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Effect of probiotic consumption in the level of peptide YY, ghrelin hormone and body weight in Iraqi obese female

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Background: Several evidences indicate that gut microbiota is involved in the control of host energy metabolism.

Objective: To evaluate the change of body weight and hormone level after consumption of probiotics for 8 weeks.

Methods: 40 healthy obese female age between (20-50) years and BMI ≥ 30 (kg/cm) was participated in this study, there were divided in two groups, group-1 (G1) consumed probiotics and group-2 (G2) was consumed placebo for 8 weeks, the two groups was used same diet with 1200 kcal. The body weight was determined at the first of study and after 8 weeks, the level of ghrelin and peptide YY was de-terminated by using ELISA technology.

Result: The study show significant effect of probiotic on the peptide YY hormone level and showed positive correlation with body weight. The study showed highly significant difference in the level of peptide YY hormone, the peptide YY hormone level was increased in the G1 from (33.7) to (49.5) with (p-0.0001) compared with G2 which showed decreasing by 1.4% from (33.62) to (32.62). The study showed significant difference between two groups in the level of ghrelin, G1 it was decreased from (6.67) to (2.17) but in the G2 increased from (5.87) to (7.0). Effect of probiotic on the body weight was study to determine the role of probiotic in weight reduction and the result showed difference between two groups. The group (G1) showed decrease (5.4%) 5.4 kg from (92.92) to (87.88) and G2 showed decreased 4.14% (3.4) kg from (91.28) to (87.5) but there was no significant difference between two groups.

Conclusions: The study show positive effect of probiotics on the hormone level and body weight more study need to evaluate the probiotics effect on endocrine system.

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