



## *List of Abbreviations*

|             |  |
|-------------|--|
| <b>AgRP</b> | Agouti_related peptide.                                      |
| <b>ARG</b>  | Arcuate nuclei.  |
| <b>BED</b>  | Binge eating disorders.                                      |
| <b>BMI</b>  | Body mass index.   |
| <b>BMR</b>  | Basal metabolic rate.  |
| <b>BPD</b>  | Biliopancreatic diversion.                                   |
| <b>CAM</b>  | Complementary medicine.                                      |
| <b>CART</b> | Cocaine and am melanocortine phetamine regulated transcript. |
| <b>CB</b>   | Cannabinoid.   |
| <b>CBT</b>  | Congenitive behavioral theapy.                               |
| <b>CCK</b>  | Cholecystokinin.   |
| <b>CHD</b>  | Coronary heart disease.                                      |
| <b>CHF</b>  | Congestive heart failure.                                    |
| <b>CHMP</b> | Committee for medicinal products for human use.              |
| <b>CLA</b>  | Conjugated linoleic acid.                                    |
| <b>Cm</b>   | Centimeter.  |
| <b>CNS</b>  | Central nervous system.                                      |
| <b>CNS</b>  | Central nervous system.                                      |
| <b>CRF</b>  | Cardiorespiratory fitness.                                   |

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| <b>CVD</b>                | Cardiovascular diseases.                |
| <b>DPP IV</b>             | Diepitidyl peptidase IV.                |
| <b>EE</b>                 | Energy expenditure.                     |
| <b>Eg</b>                 | Example.                                |
| <b>EPC</b>                | Evidence- based practice center.        |
| <b>EWL</b>                | Excess weight loss.                     |
| <b>FDA</b>                | Food and drug administration.           |
| <b>FFM</b>                | Free fate mass.                         |
| <b>G</b>                  | gram.                                   |
| <b>GABA</b>               | $\gamma$ -aminobutyric acid.            |
| <b>GBP</b>                | Gastric bypass surgery.                 |
| <b>GH</b>                 | Growth hormone.                         |
| <b>GI</b>                 | GASRO intesyinal.                       |
| <b>GLP-1</b>              | Glucagon like peptide 1.                |
| <b>HCA</b>                | Hydroxycitric acid.                     |
| <b>HDL</b>                | High density lipoprotein.               |
| <b>Ib</b>                 | Pound (1 pound = 0.45359237 kilograms). |
| <b>IL</b>                 | Interleukins.                           |
| <b>In</b>                 | Inch.                                   |
| <b>KCAL</b>               | Kilo calorie.                           |
| <b>Kg</b>                 | Kilogram                                |
| <b>Kg / m<sup>2</sup></b> | Kilogram per sequer meter.              |

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|---------------------|--|
| <b>LAGB</b>         | Laparoscopic adjustable gastric banding.             |
| <b>LAP-BAND</b>     | Laprosopic obesity surgery.                          |
| <b>LCDs</b>         | low- calorie diets.                                  |
| <b>MC</b>           | Melanocortin.  |
| <b>MC3</b>          | Melanocortin-3.                                      |
| <b>MC4</b>          | Melanocortin-4.                                      |
| <b>MC4R</b>         | Melanocortin-4 receptor                              |
| <b>MMHG</b>         | Millimeter of mercury.                               |
| <b>NAASO</b>        | North American Association for the Study of obesity. |
| <b>NHANES</b>       | National health examination survey.                  |
| <b>NHLBI</b>        | National Heart, Lung, and Blood institute.           |
| <b>NPY</b>          | Neuropeptide Y.                                      |
| <b>OTC</b>          | Over-the-counter.                                    |
| <b>OXM</b>          | Oxylomodulin.  |
| <b>POMC</b>         | Proopiomelanocortin.                                 |
| <b>PP</b>           | PANCREATIC polypeptide.                              |
| <b>PPY</b>          | Peptide yy.  |
| <b>Pupropion SR</b> | Sustained-release puprpion.                          |
| <b>PVN</b>          | Paraventricular nuclus.                              |
| <b>Qi</b>           | Vital force or energy.                               |
| <b>RCTs</b>         | Randomized controlled trials.                        |

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| <b>RMR</b>   | Resting metabolic rate.                   |
| <b>RYGB</b>  | Roux-en-Y gastric bypass.                 |
| <b>SCOUT</b> | Sibutramine cardiovascular outcome trial. |
| <b>SSRI</b>  | Selective serotonin reuptake inhibitor.   |
| <b>TNF</b>   | Tumor necrosing factor.                   |
| <b>USA</b>   | United states of America.                 |
| <b>VBG</b>   | Vagoplasty.                               |
| <b>VLCDs</b> | Very low- calorie diets.                  |
| <b>VLDL</b>  | Very low density lipoprotein.             |
| <b>VLFDs</b> | Very low- fat diets.                      |
| <b>Wc</b>    | Waist circumference.                      |
| <b>WHR</b>   | Waist hip ratio.                          |
| <b>WK</b>    | Week.                                     |
| <b>Amsh</b>  | Alpha melanocyte-stimulating hormone.     |