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The invention relates to medicine and is provided for restoration of the ideal metabolism of the obese mammals, in particular to human beings, or for prevention of obesity.

The proposed method consists in the administration of an effective amount of somatotropic hormone in combination with an effective amount of IGF-1. The somatotropic hormone is administered so as to have a maintained long-term therapeutically effective presence in the blood, for example, by continuous infusion or frequent injections, or by administration of a long-term formulation.

The result of the invention consists in the GH and IGF-1 synergic effects of lipogenesis depression and lipolytic one, in reducing the side effects of both hormones and in preventing the affection development - the obesity result, and in diabetes case - in diminishing the insulin necessity till exclusion of use thereof.