



Assessment of Gonadotropins and Androgens among Pubertal Overweight and Obese Girls

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



صدق الله العظيم

(هود: 88)

Dedication

TO

**the sole of my father
may God mercy him,
my mother, my wife
and my daughters
(Farida & Laila)
who are really
behind me**

Mahmoud Afify

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Table of contents

Contents	<i>page</i>
LIST OF ABBREVIATIONS	IV
LIST OF TABLES	VIII
LIST OF FIGURES	IX
ABSTRACT	1
INTRODUCTION	3
AIM OF THE STUDY	8

REVIEW OF LITERATURES

Obesity

- <i>The Prevalence of Childhood Overweight and Obesity</i>	9
- <i>Pathophysiology of obesity</i>	12
- <i>Etiology and different types of obesity</i>	16
- <i>Complications of obesity</i>	22
- <i>Assessment of obesity</i>	33

Normal Puberty in Girls

- <i>Onset of Puberty</i>	39
- <i>Factors affecting puberty</i>	41
- <i>Physical changes in girls</i>	44
- <i>Hormonal changes in girls</i>	47
- <i>Stages of female puberty</i>	48
- <i>Overweight, obesity and onset of puberty in girls</i>	50

Gonadotropins

- <i>Physiologic Effects of Gonadotropins</i>	58
- <i>Control of Gonadotropin Secretion</i>	59
<i>Androgens</i>	
- <i>Sources of androgens in females</i>	65
- <i>Androgen circulation</i>	68
- <i>Mechanism of androgen action</i>	69
- <i>Androgen effects</i>	70
- <i>Pathophysiology of hyperandrogenemia</i>	70
- <i>Differential Diagnoses of hyperandrogenemia</i>	71
- <i>Assessment of hyperandrogenemia</i>	71
- <i>Obesity and hyperandrogenemia in peripubertal girls</i>	75
SUBJECTS AND METHODS	80
RESULTS	96
DISCUSSION	136
SUMMARY AND CONCLUSIONS	158
RECOMMENDATIONS	163
REFERENCES	164
APPENDIX	215
ARABIC SUMMARY	<i>9-1</i>

<i>List of Abbreviations</i>	
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<i>ACTH</i>	<i>Adreno corticotrophic hormone</i>
<i>AgRP</i>	<i>Agouti-related protein</i>
<i>α-MSH</i>	<i>Alpha melanocyte stimulating hormone</i>
<i>ANOVA</i>	<i>Analysis of variance</i>
<i>ARC</i>	<i>Arcuate</i>
<i>BIA</i>	<i>Bio-impedance analysis</i>
<i>BMI</i>	<i>Body mass index</i>
<i>BP</i>	<i>Blood pressure</i>
<i>CART</i>	<i>Cocaine and amphetamine-regulated transcript</i>
<i>CIMT</i>	<i>Carotid intima media thickness</i>
<i>CNS</i>	<i>Central nervous system</i>
<i>CT</i>	<i>Computed tomography</i>
<i>CVD</i>	<i>Cardio vascular diseases</i>
<i>DBP</i>	<i>Diastolic blood Pressure</i>
<i>DEXA</i>	<i>Dual-energy x-ray absorpiometry</i>
<i>DHEA</i>	<i>Dehydro epiandrosterone</i>
<i>DHEAS</i>	<i>Dehydro epiandrosterone sulfate</i>
<i>DHT</i>	<i>Dihydro testosterone</i>
<i>DM</i>	<i>Diabetes mellitus</i>
<i>DMN</i>	<i>Dorsomedial nuclei</i>

DNA	<i>Deoxyribonucleic acid</i>
E2	<i>Estradiol</i>
EDCs	<i>Endocrine-disrupting chemicals</i>
EIA	<i>Enzyme Immunoassay</i>
ELISA	<i>Enzyme-linked immunosorbent assay</i>
FBG	<i>Fasting blood glucose</i>
FSH	<i>Follicle stimulating hormone</i>
GERD	<i>Gastroesophageal reflux disease</i>
GH	<i>Growth hormone</i>
GnRH	<i>Gonadotrophin releasing hormone</i>
GSK3	<i>Glycogen synthase kinase-3</i>
HC	<i>Hip circumference</i>
HDL	<i>High density lipoprotein</i>
HDL-C	<i>High-density lipoprotein cholesterol</i>
HOMA	<i>Homeostatic model assessment</i>
HPT	<i>Hypothalamo-pituitary-thyroid</i>
Ht	<i>Height</i>
I.B.P	<i>International Biological Program</i>
IGF	<i>Insulin Like growth factor</i>
IGF1	<i>Insulin Like growth factor one</i>

<i>IGF-BP3</i>	<i>Insulin like growth factor binding protein 3</i>
<i>IL-1</i>	<i>Interleukin 1</i>
<i>IL-6</i>	<i>Interleukin 6</i>
<i>iNOS</i>	<i>Inducible nitric oxide synthase</i>
<i>IR</i>	<i>Insulin resistance</i>
<i>IRS</i>	<i>Insulin resistance substrates</i>
<i>JIS</i>	<i>Joint Interim Statement</i>
<i>LDL</i>	<i>Low density lipoprotein</i>
<i>LH</i>	<i>Luteinizing hormone</i>
<i>MC</i>	<i>Melanocortin</i>
<i>MC3-R</i>	<i>Melanocortin 3 receptors</i>
<i>MC4-R</i>	<i>Melanocortin 4 receptors</i>
<i>MRI</i>	<i>Magnetic resonance imaging</i>
<i>mRNA</i>	<i>Messenger Ribonucleic acid</i>
<i>MS</i>	<i>Metabolic syndrome</i>
<i>mTOR</i>	<i>Mammalian target of rapamycin</i>
<i>n</i>	<i>Sample size</i>
<i>NAFLD</i>	<i>Non alcoholic fatty liver disease</i>
<i>NC</i>	<i>Neck circumference</i>
<i>NPY</i>	<i>Neuropeptide Y</i>
<i>NTS</i>	<i>Nucleus of the tractus solitarius</i>

<i>PC1</i>	<i>Prohormone convertase 1</i>
<i>PC2</i>	<i>Prohormone convertase 2</i>
<i>PCOS</i>	<i>Polycystic ovary syndrome</i>
<i>PI3K</i>	<i>Phosphoinositide-3 kinase</i>
<i>PMV</i>	<i>The ventral premammillary nucleus of the hypothalamus</i>
<i>POMC</i>	<i>Proopiomelanocortin</i>
<i>PSU</i>	<i>Pilosebaceous unit</i>
<i>PVN</i>	<i>Paraventricular nucleus</i>
<i>SBP</i>	<i>Systolic blood Pressure</i>
<i>SCFE</i>	<i>Slipped capital femoral epiphysis</i>
<i>SHBG</i>	<i>Sex hormone binding globulin</i>
<i>SSBG</i>	<i>Sex steroid binding globulin</i>
<i>TC</i>	<i>Total cholesterol</i>
<i>TG</i>	<i>Triglycerides</i>
<i>TNF</i>	<i>Tumor necrosis factor</i>
<i>TRH</i>	<i>Thyrotropin releasing hormone</i>
<i>US</i>	<i>Ultrasound</i>
<i>VLDL</i>	<i>Very low density lipoprotein</i>
<i>VMN</i>	<i>Ventromedial nuclei</i>
<i>WC</i>	<i>Waist circumference</i>
<i>WHR</i>	<i>Waist to hip ratio</i>

List of Tables

<i>Table</i>	<i>Page</i>
Table (1): Waist circumference percentile curves for British children	35
Table (2): Frequency distribution of girls with disturbed gonadotropin and androgen level among the studied three groups.	96
Table (3): Frequency distribution of the sample according to puberty (Tanner classification).	98
Table (4): Frequency distribution of the sample according to puberty (Tanner classification).	99
Table (5): Frequency distribution of the sample according to presence of hirsutism.	100
Table (6): Frequency distribution of the sample according to presence of hirsutism.	100
Table (7): Comparisons between the 3 groups regarding blood pressure, anthropometric measurements and laboratory findings.	101
Table (8): Comparisons between the 2 groups regarding blood pressure, anthropometric measurements, and laboratory findings.	104
Table (9): Correlation between gonadotropin, androgen levels and all the studied variables for total sample.	105
Table (10): Correlation between gonadotropin, androgen levels and all the studied variables for control group.	107
Table (11): Correlation between gonadotropin, androgen levels and all the studied variables for overweight girls.	108
Table (12): Correlation between gonadotropin, androgen levels and all the studied variables for obese girls.	109
Table (13): Correlation between gonadotropin, androgen levels and all the studied variables among early pubertal girls.	120
Table (14): Correlation between gonadotropin, androgen levels and all the studied variables among late pubertal girls.	121
Table (15): Correlation between obesity markers and all the studied variables for total sample.	124
Table (16): Correlation between obesity markers and all the studied variables for control group.	125
Table (17): Correlation between obesity markers and all the studied variables for overweight girls.	126
Table (18): Correlation between obesity markers and all the studied variables for obese girls.	127
Table (19): Correlation between obesity markers and all the studied variables for early puberty.	133
Table (20): Correlation between obesity markers and all the studied variables for late puberty.	134

List of Figures

<i>Figure</i>	<i>Page</i>
Figure (1): Coronal section of hypothalamus showing the role of leptin in pathophysiology of obesity.	14
Figure (2): POMC processing and regulation in hypothalamus.	15
Figure (3): Signal transduction via insulin receptor and its downstream signaling proteins.	25
Figure (4): Pathogenesis of IR in obesity.	27
Figure (5): BMI Growth Charts for girls between 2-21 years.	34
Figure (6): Effect of leptin as a permissive factor for pubertal onset.	53
Figure (7): Role of hyperinsulinemia in obesity on pubertal maturation.	55
Figure (8): Pathophysiology of earlier pubertal onset in obese children.	57
Figure (9): The mechanism of gonadotropin secretion.	60
Figure (10): Steroid biosynthesis and types of androgen.	68
Figure (11): Mechanism of steroid hormone (androgen) action.	69
Figure (12): Different mechanisms inducing hyperandrogenaemia in obesity.	76
Figure (13): Breast development and pubic hair grading according to Tanner classification.	82
Figure (14): Measuring body Wt using Seca scale.	83
Figure (15): Measuring the standing height.	84
Figure (16): Waist circumference measuring method.	85
Figure (17): Frequency distribution of the participated girls according to their BMI.	95
Figure (18): Frequency distribution of the participated girls according to their pubertal stages (Tanner classification).	95
Figure (19): Frequency distribution of girls with disturbed gonadotropin and androgen level.	97
Figure (20): Frequency distribution of the sample according to puberty (Tanner classification).	98
Figures (21): Frequency distribution of the sample according to presence of hirsutism.	100
Figures (22): Comparisons between the 3 groups regarding age and blood pressure.	102
Figures (23): Comparisons between the 3 groups regarding anthropometric measurements.	102

Figure (24): Comparisons between the 3 groups regarding sex hormones.	103
Figure (25): Comparisons between the 3 groups regarding laboratory findings.	103
Figure (26): Correlation between LH and BMI for obese girls.	110
Figure (27): Correlation between LH and waist circumference for obese girls.	110
Figure (28): Correlation between LH and hip circumference for obese girls.	110
Figure (29): Correlation between LH and W/H ratio for obese girls.	111
Figure (30): Correlation between LH and FSH for obese girls.	111
Figure (31): Correlation between LH and total testosterone for obese girls.	111
Figure (32): Correlation between LH and free testosterone for obese girls.	112
Figure (33): Correlation between LH and estradiol for obese girls.	112
Figure (34): Correlation between LH and FBG for obese girls.	112
Figure (35): Correlation between LH and insulin for obese girls.	113
Figure (36): Correlation between LH and insulin resistance for obese girls.	113
Figure (37): Correlation between LH and cholesterol for obese girls.	113
Figure (38) Correlation between LH and TG for obese girls.	114
Figure (39): Correlation between LH and LDL for obese girls.	114
Figure (40): Correlation between LH and HDL for obese girls.	114
Figure (41): Correlation between total testosterone and BMI for obese girls.	115
Figure (42): Correlation between total testosterone and waist circumference for obese girls.	115
Figure (43): Correlation between total testosterone and hip circumference for obese girls.	115
Figure (44): Correlation between total testosterone and W/H ratio for obese girls.	116
Figure (45): Correlation between total testosterone and FSH for obese girls.	116
Figure (46): Correlation between total testosterone and LH for obese girls.	116
Figure (47): Correlation between total testosterone and free testosterone for obese girls.	117
Figure (48): Correlation between total testosterone and estradiol for obese girls.	117
Figure (49): Correlation between total testosterone and FBG for obese girls.	117

Figure (50): Correlation between total testosterone and insulin for obese girls.	118
Figure (51): Correlation between total testosterone and insulin resistance for obese girls	118
Figure (52): Correlation between total testosterone and HDL for obese girls.	118
Figure (53): Correlation between total testosterone and cholesterol for obese girls.	119
Figure (54): Correlation between total testosterone and TG for obese girls.	119
Figure (55): Correlation between total testosterone and LDL for obese girls.	119
Figure (56): Correlation between total testosterone and systolic blood pressure among late pubertal girls.	122
Figure (57): Correlation between total testosterone and diastolic blood pressure among late pubertal girls.	122
Figure (58): Correlation between LH and systolic blood pressure among late pubertal girls.	123
Figure (59): Correlation between LH and diastolic blood pressure among late pubertal girls.	123
Figure (60): Correlation between BMI and waist circumference for obese girls.	128
Figure (61): Correlation between BMI and hip circumference for obese girls.	128
Figure (62): Correlation between BMI and W/H ratio for obese girls.	128
Figure (63): Correlation between BMI and LH for obese girls.	129
Figure (64): Correlation between BMI and total testosterone for obese girls.	129
Figure (65): Correlation between BMI and free testosterone for obese girls.	129
Figure (66): Correlation between BMI and FBG for obese girls.	130
Figure (67): Correlation between BMI and insulin for obese girls.	130
Figure (68): Correlation between BMI and insulin resistance for obese girls.	130
Figure (69): Correlation between BMI and cholesterol for obese girls.	131
Figure (70): Correlation between BMI and TG for obese girls.	131
Figure (71): Correlation between BMI and LDL for obese girls.	132
Figure (72): Correlation between BMI and HDL for obese girls.	132
Figure (73): Correlation between BMI and systolic blood pressure for late puberty.	135
Figure (74): Correlation between BMI and diastolic blood pressure for late puberty.	135

Assessment of Gonadotropins and Androgens among Pubertal Overweight and Obese Girls

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Abstract:

Background: Previous studies have suggested an association between adiposity, androgens and gonadotropins in late pubertal girls. **Aim:** Assessment the levels of gonadotropins and androgens among pubertal overweight and obese girls. **Subjects and Methods:** It was a cross-sectional one, carried out in the Obesity Clinic of the Diabetes, Endocrine and Metabolism Pediatric Unit (DEMPU), Pediatric Hospital, Cairo University and "Management of Visceral Obesity and Growth Disturbances Unit" at the "Medical Research Excellence Center (MERC)", National Research Centre. It included 40 overweight and obese girls and 40 age-matching normal weight (control) girls, aged 12 -18 years. Anthropometric assessment (weight, height, hip and waist circumferences) was recorded, BMI and waist/hip were calculated. Laboratory investigations: serum gonadotropins (LH, FSH) and androgens (total and free testosterone) were measured. **Results:** hypogonadotropism (FSH and LH) and hyperandrogenaemia (total and free testosterone) were significantly prominent among obese girls. Correlation between gonadotropins (FSH and LH), androgens (total testosterone and free testosterone) and all the studied variables for the 3 groups under study (control, overweight and obese) revealed constant relations. Gonadotropins and androgens had opposing correlations. Gonadotropins had significant **negative** correlations, and androgens had significant **positive** correlations with the anthropometric obesity markers defined as BMI, Waist C, and W/H ratio. In addition, gonadotropins and androgens had insignificant correlation with age.