

Abstract

Metabolism. 2006 Oct;55(10):1283-5.

Adipokines and treatment with niacin.

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OBJECTIVE: Adipokines may serve as an important etiologic link between atherosclerosis and obesity. Because adipose tissue is one site of action of the lipid-lowering drug niacin, we investigated whether niacin treatment would affect not only lipids but also adipokines.

METHODS: Twenty-four patients were treated with extended-release niacin. During the first 4 weeks the daily dose was increased at weekly intervals from 375 to 1000 mg, which was maintained for 4 weeks. Thereafter, the dose was 1500 mg for another 6 weeks.

RESULTS: Adiponectin increased by 54% and 94%, respectively, resistin was lowered only moderately, and leptin not at all.

CONCLUSION: Because adiponectin has repeatedly been shown to be negatively associated with atherosclerotic risk, its pronounced increase may bring about additional atheroprotection by niacin beyond its improvement in lipids.

PMID: 16979396

