



## 정찬희

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### ▶학력 및 경력

1999	Chosun University College of Medicine / MD
2005-2007	Soonchunhyang University College of Medicine, Department of Internal Medicine, Division of Endocrinology and Metabolism / Fellow
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### ▶연구 관심분야

Type 2 Diabetes Mellitus

### ▶주요 연구 실적

1. Jung CH, Kim BY, Mok JO, Kang SK, Kim CH. Association between serum adipocytokine levels and microangiopathies in patients with type 2 diabetes mellitus. *J Diabetes Invest* 2013;10.
2. Jung CH, Kim BY, Kim CH, Kang SK, Mok JO. Associations of serum fetuin-A levels with insulin resistance and vascular complications in patients with type 2 diabetes. *Diab Vasc Dis Res*. 2013 Sep;10(5):459-67.
3. Jung CH, Lee WY. The risk of metabolic syndrome according to the white blood cell count in apparently healthy Korean adults. *Yonsei Med J*. 2013 May 1;54(3):615-20.
4. Jung CH, Kim BY, Kim CH, Kang SK, Mok JO. Association of serum adipocytokine levels with cardiac autonomic neuropathy in type 2 diabetic patients. *Cardiovasc Diabetol*. 2012 Mar 13;11:24.

## Intermittent fasting

Intermittent fasting (IF) is an interventional strategy wherein individuals are subjected to varying periods of fasting. IF has recently attracted attention because experimental studies have highlighted its potential for correcting metabolic abnormalities. Also, currently IF is often promoted as a fashionable 'detox' diet. Metabolic changes due to fasting in humans were first investigated in the beginning of the century for treating obesity and other conditions, such as seizure disorders. Different populations of people practice IF worldwide, usually as part of their religion such as Ramadan and Greek Orthodox Christianity. Several studies related to Ramadan fasting as a natural model to study IF in humans showed improvements in risk profiles of cardiovascular disease.

The general health benefits involved with IF in humans still have not been fully explored. The beneficial effects of diets with reduced meal frequency in rodents, beg the question of whether similar benefits might be achieved in human. Human trials have noted heterogeneous findings and sex-specific differences regarding IF's effects on metabolism. In addition, IF usually results in an overall reduction in calorie intake in animals and humans, raising the question of whether the effects of such diets are the result of caloric restriction rather than fasting. Although considerable research has been recently performed on whether IF or low meal frequency augments any of the health promoting benefits, very few conclusions can currently be made due to the mixed results of the studies.

In this lecture, I want to review and discuss the impact of IF regimens and meal frequency on markers of health and metabolism, especially in humans.