

adipose tissue secretions

steroidogenic enzymes

- convert androstenedione to testosterone
- convert estrone to estradiol
- sex steroids
- control visceral adipose deposition
- glucocorticoid activity

adipokines

😊 good adipokines
sc>visceral

leptin

- endocrine effects**
 - regulation of immune function
 - hematopoiesis
 - angiogenesis
 - bone development.
 - known role in**
 - controlling body weight
 - food intake thru hypothalamic p/ways
 - glc homeostasis
 - liver: incr glucose production
 - muscle: incr glc uptake & metabolism
 - pancreas: incr insulin
 - primary fx is to**
 - increase satiety
 - energy expenditure thru axn on hypothalamus
 - activate HPA axis
 - suppress HPT axis
 - suppress HPG axis
- involved in the regulation of reproductive development and function by indirectly influencing GnRH neuron activity.

adiponectin

- anti-diabetic**
 - liver: dec glc + FFA
 - muscle: incr FFA Ox & dec TAG prod.
 - activity incr @ insulin sensitivity & decr @ insulin resistance
- anti-atherogenic**
 - incr NO by insulin receptor of vasc. ep.
 - positive correlation to HDL
 - inverse correlations to LDL, TAG, Insulin resistance, & diastolic BP
- anti-inflammatory**

😞 bad adipokines
visceral>sc except TNF-a

adipsin & acylation stimulation protein

- adipsin**
 - sc-visceral required for the prod of ASP
- both adipsin & ASP**
 - positively correlate with:
 - adipocytes
 - insulin resistance
 - dyslipidaemia
 - CVD
- acylation stimulating protein**
 - incr insulin secretion
 - @ adipose tiss
 - incr glc transport
 - incr TAG synthesis
 - incr activity of DAG acyltransferase
 - decrease lipolysis
 - decrease release of FFA

resistin

- 15 times greater visceral > sc.
- increases in TZD & insulin resistance; potentially linking obesity w/ insulin resistance

TNF-a

- sc>visceral; may be dependent on regional fat mass
- increase insulin resistance (liver, muscle, adipose)
- liver**
 - increase:
 - FFA prod
 - cholesterol synthesis
 - decrease:
 - glc uptake
 - FFA storage

protein from RAS

- visceral>sc
- renin, angiotensinogen, angiotensin I, angiotensin II, ACE
- same target proteins as RAS in kidney->incr aldosterone
- ⚠️ vasoconstriction is primary activity from adipocyte RAS
- liver**
 - decreased lipolysis
 - increased lipogenesis, gluconeogenesis, glycogenolysis, insulin resistance

IL-6

- visceral>sc
- 1/3 of IL-6 in circ is from adipose tiss
- increase insulin resistance (liver, muscle, adipose)
- primary fx**
 - incr hepatic hyperlipidaemia
 - incr hepatic glc prod.
- dec IL-6 in CNS -> dec energy expenditure

PAI-1

- visceral>sc
- inhibits fibrinolysis
- inhibits tPA
- TNF-a -> incr PAI-1 in adipose