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Case Report

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Artificial Intelligence Driven Predictive Models for Leptin Therapy in Hypothalamic Obesity Patients

Niyati Rajesh Shah[1*], Beta Sai Siddartha[2], Akkineni Sreshta[3] and Sai Mukund Koneru[4]

[1]Petre Shotadze Tbilisi Medical Academy, University in Tbilisi, Georgia
[2]Mamata Medical College, Khammam, Telangana, India
[3]Kakatiya Medical College, Warangal, Telangana, India
[4]Mamata Academy of Medical Sciences, Bachupally, Telangana, India

***Correspondence to:**
Niyati Rajesh Shah
Petre Shotadze Tbilisi Medical Academy,
University in Tbilisi,
Georgia.

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Abstract

Hypothalamic obesity (HO), which results from dysfunction or damage to the hypothalamus, is often characterized by uncontrollable weight gain, altered metabolic function, and an increased risk of associated comorbidities, including cardiovascular disease and diabetes. Despite its clinical significance, therapeutic options for HO remain limited and largely ineffective. This case report describes the case of a 48-year-old female patient with a history of traumatic brain injury (TBI) presented with severe, progressive obesity, developing post-traumatic hypothalamic dysfunction. The patient had a BMI of 44 kg/m^2 and had been unsuccessfully treated with various weight-loss interventions, including lifestyle modifications and pharmacotherapy. Due to previous unsuccessful interventions another approach using the artificial intelligence (AI) driven predictive models in optimizing leptin therapy for a patient with HO was used. This model functions by integrating clinical data, including genetic, hormonal, and metabolic biomarkers, an AI model was designed to predict individualized leptin dosage, demonstrating the potential for personalized treatment in managing HO. The results indicate that AI can be a powerful tool in refining leptin therapy, offering new hope for patients with HO.

Keywords

Hypothalamic obesity, Artificial intelligence, Hyperlipidaemia, Hypertension, Traumatic brain injury

Introduction

HO is a rare, yet debilitating condition that results from lesions or dysfunction of the hypothalamus, often due to TBI, tumors, or genetic mutations affecting hypothalamic function. This disruption leads to dysregulated appetite control, resulting in profound weight gain and metabolic abnormalities, including insulin resistance, hyperlipidaemia, and hypertension. While leptin, a hormone produced by adipose tissue, plays a crucial role in regulating appetite and energy balance, patients with HO often exhibit leptin resistance, leading to ineffective weight management strategies.

Leptin therapy has shown promise in reversing leptin resistance, but its success is often unpredictable and varies among patients. Traditional treatment regimens, based on fixed leptin dosages, fail to consider the complexities of individual patient responses, including genetic factors and metabolic profiles. The emergence of AI driven predictive models presents an opportunity to personalize leptin therapy, potentially improving outcomes for patients with HO [1-8].

Case Presentation

A 48-year-old female patient with a history of TBI presented with severe, progressive obesity, developing post-traumatic hypothalamic dysfunction. Patient had no history of hypertension, diabetes mellitus type 2, hypothyroidism. Patient reported persistent hyperphagia, increased fatigue, reduced physical activity and episodes of depression. Patient reported of have having insatiable appetite despite having sufficient calorie intake. Patient also tried to limit the calorie intake but still continued to gain weight. The patient had a BMI of 44 kg/m^2 and had been unsuccessfully treated with various weight-loss interventions, including lifestyle modifications and pharmacotherapy. Upon referral to the obesity clinic, the patient exhibited hallmark features of HO, including hyperphagia, reduced energy expenditure, and impaired glucose metabolism.

Diagnostic approach

A complete diagnostic workup was done, and it was found that patient had leptin levels 45, which much higher than normal levels indicating towards leptin resistance as high levels of leptin can desensitize leptin receptors in hypothalamus leading to leptin resistance. Also, magnetic resonance imaging (MRI) reveals hypothalamic lesion which can likely affect the areas regulating food intake and energy imbalance. The diagnosis of HO due to post TBI was made, as hypothalamic lesion shown in MRI which most likely occurred when patient suffered TBI.

Given the patient's failure to respond to conventional treatments, an AI-driven model was developed to predict an individualized leptin therapy plan. The model was trained using a combination of clinical data, including her genetic profile (focusing on genes involved in leptin signalling), hormonal levels (leptin, insulin, and ghrelin), and metabolic parameters (glucose tolerance, and lipid profile). Additionally, historical data from similar patients with HO were incorporated into the model to enhance its predictive accuracy.

Patient was also given personalized exercise regimen that includes low impact aerobic exercise and resistance training exercise. Patient was also provided with psychological support to address emotional and psychological challenges associated with the lifestyle modifications and TBI. Regular follow ups were scheduled to track the progress, adjust treatment plans and to address any new concerns. It is important to adopt a multidisciplinary approach by involving a team of healthcare professionals, including endocrinologists, physical therapists, and psychologists to provide complete care (Table 1, table 2 and figure 1)

Methods

The AI model utilized a machine learning algorithm, specifically a neural network, to predict the optimal dosage of leptin based on the patient's unique biomarker profile. The training dataset consisted of anonymized patient data from previous leptin therapy studies for HO. The model was cross-validated with multiple techniques to ensure robustness and minimize overfitting. After the model's predictions were generated, a personalized treatment regimen was prescribed, starting with a low dose of recombinant leptin.

Leptin was administered subcutaneously, with dosing adjusted based on the model's initial recommendations. Regular follow-ups were scheduled to monitor weight, metabolic parameters, and adverse effects. The treatment was closely monitored using both AI-driven adjustments and clinical assessments. The model continued to refine its predictions based on real-time patient data, adjusting dosages and treatment schedules as necessary.

Table 1: An extensive physical assessment by a physician was made and was found to be within normal limits.

Vital signs	Values	Reference range
Blood pressure	130/80	Systolic 90 - 120 mmhg; diastolic 60 - 90 mmhg
Pulse	100	60 - 100
Respiratory rate	16	12 - 16
O_2 saturation	98%	> 95%
Temperature	36.5	36 - 37
Blood glucose	142	< 140

Table 2: Laboratory tests such as complete blood count and a panel of hormones were performed.

Complete blood count	Values	Reference range
Leukocytes	7400	4500 - 11000
Neutrophils	6000	1800 - 7800
Hemoglobin	13	12.6 - 17.7
Hematocrit	38.9	37 - 45
Platelets	300	150 - 350
Hormones	Values	Reference range
Leptin	45	4.5 - 23
Insulin	18	2.0 - 20
Glucose	105	Fasting: 70 - 99
TSH	3.4	0.4 - 4.0
Cortisol	20	6.0 - 25
Estrogen	28	0 - 30 (Postmenopausal)

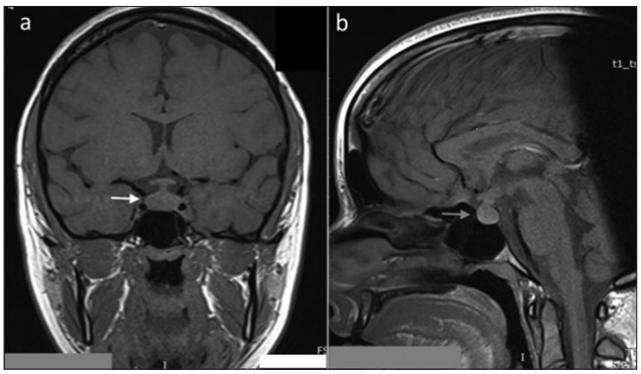

Figure 1: Diagnostic tests such as MRI was performed.

Results

Following the initiation of AI-driven leptin therapy, the patient showed a significant reduction in body weight, with a 12% decrease in BMI over the first six months. Weight loss was accompanied by improved insulin sensitivity and normalization of blood glucose levels. Additionally, the patient reported a reduction in hyperphagia and a gradual increase in energy levels. No major adverse events were observed, though minor symptoms of fatigue and mild headaches were experienced during the first few weeks of treatment.

The AI model demonstrated predictive accuracy in tailoring leptin therapy to the patient's specific needs. The iterative adjustment of leptin dosage based on the patient's ongoing clinical response resulted in a dynamic and personalized treatment approach. Over the course of treatment, the patient's quality of life significantly improved, and she maintained a stable weight for the subsequent six months after the initial phase of therapy.

Discussion

The application of AI-driven predictive models in the treatment of HO represents a promising advancement in personalized medicine. In this case, the integration of patient-specific genetic, hormonal, and metabolic data allowed for a highly tailored leptin therapy regimen, optimizing treatment outcomes and minimizing unnecessary trial-and-error. The AI model's ability to predict leptin dosage adjustments and dynamically respond to clinical changes in real-time highlights the potential of machine learning in improving therapeutic precision.

Exogenous leptin is administered, and aim is to restore normal leptin signalling in the brain. Leptin therapy works in many ways such as

Restoring leptin levels: In HO, leptin levels are often abnormal leading to diminished feeling of satiety. Leptin therapy involves administering synthetic leptin to supplement body's natural leptin levels, helping to restore balance.

HO as normal levels of leptin are restored; leptin therapy helps regulate appetite by enhancing the brain's ability to recognize satiety signals. This reduces excessive hunger and food intake, promoting a healthy approach.

Improving metabolic function: leptin therapy also improves metabolism by increasing energy expenditure. This helps body burn more calories efficiently, counteracting the effects of weight gain and promoting weight loss.

Enhanced insulin sensitivity: HO often leads to insulin resistance, a precursor of type 2 diabetes. Leptin therapy can improve insulin sensitivity, helping to regulate blood sugar levels and reduce the risk of developing diabetes.

Leptin resistance, a hallmark of HO, complicates the treatment of this disorder. AI models can consider individual differences in leptin sensitivity and other factors influencing leptin action, such as inflammation or hypothalamic dysfunction. By incorporating these variables, AI-driven therapy regimens may offer more targeted solutions than current one-size-fits-all approaches.

Further research is needed to validate these findings in larger cohorts and to refine AI models for broader application in clinical practice. Additionally, integrating other therapies such as behavioral interventions or pharmacological agents may provide further benefits when combined with AI-driven leptin therapy [9-17].

Limitations

AI-driven predictive models hold significant promise for personalizing leptin therapy in HO, a condition where damage to the hypothalamus disrupts energy regulation. However, several limitations hinder the effectiveness and clinical implementation of these models.

Firstly, data quality and availability are major challenges. AI models rely on comprehensive datasets, including genetic, clinical, and neuroimaging data. However, high-quality, standardized datasets for HO are scarce. Incomplete or inconsistent data, as well as variations in data collection practices, hinder the development of reliable models. This limited data affects the accuracy and generalizability of predictions.

Secondly, variability in patient responses complicates predictions. Leptin resistance in HO patients is influenced by genetic, environmental, and metabolic factors, making it difficult to predict individual responses. While AI models can identify patterns, they may struggle to account for the complex biological mechanisms underlying leptin resistance, leading to less accurate predictions.

Overfitting is another challenge. Machine learning models can become excessively tailored to the training data, failing to generalize well to new patient populations. Overfitting reduces the model's practical utility in clinical settings, where patient demographics and responses vary widely.

Moreover, ethical and privacy concerns are significant. AI models require sensitive patient data, raising issues related to informed consent, data security, and privacy. Ensuring equitable treatment across diverse demographic groups is also a concern, as biased data can lead to unequal outcomes.

Finally, lack of explainability in AI models poses a barrier. Clinicians need to understand the rationale behind AI predictions to make informed decisions. Without transparency in decision-making, trust in AI-based recommendations may be limited.

In conclusion, while AI has potential, overcoming these limitations is essential for its successful integration into clinical practice for leptin therapy in HO.

Conclusion

This case report illustrates the potential of AI-driven predictive models in enhancing the management of HO through personalized leptin therapy. The successful integration of clinical data into an AI model resulted in optimized treatment outcomes, demonstrating that machine learning

can significantly improve the precision of leptin therapy. As AI technologies continue to evolve, they may provide crucial support in the development of more effective, individualized treatment plans for patients with complex metabolic disorders such as HO.

Clinical studies have shown that leptin therapy can be effective for some patients, reducing weight gain and improving metabolic health. This therapy enhances body's satiety signals, decreases food intake and promote a healthier energy balance. Additionally, leptin therapy has been associated with improved insulin sensitivity and lipid profiles, which further supports metabolic health.

However, leptin therapy is not universally effective, with varying responses among patients. The success of the therapy depends on several factors, including the extent of hypothalamic damage and individual variations in leptin sensitivity. Future research is crucial for better understanding of these mechanisms and to develop strategies to enhance the efficacy of leptin therapy. Continued research and collaboration among healthcare professionals are essential to advancing our understanding and improving treatment outcome for this challenging condition.

AI-driven predictive models offer considerable potential for improving leptin therapy outcomes in HO patients by personalizing treatment plans. However, several limitations must be addressed before these models can become a reliable and widely accepted tool in clinical practice. Issues related to data quality, patient variability, overfitting, ethical concerns, lack of explainability, and clinical integration all represent significant challenges that must be overcome. Continued research, technological advancements, and careful ethical considerations are required to unlock the full potential of AI in treating HO. As these challenges are addressed, AI could play an increasingly important role in optimizing leptin therapy and improving patient outcomes.

Acknowledgements

None.

Conflicts of Interest

None.

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