



Leticia Elizondo-Montemayor, M.D.

Director of the Center for Research in Clinical Nutrition and Obesity

Research Areas:

- Obesity and Metabolic Syndrome in pediatric population
- Vitamin D deficiency in health and disease
- Irisin and inflammation
- Clinical studies in bioavailability and absorption of foods using technologies
- Bariatric Surgery and inflammation
- Microbiota in obese and diabetes mellitus type 2 children

Email: lelizond@itesm.mx

Professor Leticia Elizondo-Montemayor obtained her medical studies with Honors at Universidad Autónoma de Nuevo León in 1984. In 1988 she earned her M. Sc. degree in Microbiology at the same University. In 2004 she obtained her M.Sc. degree in Medical Education at the University of Dundee, Scotland, where she also acquired post-graduate studies in Clinical Nutrition and Obesity in 2006. She has been a full time titular professor at Tecnológico de Monterrey since 1989. Dr. Elizondo was formerly the director of the Center for Clinical Research, dean of the Nutrition and Wellness Bachelor program, director of the Medical Education Research and Innovation Department, dean of the Basic Medical Sciences Department, as well as associate dean of the Medicine program. She has contributed to medical education innovation for almost three decades.

Dr. Leticia Elizondo-Montemayor is the author of 6 indexed books published by recognized editorials. As a researcher, she has more than 30 publications in indexed national and international journals and participated as a speaker in more than 50 national and international conferences and meetings. She has dedicated her time to conduct several field research protocols which involve diverse population groups in the community, recruiting more than 5,000 people, and always considering the benefit of the community. The main focus of her research is inflammation in obesity and metabolic syndrome in the pediatric population, as well as vitamin D deficiency and supplementation in obese, heart failure and pulmonary hypertensive patients. Novel areas of research are bariatric obesity weight loss effects in inflammatory and B cell subtypes, irisin as a marker in obesity, as well as microbiota in children with obesity and type 2 Diabetes Mellitus. She always cares to involve her medical students in these field activities, so they can have a hands-on practice. She has successfully worked in several communities on weight loss programs and diminished the prevalence of obesity and the metabolic syndrome in children and adolescents. She has had the honor of participating as tutor and co-director of several medical specialties and master's degree students' thesis.

Dr. Leticia Elizondo has received multiple institutional and national awards such as Woman of the Year-Tec for her career trajectory (2015), National Inspiring Professor (2015), Rómulo Garza (2011), Teaching and Research Award (2011, 2007, 2003, 2000, 1995), as well as several other awards and merits.

Literally Dr. Elizondo-Montemayor has quoted in simple words: “I am really a very blessed person. I have the privilege of teaching, and thus, to touch the lives of my students so they can push themselves to find capabilities they didn’t even know they had, and thus I have the opportunity to transcend through them. I also have the privilege of assisting patients because I can touch their lives, and thus, the lives of their families and friends. I finally have the privilege to contribute to science and thus, to humanity, through my research. So when people ask me ‘¿What do you do?’, I would like to answer: ‘I touch lives’ and really hope that they’ll understand”.

Most recent publications:

1. Fernández-Sada E, Torres-Quintanilla A, Silva-Platas C, García N, Willis BC, Rodríguez-Rodríguez C, De la Peña E, Bernal-Ramírez J, Treviño-Saldaña N, Oropeza-Almazán Y, Castillo EC, **Elizondo-Montemayor L**, Carvajal K, García-Rivas G. Proinflammatory Cytokines Are Soluble Mediators Linked with Ventricular Arrhythmias and Contractile Dysfunction in a Rat Model of Metabolic Syndrome. *Oxid Med Cell Longev*. 2017;2017:7682569.
2. **Elizondo-Montemayor L**, Castillo EC, Rodríguez-López C, Villarreal-Calderón JR, Gómez-Carmona M, Tenorio-Martínez S, Nieblas B, García-Rivas G. Seasonal Variation in Vitamin D in Association with Age, Inflammatory Cytokines, Anthropometric Parameters, and Lifestyle Factors in Older Adults. *Mediators Inflamm*. 2017;2017:5719461.
3. **Elizondo-Montemayor L**, Silva-Platas C, Torres-Quintanilla A, Rodríguez-López C, Ruiz-Esparza GU, Reyes-Mendoza E, Garcia-Rivas G. Association of Irisin Plasma Levels with Anthropometric Parameters in Children with Underweight, Normal Weight, Overweight, and Obesity. *Biomed Res Int*. 2017;2017:2628968.
4. **Elizondo-Montemayor L**, Hernández-Escobar C, Lara-Torre E, Nieblas B, Gómez-Carmona M. Gynecologic and Obstetric Consequences of Obesity in Adolescent Girls. *J Pediatr Adolesc Gynecol*. 2017 Apr;30(2):156-168.
5. **Elizondo-Montemayor L**, Hernández-Brenes C, Ramos-Parra PA, Moreno-Sánchez D, Nieblas B, Rosas-Pérez AM, Lamadrid-Zertuche AC. High hydrostatic pressure processing reduces the glycemic index of fresh mango puree in healthy subjects. *Food Funct*. 2015 Apr;6(4):1352-60.

Webpage: https://www.researchgate.net/profile/Leticia_Elizondo-Montemayor