

Evaluation of diploma work

The impact of weight loss as a possible index of the metabolic syndrome in obese people

Author:

Assaf Ray

6th year of regular program

Subject of the presented diploma work was 1. an overview of the of obesity in the pathogenesis of insulin resistance and metabolit syndrome 2. analysis of the results of a weight-reduction programme based on hypocaloric diets on insulin resistance (evaluated using hyperinsulinemic euglycemic clamp) in obese women and in obese women with polycystic ovary syndrom (PCOS).

The first part of the work gives an overviwe of the clinical picture and pathogenesis of obesity and relationship of obesity with insulin resistance and other components of metabolit syndrom. This section is clearly written, the structure of the whole section and of the individual chapters are appropriate. The citations come mostly from overview chapters in books and cover the topics in a satisfactory way. The following section on methodology of the study is short and in spite of a brief mentioning the „glucose clamp technique“ it does not describe the methodology of euglycemic hyperinsulinemic clamp used for the evaluation of insulin resistance. The methodology of statistical calculations is mentioned in the result section. The main aim of the analysis was to investigate whether associations, i.e. correlations, exist between the diet-induced weight loss and diet-induced increase in insulin sensitivity. The results are given in tables and commented in the result section and in the beginning of the discussion section. No correlations were found, however an inverse qualitative relationship between the weight loss and the insulin resistance changes was found. The Discussion paragraph is short and , in fact, the section of Conclusion contains discussion of the results as well. The final conclusions seem appropriate. References are adequately cited.

In summary, this diploma work fulfils the demands imposed on the diploma work at the 6th year of medical studies and my evaluation of the work is: very good.

4th April 2006

Doc MUDr Vladimír Štich, PhD

Dept of Sports Medicině

Third Faculty of Medicíne, Charles University