

Special Issue

Mechanisms and Pathophysiology of Obesity

Message from the Guest Editor

Obesity is a chronic, relapsing condition characterized by excess body fat. It occurs when the balance is lost between energy intake vs. expenditure. Obesity is caused by many factors, including genetics, viruses, environment, physical activity and diet, insulin resistance, inflammation, gut microbiome, medications, circadian rhythms, psychological distress and stress, pollution, parental body mass index, maternal smoking, etc. Hormones, growth factors, and organs and tissues regulate the progression of obesity. The molecular mechanisms and pathophysiology of obesity involve a complex interplay of various factors. There are serious health consequences due to obesity. Excessive fat accumulation not only disrupts the normal function of adipose tissue but also places a burden on organs such as the heart and liver, elevating the risk of multiple chronic diseases. Therefore, research is important to understand the unexplored mechanisms and develop effective interventions to improve health outcomes and digital tools to monitor and provide real-time feedback to help patients.

Guest Editor

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