

## Special Issue

# Endocrine Mechanisms and Cellular Dynamics in Obesity: Insights and Innovations

### Message from the Guest Editors

Obesity is a metabolic disorder characterized by excessive nutrient intake and adipose tissue mass expansion. It is associated with a number of life-threatening comorbidities. Despite major advances over the past decades, our understanding of the hormonal and molecular mechanisms driving obesity, as well as the alterations associated with it, is far from being complete. The identification of leptin, an adipokine hormone which serves as a link between the adipose tissue and the brain providing information about the availability of fat stores in the body, and which regulates food intake and energy expenditure, represented a seminal finding for the field. This year, we celebrate the 30th anniversary of the discovery of leptin, and we would like to commemorate such a landmark with a Special Issue on “Endocrine Mechanisms and Cellular Dynamics in Obesity: Insights and Innovations”. In this Issue, we welcome original research articles and cutting-edge reviews on the following topics:

- Adipokines and appetite
- Hypothalamic regulation
- Obese adipocyte changes
- Metabolic disruptions
- Inflammation in obesity
- Insulin resistance
- Hormonal therapies

---

### Guest Editors

Dr. Manuel Gil Lozano

Institute for Diabetes and Cancer (IDC), Helmholtz Zentrum München, D-85764 Neuherberg, Germany

Dr. Marina Romani-Pérez

Institute of Agrochemistry and Food Technology, Spanish National Research Council (CSIC), 46980 Paterna, Spain

---

### Deadline for manuscript submissions

30 August 2026



## Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



[mdpi.com/si/220362](https://mdpi.com/si/220362)

*Life*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[life@mdpi.com](mailto:life@mdpi.com)

[mdpi.com/journal/  
life](https://mdpi.com/journal/life)





# Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



[mdpi.com/journal/  
life](https://mdpi.com/journal/life)



## About the Journal

### Message from the Editor-in-Chief

*Life* (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

---

### Editor-in-Chief

Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona  
Institute of Science and Technology, 08028 Barcelona, Spain

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, CAPIus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q1 (Biology) / CiteScore - Q1 (Paleontology)