**How does Leptin Affect the Physiology of an Obese Person?**

Leptin is a hormone secreted from fat cells that efficiently reduces food ingestion and body mass. It was initially considered as an approach to treat obesity (Obradovic *et al.,* 2021). It is one of the major techniques that lead to the broadening of obesity-induced hypertension. LEP-R spreading aids leptin’s pleiotropic impacts, taking a vital role in managing weight through a destructive response technique among the adipose and hypothalamus tissues (Izquierdo *et al.,* 2019). I chose this specific topic because my weight is something that I have struggled with my entire life. Understanding the physiology of hormones like Leptin can help me in controlling my weight.

Leptin opposition is categorized by decreased satiety, over-ingestion of nutrients, and raised aggregate body weight (Feng *et al.,* 2013). Detailed information on leptin and its ways of action should assist in developing a safe and efficient pharmacological cure of obesity and obesity-related hypertension (Milaneschi *et al.,* 2012. My term paper will examine current information from animal and human studies connected to leptin, its effectiveness in obesity treatment, and its role in obesity.

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