

Table 3. Anthropometric indices, biochemical, and hormonal levels in groups A1 and A2, before and after intervention

Parameter	Group A1(Diet plus orlistat)			Group A2 (Only Diet)		
	Before	After	P value	Before	After	P value
Weight (Kg)	98.6±14.9	75.4±12.7	<0.001	102.1±18.7	82.5 ±14.8	<0.001
BMI(Kg/m ²)	37.2±5.3	28.42±4	<0.001	38.5±7	30.9±5.7	<0.001
W/H ratio	0.9	0.8	<0.001	0.9	0,8	<0.001
Waist circumference(cm)	109.3±12.7	97.4±12.7	<0.001	108.5±10.6	94.1±9.4	0.028
%body fat	43.3±5.4	31.4±4.8	<0.001	42.5±8.1	34.7±7.3	<0.001
%free fat mass	56.7±5	66.9±4.7	<0.001	57.9±8.2	64.68±6.9	<0.001
Chol (mg/dl)	197.6±38.2	176.4±32.2	0.002	209.5±43.7	169.7±27.2	<0.001
Trigl. (mg/dl)	127.7±46.8	89.9±23.1	<0.001	141.5±42.9	125±40	0.002
HDL (mg/dl)	40.8±10.7	44.3±8.3	NS	42.1±10.3	33.9±8.2	<0.001
LDL (mg/dl)	127.4±32.8	93.5±21.8	<0.001	131.2±43.9	116.9±28.5	0.034
hsCRP (mg/l)	9.3±5.5	4.1±2.8	<0.001	8.5±3.9	6.6±3.3	0.007
Insulin (IU/ml)	39.2±31.5	23.8±18.8	<0.001	41±30	26.9±18.3	<0.001
HOMA-IR	9.4±8.2	5.3±4.1	<0.001	10.1±8.2	6.5±4.6	<0.001
Leptin (ng/ml)	90.1±30	51.6±19.5	0.03	88.7±29.3	60.8±22.4	<0.001
IL-6 (pg/ml)	82.3±17	10.4±2	<0.001	83±17	11.7±3.1	<0.001
IGF-I (ng/ml)	102.9±55.4	230.3±53.3	<0.001	97±42.7	287.6±83.3	<0.001
TNF-α (pg/ml)	43±15.9	22.3±7.5	<0.001	41.1±12.7	32.5±10.3	<0.001
Isoprostane (pg/ml)	5298.2±1778.7	1127.5±467.1	<0.001	5166.4±1787.2	1472.2±506.4	<0.001
Peroxidase of glutathione (ng/ml)	22±9.8	52.3±15.2	<0.001	22.3±9.5	48.9±14.1	<0.001
Resistin (ng/ml)	22.30±8.1	16.7±5.9	<0.001	23.7±9.1	17±5.4	<0.001
Adiponectin (ng/ml)	17.29±4.9	39.8±13.4	<0.001	20.5±6.2	35.3±21.8	<0.001

Chol: cholesterol; Trig: triglycerides; HDL: high density lipoprotein; IL-6: interleukin 6; hsCRP: C reactive protein; IGF-1: insulin like growth factor 1; TNF-α: Tumor necrosis factor α; HOMA-IR: homeostasis model assessment index; NS: Non significant. For SI units multiply for insulin by 7.175, for cholesterol, LDL and HDL by 0.02586, for triglycerides by 0.01536. Normal values (range): resistin; 7-16ng/ml, TNF-α; 1.2-7.8pg/ml, adiponectin 28.2-110ng/ml