



Dr. Leonardo Guadalupe Mancillas Adame
Endocrinologist.
Clinical director, Institute for Obesity Research.
Director of Clinical Research TecSalud.
National System of Researchers Level I

Contact:
 <https://www.linkedin.com/in/leonardo-mancillas-adame-23863b4b/>
 leonardo.mancillas@tec.mx
 <https://tec.mx/en/research/institute-obesity-research>

Degrees:

- Medical Degree – Universidad Autónoma de Nuevo León 1997
- Internal Medicine Specialist UNAM INNSZ 2001
- Fellowship in Endocrinology UNAM INNSZ 2003
- Advanced Fellowship in Diabetes 2004
- Advanced Fellowship in Obesity 2005
- PhD In Progress UANL

Research areas:

- Obesity and its Metabolic Complications
- Type 2 Diabetes
- Metabolic Associated Fatty Liver Disease

Selected publications:

1. Chávez-Manzanera EA, Vera-Zertuche JM, Kaufer-Horwitz M, Vázquez-Velázquez V, Flores-Lázaro JR, Mireles-Zavala L, et al. Mexican Clinical Practice Guidelines for Adult Overweight and Obesity Management. *Curr Obes Rep.* 2024;13(4):643-66.
2. Cappelletti AM, Valenzuela Montero A, Cercato C, Duque Ossman JJ, Fletcher Vasquez PE, García García JE, et al. Consensus on pharmacological treatment of obesity in Latin America. *Obes Rev.* 2024;25(4):e13683.
3. Violante-Cumpa JR, Sánchez-Gómez RA, Lavallo-González FJ, Mancillas-Adame LG. Comment on Aminian et al. Cardiovascular Outcomes in Patients With Type 2 Diabetes and Obesity: Comparison of Gastric Bypass, Sleeve Gastrectomy, and Usual Care. *Diabetes Care* 2021;44:2552-2563. *Diabetes Care.* 2022;45(5):e100.
4. Unnikrishnan AG, Viswanathan V, Zhou FL, Hao L, Kamath P, Bertolini M, et al. Impact of My Dose Coach App Frequency of Use on Clinical Outcomes in Type 2 Diabetes. *Diabetes Ther.* 2022;13(5):983-93.
5. Rodríguez-Flores M, Goicochea-Turcott EW, Mancillas-Adame L, Garibay-Nieto N, López-Cervantes M, Rojas-Russell ME, et al. The utility of the Edmonton Obesity Staging System for the prediction of COVID-19 outcomes: a multi-centre study. *Int J Obes (Lond).* 2022;46(3):661-8.
6. Mehta R, Bello-Chavolla OY, Mancillas-Adame L, Rodríguez-Flores M, Pedraza NR, Encinas BR, et al. Epicardial adipose tissue thickness is associated with increased COVID-19 severity and mortality. *Int J Obes (Lond).* 2022;46(4):866-73.
7. Mancillas-Adame LG, Sánchez-García A, Rodríguez-Gutiérrez R, Gonzalez-Velazquez C, Lavallo-Gonzalez FJ, Zuñiga-Hernandez JA, et al. Low-Dose ACTH Stimulation Test in Obesity: A Randomized Dose Assessment. *Int J Endocrinol.* 2022;2022:7860272.
8. Violante-Cumpa JR, Pérez-Arredondo LA, González-González JG, Mancillas-Adame LG. Comment on Samara et al. Metformin Use Is Associated With Slowed Cognitive Decline and Reduced Incident Dementia in Older Adults With Type 2 Diabetes: The Sydney Memory and Ageing Study. *Diabetes Care* 2020;43:2691-2701. *Diabetes Care.* 2021;44(4):e73.
9. Violante-Cumpa JR, Lavallo-González FJ, Mancillas-Adame LG, Ávila-Hipólito ED, Violante-Cumpa KA. Gestational diabetes mellitus and COVID-19, clinical characteristics and review of the literature. *Prim Care Diabetes.* 2021;15(5):887-9.
10. Vázquez-Velázquez V, Laviada-Molina H, García-García E, Sandoval-Diez E, Mancillas-Adame L. Perceptions, Attitudes, and Barriers to Obesity Care in Mexico: Data From the ACTION-IO Study. *Obesity (Silver Spring).* 2021;29(2):317-26.
11. Soto-García AJ, Elizondo-Riojas G, Rodríguez-Gutiérrez R, Mancillas-Adame LG, González-González JG. Carotid Intima-Media Thickness in Patients with Subclinical Hypothyroidism: A Prospective Controlled Study. *Clin Invest Med.* 2021;44(4):E39-45.
12. Sánchez-García A, Rodríguez-Gutiérrez R, Saldívar-Rodríguez D, Guzmán-López A, Mancillas-Adame L, González-Nava V, et al. Early triglyceride and glucose index as a risk marker for gestational diabetes mellitus. *Int J Gynaecol Obstet.* 2020;151(1):117-23.
13. Sánchez-García A, Rodríguez-Gutiérrez R, Saldívar-Rodríguez D, Guzmán-López A, Castillo-Castro C, Mancillas-Adame L, et al. Diagnostic accuracy of the triglyceride-glucose index for gestational diabetes screening: a practical approach. *Gynecol Endocrinol.* 2020;36(12):1112-5.
14. Sánchez-García A, Rodríguez-Gutiérrez R, Mancillas-Adame L, González-Nava V, Díaz González-Colmenero A, Solís RC, et al. Diagnostic Accuracy of the Triglyceride and Glucose Index for Insulin Resistance: A Systematic Review. *Int J Endocrinol.* Montes-Villarreal J, Perez-Arredondo LA, Rodríguez-Gutiérrez R, Gonzalez-Colmenero AD, Solís RC, González-González JG, et al. SERUM MORNING CORTISOL AS A SCREENING TEST FOR ADRENAL INSUFFICIENCY. *Endocr Pract.* 2020;26(1):30-5.
15. Álvarez-Villalobos NA, Rodríguez-Gutiérrez R, González-Saldivar G, Sánchez-García A, Gómez-Flores M, Quintanilla-Sánchez C, et al. Acanthosis nigricans in middle-age adults: A highly prevalent and specific clinical sign of insulin resistance. *Int J Clin Pract.* 2020;74(3):e13453.
16. Alcocer-Gamba MA, Gutiérrez-Fajardo P, Sosa-Caballero A, Cabrera-Rayó A, Faradj-Hazan RN, Padilla-Padilla FG, et al. Recommendations for the care of patients with diabetes mellitus with risk factors or established cardiovascular disease and SARS-CoV-2 mellitus con factores de riesgo o enfermedad cardiovascular establecida y SARS-CoV-2. *Arch Cardiol Mex.* 2020;90(Supl):77-83.

Awards and recognitions:

- Vice President Mexican Society of Endocrinology and Metabolism
- Former Chair, The Obesity Taskforce, Mexican Society of Endocrinology and Metabolism

Current projects:

- Barriers for Obesity Treatment
- Differences in Metabolic Syndrome Traits according to regions and ancestry in Mexico