

# Acido úrico ¿un nuevo factor contribuyente al desarrollo de obesidad?

Alex Valenzuela.

## Abstract

The excess of uric acid is recognized as a risk factor for diverse metabolic diseases which include gout, urolithiasis, type 2 diabetes, arterial hypertension as well as metabolic syndrome and cardiovascular disease. Current studies suggest that the exaggerated increment in fructose consumption, caused mainly by added sugars, is implicated in the high prevalence of hyperuricemia in the western population. The loss of uricase by mutation of its gene 15 million years ago in the large hominids, including man, has contributed to hyperuricemia, facilitated through the metabolism of fructose the formation of uric acid. It has been proposed that the elevation of uric acid in the remote past was an evolutionary benefit to intensify the lipogenic effects of fructose, allowing humans to survive periods of fruit shortages. However, today the high consumption of fructose and resultant hyperuricemia are a disadvantage, increasing the development of obesity and type 2 diabetes.