

## Special Issue

# Recent Developments in Obesity: Metabolism, Pathophysiology and Treatment

### Message from the Guest Editor

Recent studies have shed light on the complex metabolic pathways involved in obesity. Key findings include the identification of novel adipokines that influence insulin sensitivity and lipid metabolism. Studies have demonstrated that pro-inflammatory cytokines contribute to insulin resistance and adipose tissue remodeling. Pathophysiological insights reveal the contribution of chronic inflammation and hypothalamic–pituitary–adrenal axis dysregulation to obesity. Additionally, the interplay between the gut microbiota and host metabolism has been explored, revealing potential therapeutic targets for obesity management. Recent clinical trials have evaluated the efficacy of new anti-obesity drugs, such as GLP-1 receptor agonists. In addition, lifestyle interventions, including personalized nutrition and physical activity programs, have been refined to enhance adherence and long-term success. These advancements offer new avenues for effective obesity management and highlight the importance of a multidisciplinary approach to tackle this global health challenge. Original research papers and comprehensive, up-to-date review articles are all welcome.

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### Guest Editor

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## International Journal of Molecular Sciences

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