

**Table 1.** Demographic characteristics, metabolic profile, serum adiponectin, VAT and SAT adiponectin mRNA expression levels (Mean  $\pm$  SEM) of the two groups

Characteristics	Non-obese (n=34)	Obese (n=34)	p value
Age (yrs)	55.06 $\pm$ 1.16	54.06 $\pm$ 1.15	0.674
BMI (kg/m <sup>2</sup> )	23.97 $\pm$ 0.55	31.81 $\pm$ 0.81	<0.001
WC (cm)	82.71 $\pm$ 0.64	100.26 $\pm$ 1.43	<0.001
Glucose (mM/l)	5.48 $\pm$ 0.12	5.94 $\pm$ 0.10	0.005
Insulin ( $\mu$ U/ml)	10.84 $\pm$ 0.76	11.64 $\pm$ 0.75	0.527
HOMA	2.62 $\pm$ 0.19	3.05 $\pm$ 0.20	0.106
TG (mM/l)	1.32 $\pm$ 0.08	1.84 $\pm$ 0.09	<0.001
TC (mM/l)	3.90 $\pm$ 0.15	3.99 $\pm$ 0.12	0.407
HDL (mM/l)	1.06 $\pm$ 0.05	0.87 $\pm$ 0.04	0.006
VAT mRNA	0.362 $\pm$ 0.098	0.048 $\pm$ 0.005	<0.001
SAT mRNA	0.222 $\pm$ 0.035	0.042 $\pm$ 0.007	<0.001
Serum adiponectin (ng/ml)	28.39 $\pm$ 2.52	20.56 $\pm$ 1.13	<0.001

BMI: body mass index, WC: waist circumference, HOMA: homeostasis model assessment, TG: triglyceride, TC: total cholesterol, HDL: high density lipoprotein, VAT: visceral adipose tissue, SAT: subcutaneous adipose tissue.