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Relation between serum leptin concentration and insulin resistance syndrome in patients with type-2 diabetes mellitus

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Introduction: Type-2 Diabetes Mellitus is known for its morbidity and mortality all over the globe. It has been demonstrated in recent studies that abnormal levels of adipocytokines may contribute to insulin resistance and type-2 diabetes.

Objectives: The aim of the present study was to assess the relation between serum leptin levels and insulin resistance syndrome in type-2 diabetic patients.

Methods: 80 persons were enrolled in this study and were divided into 2 groups; 20 healthy persons as a control group and 60 patients with type-2 diabetes mellitus as a disease group. The disease group was further divided into those who have evidence of metabolic syndrome (30 patients) and those who do not (30 patients). Parameters like age, sex, anthropometric measurements and biochemical indicators such as fasting and postprandial blood sugar, HbA1c, lipid profile, leptin and fasting insulin were determined.

Results: Higher leptin and insulin levels were observed in patients with metabolic syndrome ($P<0.001$).

Conclusion: High serum leptin is a good indicator and could provide a minimally invasive marker for early detection of the insulin resistance syndrome.

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