

Adiponectin

Know your risk™ for metabolic syndrome.



metabolic

What is adiponectin?

Researchers have recently learned that fat cells in the body don't just sit around quietly. Fat cells actively release hormones that help control how your body makes, uses and stores energy. Adiponectin, one of the hormones released by fat cells, helps control how your body uses sugars and fats from foods you eat. Adiponectin also helps reduce inflammation in your body and the build-up of cholesterol your arteries.

How is adiponectin associated with health?

Adiponectin can affect your health in many ways. Adiponectin levels are affected by your lifestyle and how you take care of your body. At an ideal weight, your body has "normal" sized fat cells that produce a lot of adiponectin. As you gain weight due to lifestyle choices (poor diet or lack of exercise), these same fat cells get larger and produce less adiponectin, and this can adversely affect your health. If you have low adiponectin levels, you are more likely to have metabolic syndrome or diabetes, and may be at risk of developing heart disease in the future.

In general, men tend to have lower levels of adiponectin than women. Also, as you get older, your adiponectin levels will also decrease.

What is BMI?

In order to determine whether your adiponectin levels are normal or not, your doctor will determine your BMI, or body mass index. This is a quick and easy way to determine approximately how much fat you have in your body and is calculated using your height and your weight. The formula used is: $\text{weight (kg)} / [\text{height (m)}]^2$. There are also many BMI calculators available online that you can use to determine your BMI. If your BMI is below 18.5,

you are underweight. People with a BMI from 18.5 to 24.9 are a normal weight, while those with a BMI from 25.0 to 29.9 are overweight. If your BMI is 30 or above, you are considered obese.

When should I have my adiponectin levels tested?

Your doctor may order an adiponectin test at the same time other tests are ordered to look at how your body stores and uses energy from food, like a blood glucose test or an insulin test. Your doctor may also order the adiponectin test if you have some, but not all, of the signs of metabolic syndrome, such as a large waist, high blood pressure or abnormal blood lipids.

What can I do if my adiponectin levels are too low?

The best way to raise your adiponectin levels is to lose weight. Any amount of weight loss, even small, can help. Adding more fruits, vegetables, and whole grains to your diet and lowering the amount of fatty foods and processed carbohydrates you eat may not only help raise your adiponectin levels, it may help you improve your cholesterol and blood sugar levels. Exercise may also help raise your adiponectin levels. Some diabetes medications or medications used to control your lipid levels may also help to raise adiponectin levels.

How should I prepare for an adiponectin test?

Your doctor will ask you not to eat or drink anything except for water before you have an adiponectin test. However, you should take any medications as you normally do with water. If you have any questions about how to prepare for the test, discuss them with your doctor.

Know your risk™

	Body Mass Index	Weight	Normal Adiponectin Levels
Men	<25 kg/m ²	Underweight/Normal	4-26 µg/mL
	25-30 kg/m ²	Overweight	4-20 µg/mL
	>30 kg/m ²	Obese	2-20 µg/mL
Women	<25 kg/m ²	Underweight/Normal	5-37 µg/mL
	25-30 kg/m ²	Overweight	5-28 µg/mL
	>30 kg/m ²	Obese	4-22 µg/mL

