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Daniel Magdaleno

Escuela Superior de Medicina del Instituto
Politécnico Nacional, México

Co-Authors

**Jessica Sanchez, Pamela Ávila, Diana Silva,
Nazilli Aracli, Maria Pacheco, Maria Noyetón,
Cindy Bandala, Gabriela Córtes and Eleazar Lara**

Escuela Superior de Medicina del Instituto
Politécnico Nacional, México

Efficacy and safety of *Wild Gymnema* and *Berberina*, in non-diabetic obese patients, with diabetes mellitus risk factors

The World Health Organization leads to obesity as a current global epidemiological problem in 2014, more than 1900 million adults aged 18 or older are overweight, of which more than 600 million are obese. In Mexico it is known that 72.5% of adults over 20 years old are either overweighted and obese according to figures from the 2016 National Health Survey.

Weight loss of 5% or more is related to a decrease in risk factors such as insulin resistance, glycemia, lipid profile, blood pressure, among others. Therefore, the objective of interventions in weight loss and maintenance is to improve pre-existing comorbidities, reduce the risk of future comorbidities associated with obesity and improve physical, mental and social status.

***Wild Gymnema* in obesity:** One of the most noticeable effects of wild Gymnema is through gymnemic acids and the peptide gurmarin, since its molecules block the Na⁺ - glucose receptors of the intestine and the taste buds on the tongue, so it delays its absorption into the bloodstream, in addition to preventing the absorption of glycerol and sweeteners.

***Berberina*:** One of the main mechanisms of Berberina producing this hypoglycaemic effect is to increase the sensitivity to insulin and thereby improve the resistance to this hormone exerted by the by excess adipose tissue in patients with overweight and obesity

Biography

Daniel Roberto Magdaleno Rodriguez is a Mexican pre-graduated Doctor of *Escuela Superior de Medicina* at Instituto Politécnico Nacional. He is a junior researcher who has been working at the obesity center of the Institute since 2014 on different research lines regarding obesity, diabetes, fatty liver, metabolic syndrome and hypertension. CEO and founder of AIMEDS A.C.

magdalenium@hotmail.com

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