International Conference and Exhibition on
Obesity & Weight Management
December 3-5, 2012 DoubleTree by Hilton Philadelphia, USA

Vitamin A and body adiposity

Andrea Matos

Federal University of Rio de Janeiro, Brazil

Abstract

Obesity is a universal disease of increasing prevalence and recent evidence point to its association with vitamin A deficiency. Thus, besides the role of vitamin A in several key functions to the human body, such as visual acuity, immune activity, cell proliferation and differentiation, its lack may be associated with increased adiposity. Researches has suggested that such relationship may be caused due to the modulating action of this vitamin on the adipose tissue. This process would mainly result from the role of vitamin A in activating the transcription of uncoupling protein 1 (UCP1), and inhibiting the differentiation of adipocytes with a consequent control of body fat when in high concentrations. Recently, this micronutrient has received attention for its role in fighting free radicals, protecting the body against oxidative stress associated with obesity and co-morbidities related to it, preventing damage and tissues injury and aggravation involved in the installation of several chronic diseases not transmitted. The Micronutrients Research Center has investigated the potential effect of vitamin A in several metabolic conditions associated with obesity.

Biography

Andrea Matos completed her Master's in Human Nutrition at the age of 26 years at Federal University of Rio de Janeiro and currently is a postdoctoral researcher in the Medical College at Federal University of Rio de Janeiro. She is a researcher at the Micronutrients Research Center.