

Table 3. Anthropometric indices, biochemical and hormonal values in obese women before and after weight reduction (mean±SD)

	Before	After	P value
Weight (kg)	102.1±18.7	82.5±14.8	<0.001
Body mass index (kg/m ²)	38.5±7	30.9±5.7	<0.001
Waist hip ratio	0.9±0.06	0.8	<0.001
Waist circumference (cm)	108.5±10.6	94.1±9.4	<0.028
%Fat mass	42.5±8.1	34.7±7.3	<0.001
%Free fat mass	57.9±8.2	64.6±6.9	<0.001
Insulin (IU/ml)	41±30	26.9±18.3	<0.001
Cholesterol (mg/dl)	209.5±43.7	169.7±27.2	<0.001
Triglycerides (mg/dl)	141.5±42.9	125±40	<0.002
HDL (mg/dl)	42.1±10.3	33.9±8.2	<0.001
LDL (mg/dl)	131.2±43.9	116.9±28.5	<0.688
IL-6 (pg/ml)	83±17	11.7±3.1	<0.001
CRP (mg/l)	8.5±3.9	6.6±3.3	<0.007
HOMA-IR	10.1±8.2	6.5±4.6	<0.001
Isoprostane (pg/ml)	5166.4±1787.2	1472.2±506.4	<0.001
Glutathione peroxidase (ng/ml)	22.3±9.5	48.9±14.1	<0.001

For SI units multiply for insulin by 7.175, for cholesterol, LDL and HDL by 0.02586, for triglycerides by 0.01536.