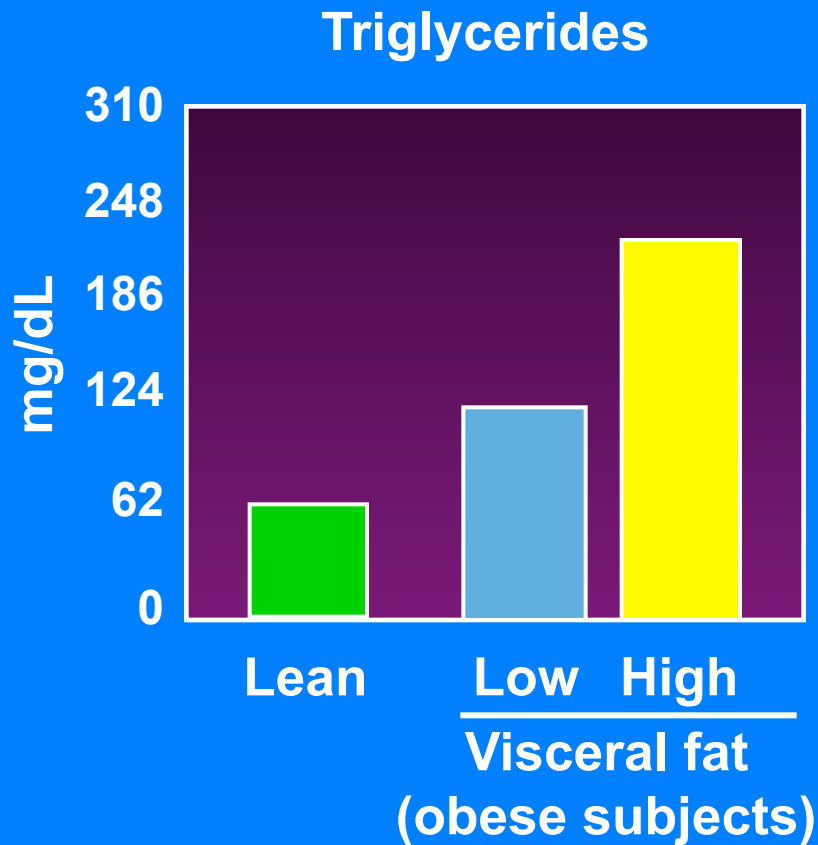
In both men and women, body-mass index was also significantly associated with higher rates of death due to cancer of the esophagus, colon and rectum, liver, gallbladder, pancreas, and kidney; the same was true for death due to non-Hodgkin's lymphoma and multiple myeloma. Significant trends of increasing risk with higher body-mass-index values were observed for death from cancers of the stomach and prostate in men and for death from cancers of the breast, uterus, cervix, and ovary in women.

Conclusions. Increased body weight was associated with increased death rates for all cancers combined and for cancers at multiple specific sites.

Abdominal obesity increases the risk of developing type 2 diabetes

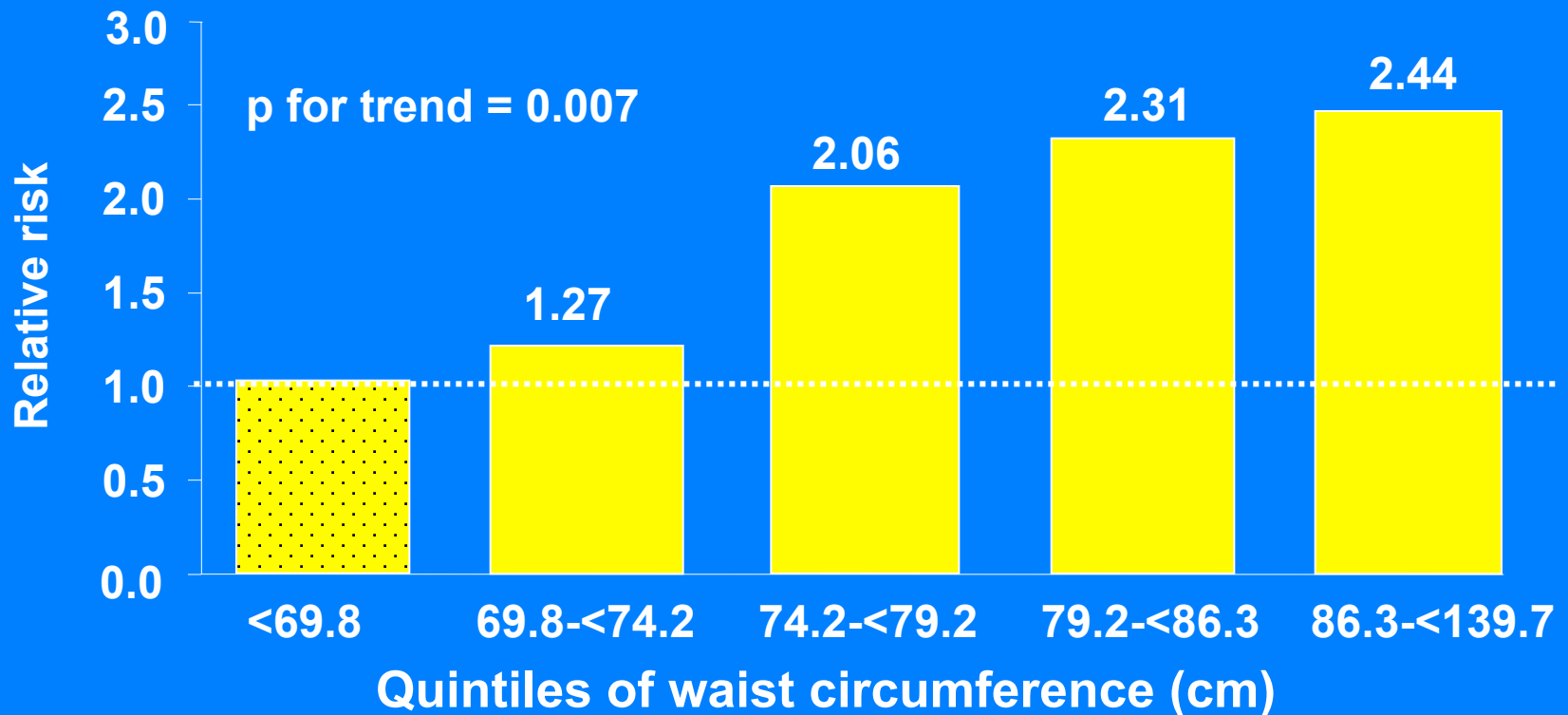


Intra-abdominal adiposity and dyslipidaemia



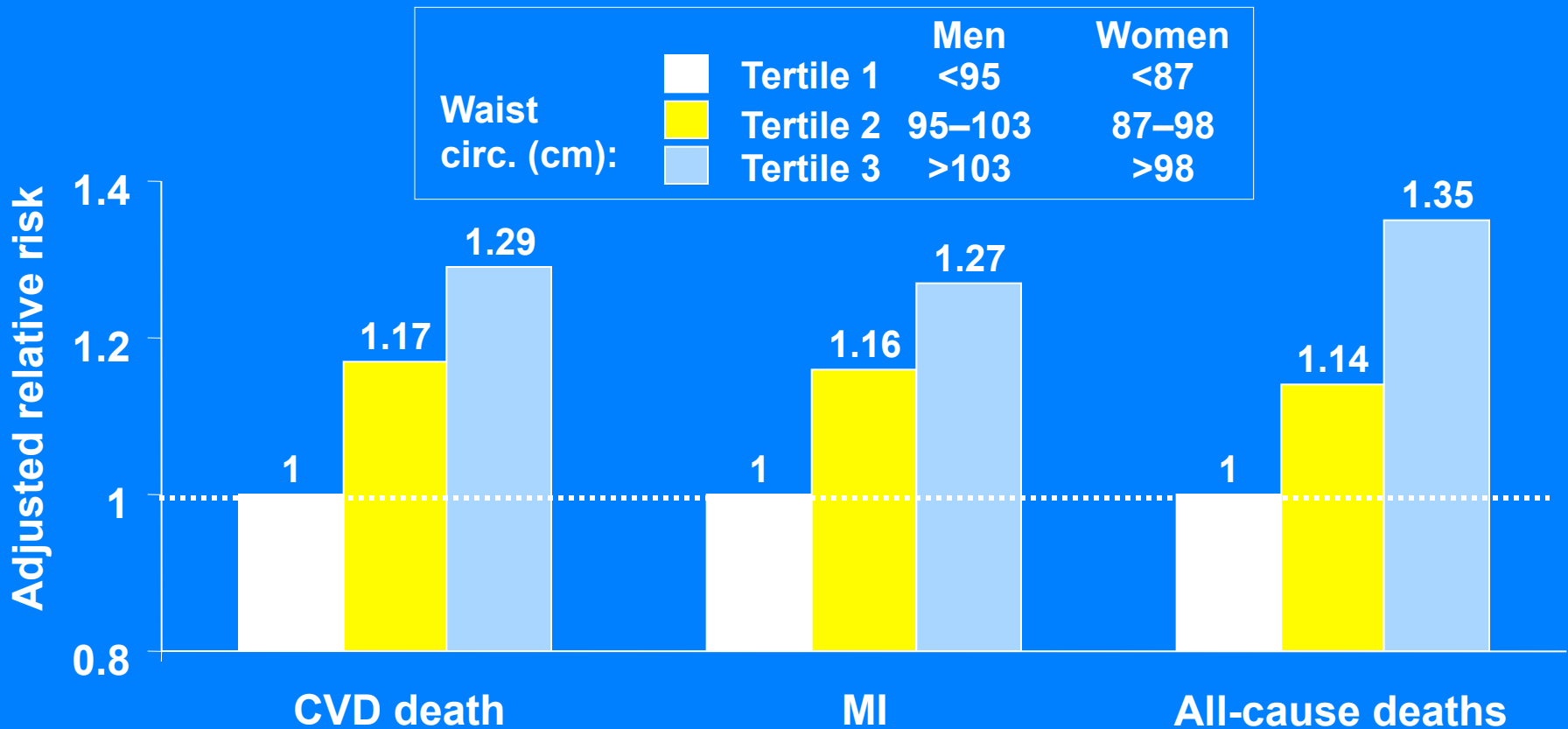
Abdominal obesity and increased risk of CHD

Waist circumference was independently associated with increased age-adjusted risk of CHD, even after adjusting for BMI and other CV risk factors



Abdominal obesity and increased risk of cardiovascular events

The HOPE Study

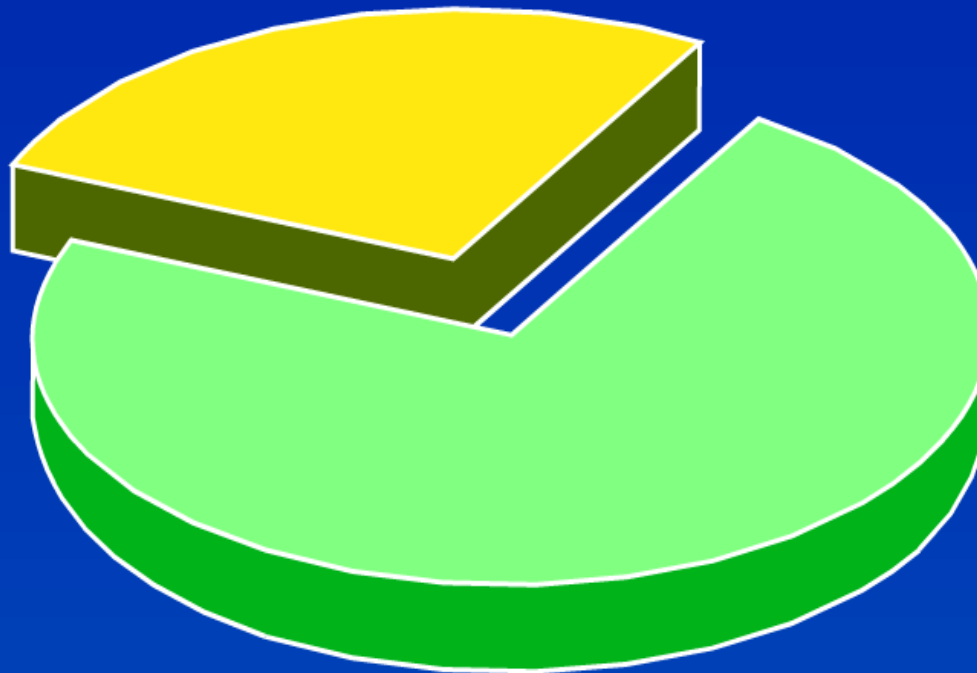


Adjusted for BMI, age, smoking, sex, CVD, disease, DM, HDL-C, total-C

BMI e comorbidità

Pazienti con BMI ≥ 27 (%)

Nessuna
comorbidità



Comorbidità:
ipertensione
dislipidemia
diabete di tipo 2



Sindrome metabolica



“STUDIO SPESA” : COSTI DIRETTI ANNUI DELL’ OBESITÀ IN ITALIA

BMI	Costo tot (€)	Pazienti (mlo)	%	Tot (mld)
25-29,9	984	17,5	35	17,2
30-39,9	2.136	4,5	9	9,6
> 40	2796	0,5	0,9	1,4
				28,2

Studio SPESA: composizione dei costi dell’ Obesità Tot 28,2 mld Euro/anno

Voce di costo	Percentuale
Ospedalizzazioni	64%
Diagnostica	12%
Farmaci	7%
Visite	6%
Altro	11%

Nel 2025 costo Tot (mld) da 11 a 15,7 (+43%) con obesità infantile + 205%

Elaborazione Centro Studi Ricerca Obesità (CSRO) e Farmacoeconomia UniMI



TNF- α downregulates eNOS expression and mitochondrial biogenesis in fat and muscle of obese rodents

Alessandra Valerio,¹ Annalisa Cardile,^{1,2} Valeria Cozzi,^{1,2} Renata Bracale,^{1,2,3} Laura Tedesco,^{1,2,4} Addolorata Pisconti,^{2,5} Letizia Palomba,⁶ Orazio Cantoni,⁶ Emilio Clementi,^{2,5,7} Salvador Moncada,⁸ Michele O. Carruba,^{1,4} and Enzo Nisoli^{1,4}

¹Integrated Laboratories Network, Center for Study and Research on Obesity, Department of Pharmacology, School of Medicine, University of Milan, Milan, Italy.

²Department of Preclinical Sciences, University of Milan, Milan, Italy. ³CEINGE Biotechnologie Avanzate, Naples, Italy. ⁴Istituto Auxologico Italiano, Milan, Italy.

⁵Stem Cell Research Institute, San Raffaele Scientific Institute, Milan, Italy. ⁶Istituto di Farmacologia e Farmacognosia, University of Urbino "Carlo Bo," Urbino, Italy. ⁷Eugenio Medea Scientific Institute, Lecco, Italy. ⁸Wolfson Institute for Biomedical Research, University College London, London, United Kingdom.

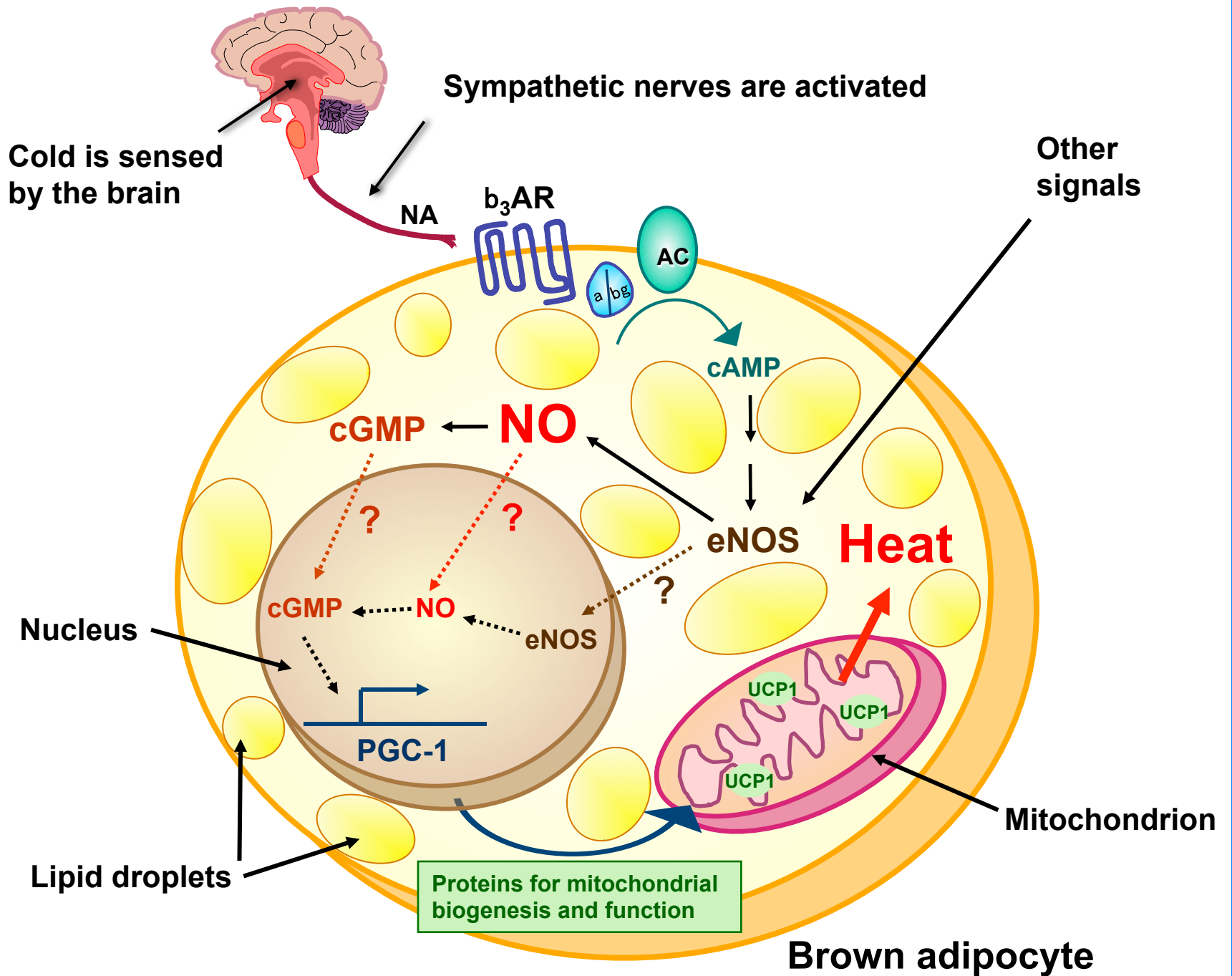
The Journal of Clinical Investigation

Mitochondrial Biogenesis in Mammals: The Role of Endogenous Nitric Oxide

**Enzo Nisoli,^{1,2*†} Emilio Clementi,^{3,4*} Clara Paolucci,³
Valeria Cozzi,¹ Cristina Tonello,¹ Clara Sciorati,³
Renata Bracale,¹ Alessandra Valerio,⁵ Maura Francolini,⁶
Salvador Moncada,⁷ Michele O. Carruba^{1,2}**

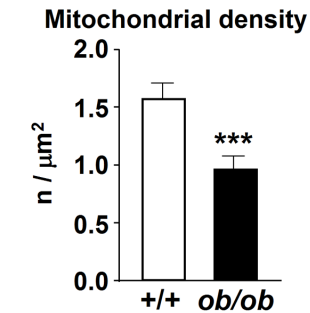
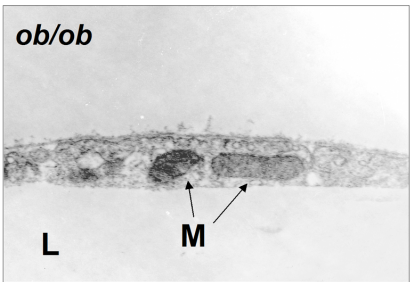
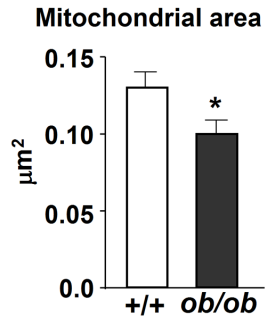
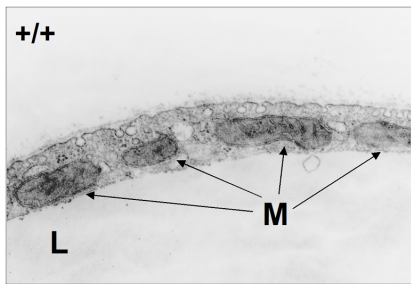
Nitric oxide was found to trigger mitochondrial biogenesis in cells as diverse as brown adipocytes and 3T3-L1, U937, and HeLa cells. This effect of nitric oxide was dependent on guanosine 3',5'-monophosphate (cGMP) and was mediated by the induction of peroxisome proliferator-activated receptor γ coactivator 1 α , a master regulator of mitochondrial biogenesis. Moreover, the mitochondrial biogenesis induced by exposure to cold was markedly reduced in brown adipose tissue of endothelial nitric oxide synthase null-mutant (eNOS^{-/-}) mice, which had a reduced metabolic rate and accelerated weight gain as compared to wild-type mice. Thus, a nitric oxide-cGMP-dependent pathway controls mitochondrial biogenesis and body energy balance.

Science 299: 896-899, 2003

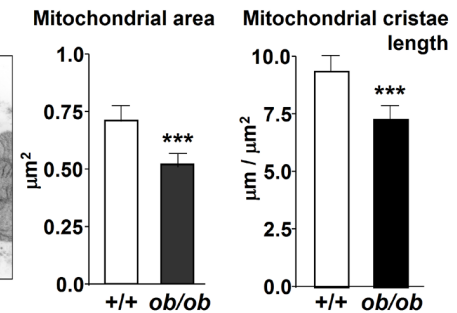
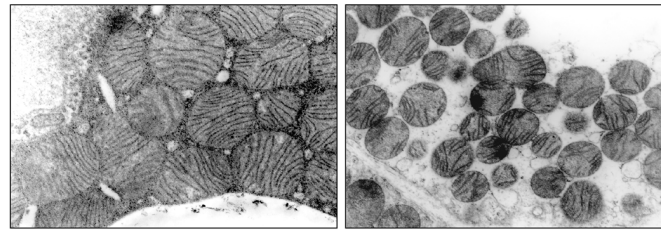


Electron microscopy analysis of WAT, BAT and muscle in *ob/ob* mice

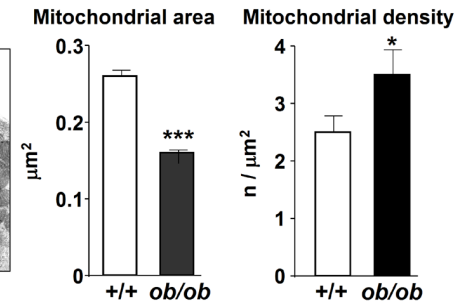
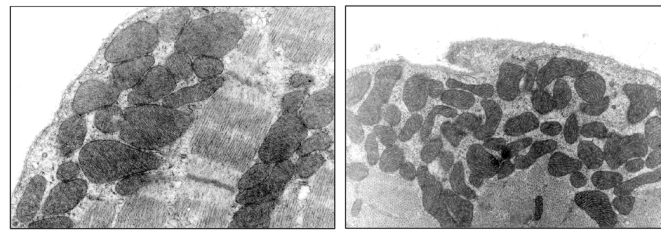
WAT



BAT

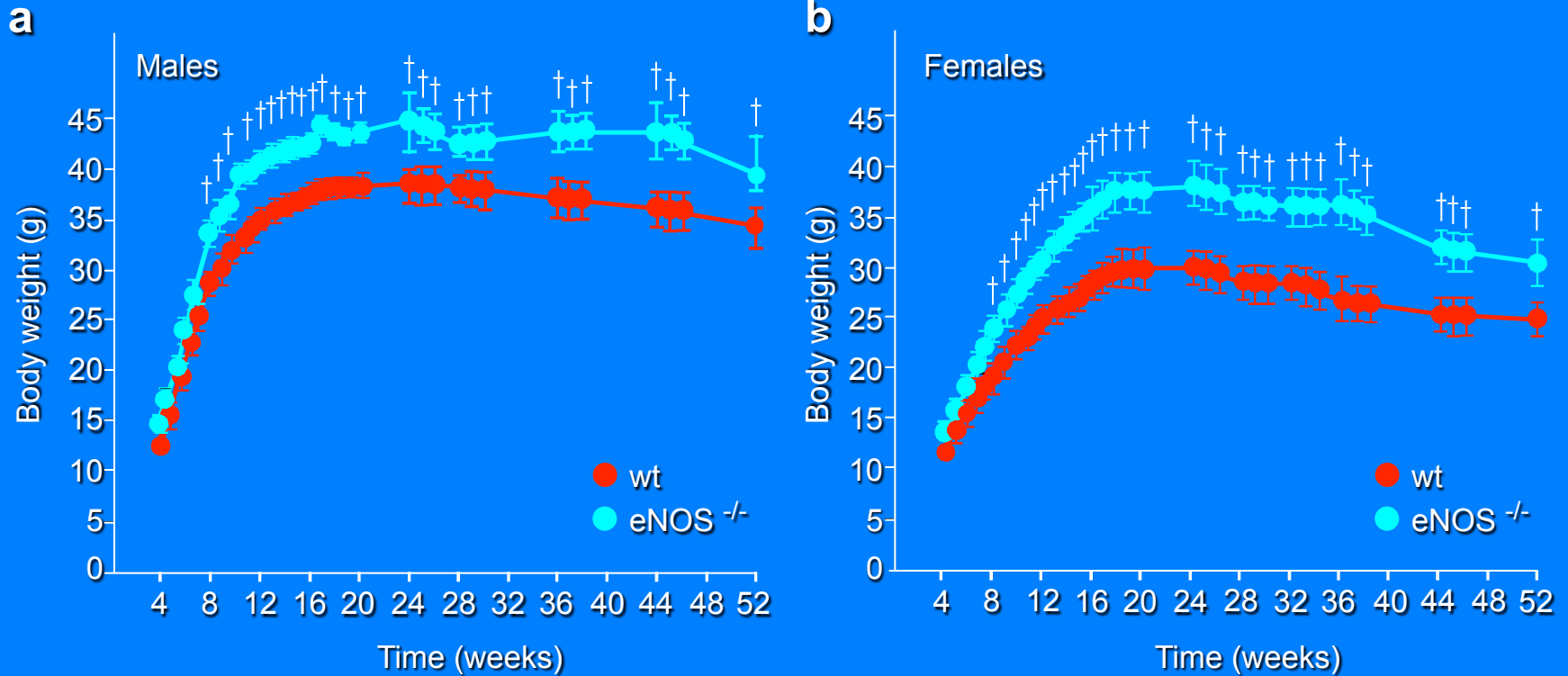


Soleus



Valerio et al., J. Clin. Invest., Oct. 2006

Growth curves of wild-type and eNOS^{-/-} mice



Visceral fat depot in eNOS^{-/-} vs. wild-type mice

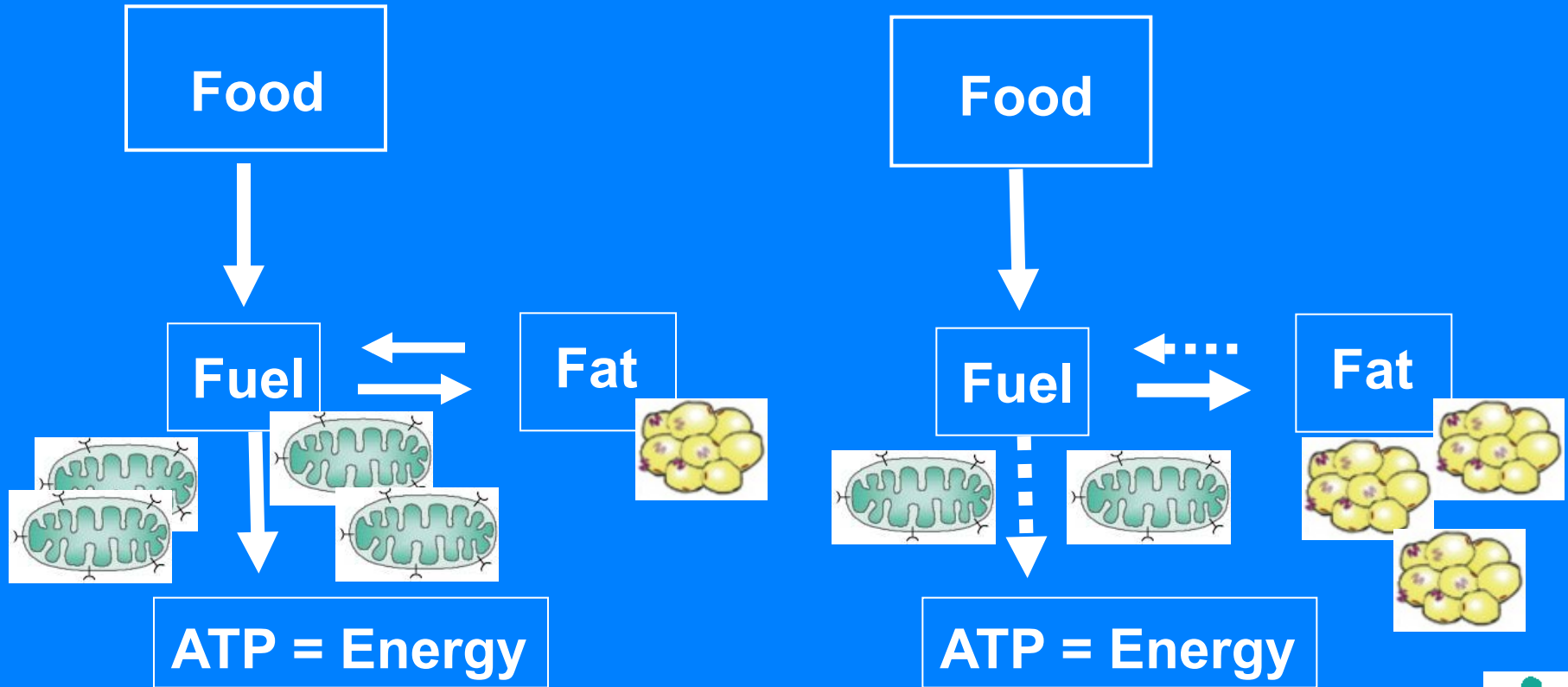
wt



eNOS^{-/-}



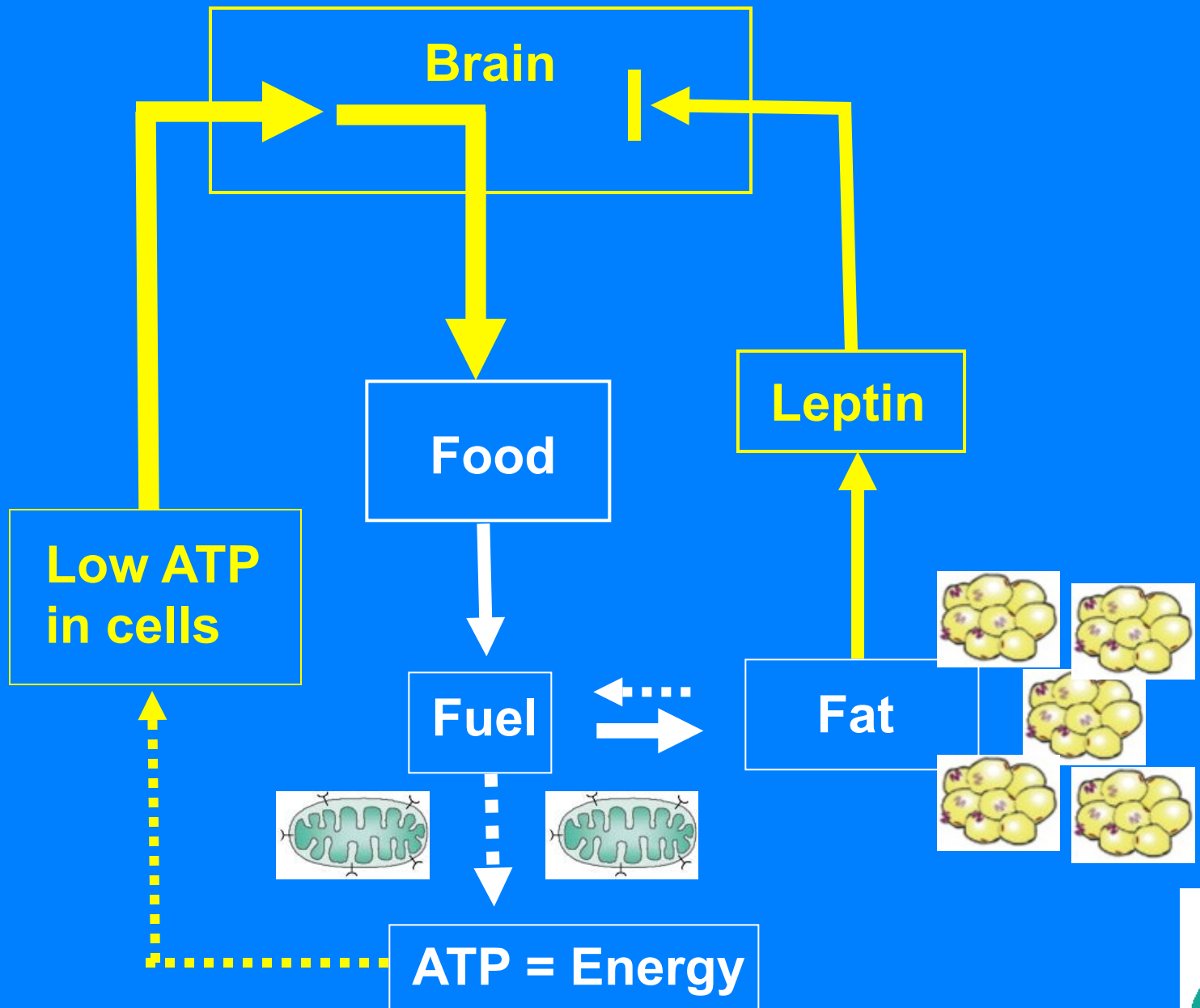
Decreased energy levels can cause and sustain obesity



Healthy subject

Obese subject





Calorie Restriction Promotes Mitochondrial Biogenesis by Inducing the Expression of eNOS

Enzo Nisoli,^{1,2*} Cristina Tonello,¹ Annalisa Cardile,¹
Valeria Cozzi,¹ Renata Bracale,¹ Laura Tedesco,¹
Sestina Falcone,^{1,3} Alessandra Valerio,¹ Orazio Cantoni,⁴
Emilio Clementi,^{1,3,5} Salvador Moncada,⁶ Michele O. Carruba^{1,2}

Calorie restriction extends life span in organisms ranging from yeast to mammals. Here, we report that calorie restriction for either 3 or 12 months induced endothelial nitric oxide synthase (eNOS) expression and 3',5'-cyclic guanosine monophosphate formation in various tissues of male mice. This was accompanied by mitochondrial biogenesis, with increased oxygen consumption and adenosine triphosphate production, and an enhanced expression of sirtuin 1. These effects were strongly attenuated in eNOS null-mutant mice. Thus, nitric oxide plays a fundamental role in the processes induced by calorie restriction and may be involved in the extension of life span in mammals.

Science October 14, 2005



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Dipartimento di Farmacologia, Chemioterapia e Tossicologia Medica,
Università degli Studi di Milano, Via Vanvitelli 32, Milano
Prof. **Michele Carruba**



Skeletal muscle mitochondrial DNA content in exercising humans

A. Marcuello,¹ J. González-Alonso,² J. A. L. Calbet,³
R. Damsgaard,² M. J. López-Pérez,¹ and C. Díez-Sánchez¹

¹*Department of Biochemistry, Molecular and Cell Biology, University of Zaragoza, Zaragoza, Spain;*

²*The Copenhagen Muscle Research Centre, Rigshospitalet, University of Copenhagen, Denmark; and*

³*Department of Physical Education, University of Las Palmas de Gran Canaria, Canary Islands, Spain*

Several weeks of intense endurance training enhances mitochondrial biogenesis in humans.

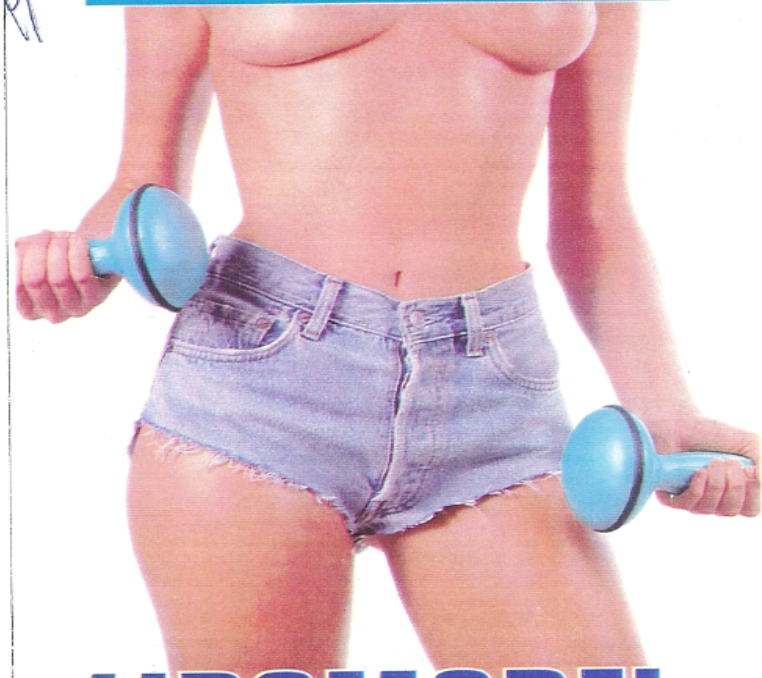
J Appl Physiol 99: 1372–1377, 2005



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Università degli Studi di Milano, Via Vanvitelli 32, Milano
Prof. **Michele Carruba**



DIETA + PALESTRA =



LIPOMODEL

INTEGRATORE DIETETICO DI CROMO CON **SINECIT 6**

1 AZIONE DIETA

Controlla il senso dell'appetito.
Aumenta la termogenesi cellulare con riduzione della massa grassa.

2 AZIONE PALESTRA

Stimola la sintesi delle proteine, con conseguente aumento della massa magra.



DIETALINEA
Salute e bellezza del corpo

P.N. PRODOTTI NATURALI S.r.l.
Tel. 010722.02.15

Not. Min. San.
D.L. 144 del 27/03/00

45 Compresse
DIETALINEA

Integrated Laboratories Network (InLaNe)

Center for Study and Research on Obesity, University of Milan (Italy)

Enzo Nisoli, M.D. Ph.D.
Laura Tedesco, Ph.D.
Maurizio Ragni, Ph.D.
Renata Bracale, Ph.D.
Andrea Fossati, Ph.D.
Annalisa Cardile, Ph.D.
Chiara Ruocco, Ph.D.

Michele O. Carruba, M.D. Ph.D.



Department of Medicine, University of Padua, Padua (Italy)

Roberto Vettor, M.D.
Elisabetta Trevellin, Ph.D.
Marnie Granzotto, Ph.D.
Massimiliano Olivieri, Ph.D.
Roberto Fabris, M.D.
Roberto Serra, M.D.

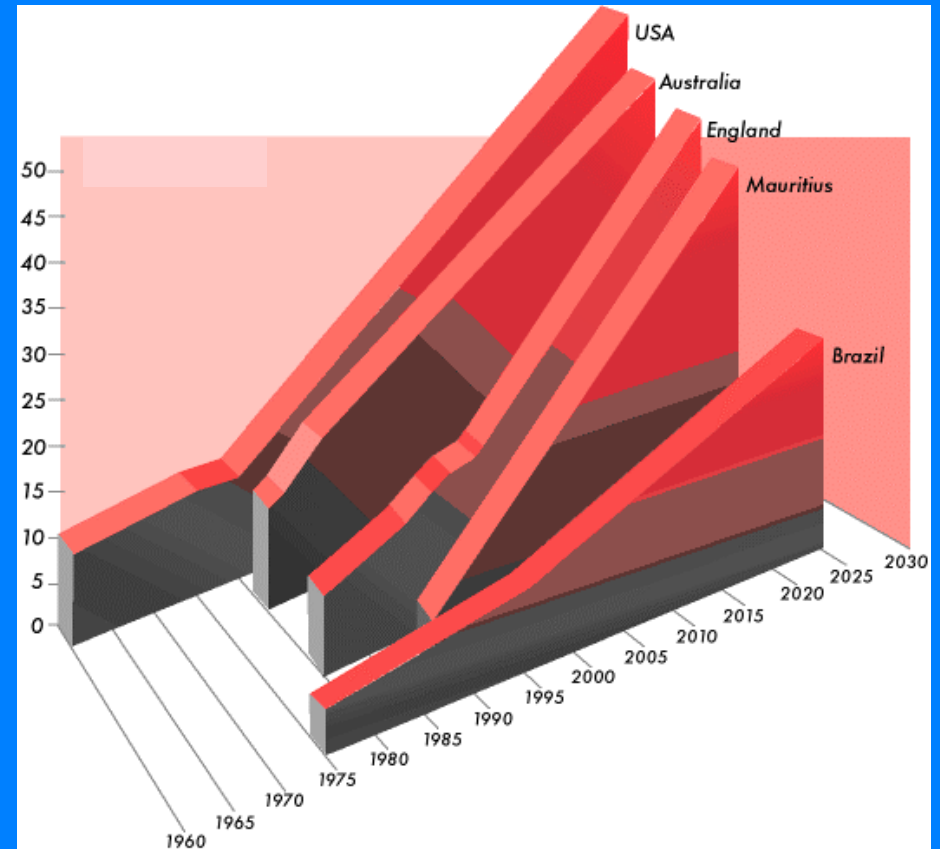
Department of Biomedical Sciences and Biotechnology, University of Brescia, Brescia (Italy)

Alessandra Valerio, M.D. Ph.D.
Francesca Fenaroli, Ph.D.
Mattia Bicelli, Ph.D.

Sovrappeso/Obesità— l'epidemia mondiale

% di Popolazione obesa
(BMI \geq 30 kg/m²)²

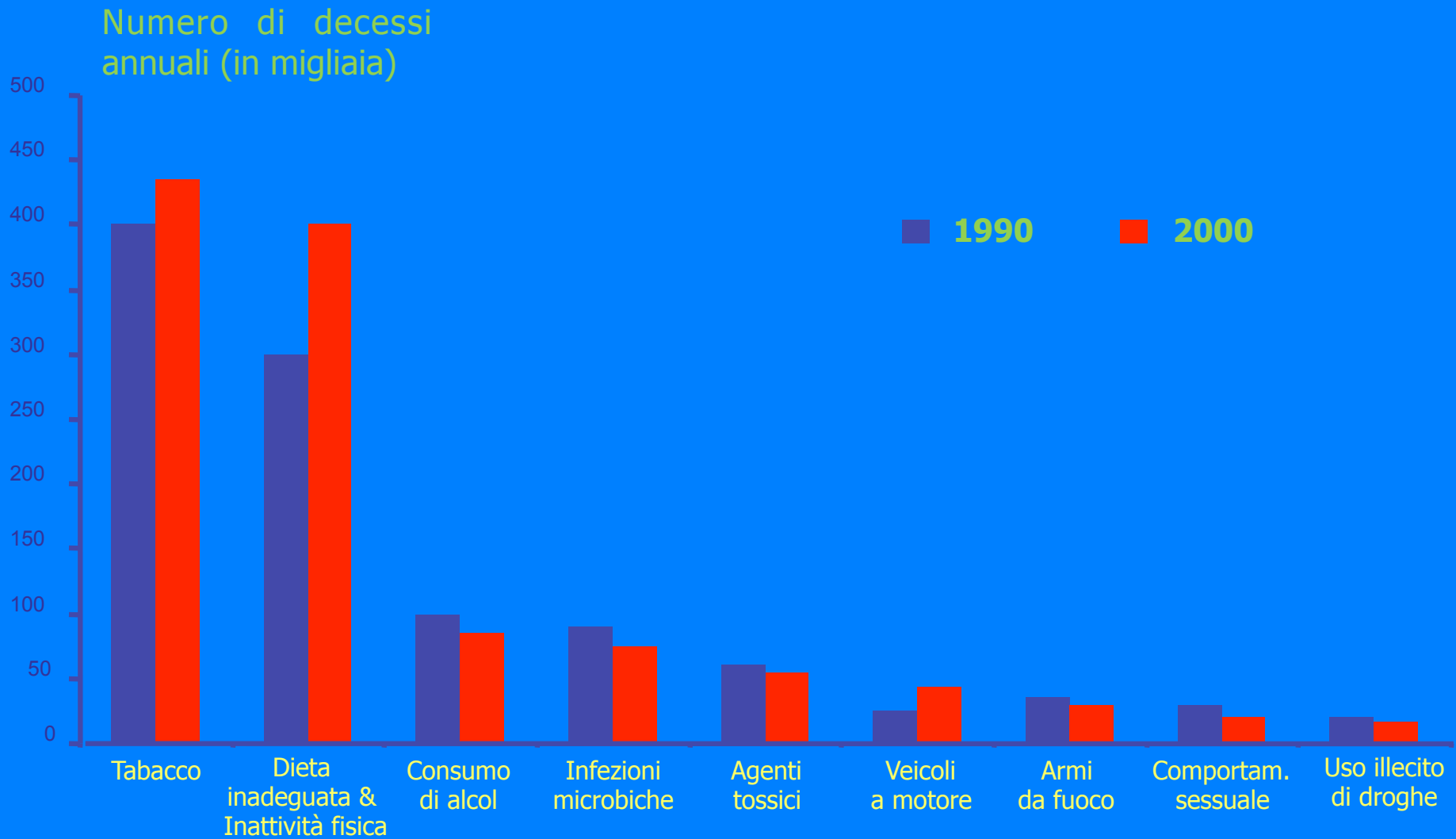
- >1 miliardo di adulti nel mondo erano in sovrappeso (BMI >25 kg/m²) nel 2002¹
- Almeno 300 milioni sono obesi (BMI >30 kg/m²)¹
- Ragioni dell'incremento della prevalenza:¹
 - Abbondanza di cibo
 - Livelli più bassi di attività fisica



1. World Health Organization. Global strategy on diet, physical activity and health, 2003. Available at: http://www.who.int/hpr/NPH/docs/gs_obesity.pdf. Accessed November 11, 2003.

2. International Obesity Task Force. Available at: <http://www.ietf.org>. Accessed November 13, 2003.

Cause di morte negli U.S.A.



Adapted from Mokdad et al. *JAMA* 2004; 291: 1238-1245