Salivary Cortisol, Testosterone and DHEA in Healthy University Male Students with Hyperleptinemia: Retrospective Cohort Study

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Abstract

Foundation: Cortisol, testosterone and DHEA are steroid hormones related with youth physiology. The point of this examination was to assess the relationship of stress hormones with leptin, the hormone of heftiness, in college male understudies. In this planned partner study, ninety college male understudies in the age scope of 18 to 24 years were ordered into two gatherings; NL=Normal or Borderline Serum Leptin Level (<9.4 ng/ml); HL=High Serum Leptin Level (≥ 9.4 ng/ml). In these gatherings, serum leptin and salivary levels for testosterone, dehydroepiendisterone (DHEA) and cortisol were immunoassayed. Relationship coefficients model investigation found that M-DHEA was essentially emphatically corresponded with serum leptin in all subjects paying little mind to examine gathering (r=-0.248, p=0.003). The model examination likewise found that body weight demonstrated more prominent critical and positive relationship with serum leptin level than did BMI (NL: r=0.549 versus 0.429, HL; r=0.517 versus 0.422, individually). A positive relationship among's hyperlipidemia and hyperleptinemia was noted. Negative relationship was seen between M-DHEA and some corpulence boundary including BMI and body weight and serum leptin. Raised cortisol with declined DHEA balance was noted in this examination. Our discoveries shed some light on the potential systems connecting weight, stress and maturing hormones in youngsters where leptin is the principle stoutness marker that advances steroid hormones lopsidedness prompting maladaptation to incessant worry in young fellows. We saw that serum leptin levels are corresponding to DHEA/cortisol awkwardness and recommended to be another marker of ceaseless pressure maladaptation in youthful hefty guys.

Weight and worry in youth are a developing concern.

The commonness of overweight and weight among Jordanians youthful guys has expanded in the previous 10 years. Complexities of youth overweight and heftiness are very much recorded and incorporate metabolic wellbeing hazard, incessant illnesses, psychosocial issues and an expanded danger of cardiovascular ailments in adulthood. Serum and salivary degrees of steroid hormones have been connected with the obesogenic changes in eating practices, muscle to fat ratio conveyance and digestion. Because of complex connection between steroid hormonal exercises during youth, recognizing a remarkable clinical technique to check this sort of progress stays an existent test.

Somewhat, steroid hormones are autonomous of one another especially among more seasoned youths than more youthful teenagers. Wonderful relationship of raised salivary or serum cortisol levels because of intense pressure have been connected with weight gain in a few human examinations. Besides, in creature models, high corticosterone reactions to adrenocorticotropin discharging hormone (ACTH) has enlarged the hazard for diet-initiated heftiness.

Heftiness hormone, leptin, is presently accepted to be the main source of fat increase in people. It is more dependable than weight file as a stoutness marker. Human accomplice contemplates show a positive relationship between's serum levels of cortisol and leptin. In clinical preliminaries, subjects with Cushing's illness show reliably raised leptin levels, which will in general continuously decline after treatment. All things being equal, some of related investigations presumed that dynamic circadian cadence of leptin is commonly reverse to cortisol, proposing counter-guideline or 'enmity'. Notwithstanding, proof connecting different records of cortisol and heftiness marker in people is conflicting by any means. In spite of cortisol, another steroid hormone Dehydroepiandrosterone (DHEA) is depicted as the 'remedy of youth' for its antiaging properties and hostile to corpulence impacts. DHEA substitution may diminish serum leptin levels.

DHEA lessens circling levels of cortisol and it is contrarily identified with top cortisol in light of CRH mixture and along these lines, it irritates neurotoxic impacts of cortisol. Despite the fact that these discoveries may demonstrate a pressure buffering impact of DHEA, it is accounted for that salivary cortisol was emphatically connected with left hippocampus movement. All things considered, not every past investigation have endorsed a proportional connection among DHEA and cortisol. DHEA/cortisol unevenness with the person's age that reflects pressure maladaptation stays a far from being obviously true point and should be

explained. Likewise, it appears that DHEA/cortisol irregularity is driven by the impact of a few pressure related elements, including adiposity, as opposed with the impact old enough as a solitary factor. Serum leptin as an adiposity marker may clarify the variety of the cortisol/DHEA balance as observed before in a cross sectional examination led on youthful guys with hypersensitive rhinitis as a pressure model.

Note: This work is partially presented at 5th International Conference and Exhibition on Lung & Respiratory Care