

Part 3 A New Model of Obesity

Chapter 8 **CORTISOL**

Questions

1. What is cortisol's key role in metabolism and what are two common 'nicknames' for cortisol?

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2. What *response* does this 'Stress Hormone' prepare our bodies for?

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3. What roles do cortisol (aka synthetic prednisone) levels and glucose levels play in a short-term stress condition?

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4. List some common long-term stressors.

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5. Give examples of studies which demonstrate that chronically elevated cortisol levels lead to increased insulin.

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6. What is the definition of *insulin resistance*?

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7. Explain the *causal* relationship of cortisol levels on weight in studies of Cushings Disease Syndrome and Addison's Disease?

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8. According to the Hormonal Theory of Obesity, what is the relationship between cortisol, insulin and obesity?

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9. Since long-term stress leads to weight gain, what active processes can help reduce stress?

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10. Explain how sleep deprivation leads to weight gain and good sleep is essential to any weight loss plan.

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