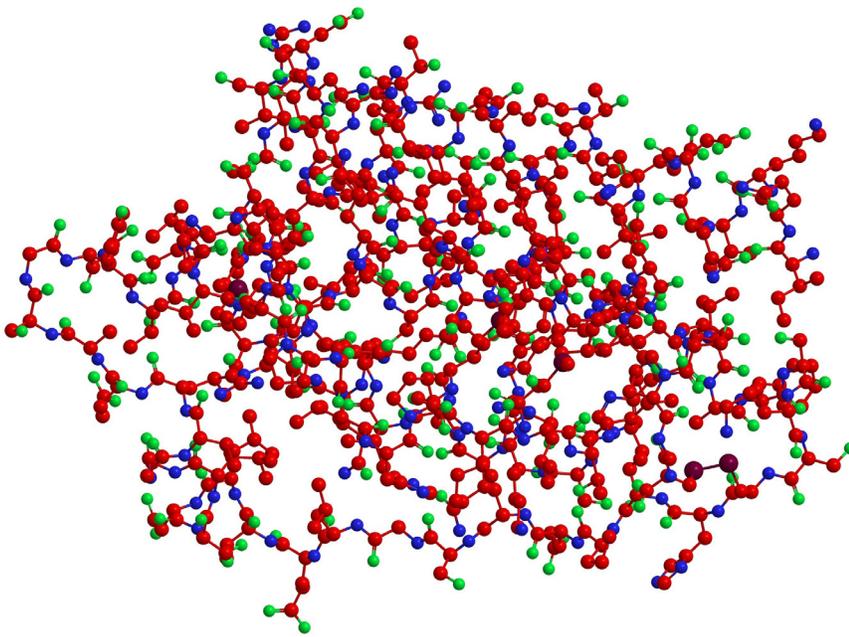




NeuRA

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BIPOLAR DISORDERS LIBRARY



BIPOLAR DISORDERS Factsheet

April 2019

What is leptin?

Leptin is a hormone released from the fat cells in adipose tissue that sends signals to the hypothalamus in the brain that help regulate food intake and energy expenditure. The primary role of leptin is to help the body maintain its weight. It also modulates insulin sensitivity, with higher levels of leptin promoting insulin resistance and perpetuating a positive feedback loop. Studies have been conducted assessing leptin levels in the peripheral blood of people with bipolar disorder, with conflicting results.

What is the evidence for changes in leptin in people with bipolar disorder?

Moderate quality evidence suggests no differences in leptin levels between people with bipolar disorder and controls, regardless of bipolar mood state.

Low quality evidence is unclear of the association between antipsychotic use and leptin levels in people with bipolar disorder.

For more information see the technical table



NeuRA

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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au.