

MITOCHONDRIAL MEDICINE IN OBESITY: A NARRATIVE REVIEW

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RESUMO

This review examines how mitochondrial dysfunction contributes to obesity. Beyond fat accumulation, obesity involves metabolic issues like inflammation, insulin resistance, and oxidative stress. These changes impair mitochondrial function, reducing energy efficiency and increasing cellular damage. The study highlights potential treatments targeting mitochondria, such as antioxidants and therapies that improve mitochondrial activity. Although promising, more research is needed to confirm their effectiveness.

Palavras-chave: Obesity; Mitochondrial Dysfunction; Oxidative Stress; Metabolic Disease; Mitochondrial Biogenesis.