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THE BENEFIT AND MECHANISM OF COFFEE'S CONTENT FOR REDUCING WEIGHT GAIN

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Obesity is one of the metabolic disorders associated with excessive energy intake rather than energy expenditure and is still one of the problems of the world community. Over the past few years, some obese people have been treated for obesity, but the treatment has not been optimal, and some have failed. There is lack of information about the benefit of coffee consumption. This review study discusses the mechanism and the benefit of coffee consumption. Some research results indicate that coffee influences weight loss because of the working effect of caffeine as a stimulant. An epidemiological study also found results that coffee consumption will reduce weight gain in obese men. Caffeine is a major stimulant of coffee and is associated with weight loss and reduced risk of developing metabolic syndrome. A recent study in Japan found that coffee polyphenols can increase energy metabolism and reduce lipogenesis through downregulating regulatory sterol element protein binding elements and similarities in molecules that will lead to suppression of fat accumulation. Coffee consumption helps lipid metabolism by increasing thermogenesis as part of increased fat oxidation. Research conducted on animal models of rodent through long-term studies shows that caffeine reduces adipose pad size and the number of adipocyte cells. Coffee consumption will help you lose weight.

BIOGRAPHY

Rosa Lelyana completed medical school in 1997 and graduated S2 is less than 2 years of research in the field of coffee. She is a member of the ACS (American Chemical Society) on request since 2014. In 2011 she received an award from the Dean of the Faculty of Medicine and University lecturer Diponegoro as one of the best level textbook authors of university medical faculty level Diponegoro.

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