

# 3<sup>rd</sup> International Conference and Exhibition on **Obesity & Weight Management**

December 01-03, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

## The levels of soluble CD40 ligand and platelets parameters in normal weight in comparison with obese people in Malaysian population

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Obesity is a major risk for cardiovascular disease worldwide. In certain individuals there is a genetic predisposition for one to develop obesity regardless of other contributing factors. There are clear evidences to show that engagement of soluble CD40 ligand (sCD40L) with its receptor plays a decisive role in the pathogenesis of atherosclerosis. This study was proposed to test whether obesity is associated with low-grade systemic inflammation as measured by serum CD40L concentration and high platelets count and MPV. PLT and MPV were measured using FBC (Full Blood Count) method and serum CD40L by sandwich enzyme-linked immunosorbent assay method. 112 participants between the ages 18 – 60 years old were divided into two groups depending upon their body mass index (BMI) levels; Group 1: normal weight, BMI < 25 kg/m<sup>2</sup>, Group 2: obese, BMI ≥ 30 kg/m<sup>2</sup>. Serum concentrations of sCD40L were significantly higher in obese subjects compared with normal weight subjects. The levels of BMI were positively correlated with the serum levels of CD40L in all subjects. The MPV was significantly higher in obese group than in non-obese control group. There is a positive correlation between the levels of MPV and BMI in obese people. Obese subjects had higher platelet in comparison with non-obese. This study provided future platform for other research related to morbidity and mortality due to cardiovascular events.

### Biography

Nasrin Riyahi has completed her BSc in Medical Laboratory Science. Currently she is studying master program of hematology in University Putra Malaysia. Her project is about platelets and its association on obesity among Malaysian population.

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