



The heart is one of the major organs where we see the harmful impact of obesity.



EXCESS ADIPOSE TISSUE (“SICK FAT”) FOUND IN OBESITY CAUSES:

- ↑ Increased heart size (atrial and ventricular enlargement)
- ↑ Inflammation, which stiffens the heart wall (ventricular fibrosis)
- ↑ Heart failure (with preserved ejection fraction)
- ↑ Abnormal cholesterol levels (dyslipidemia)
- ↑ Systemic inflammation
- ↑ Atherosclerosis (cholesterol build-up in blood vessels)
- ↑ Coronary artery disease
- ↑ Myocardial infarction (heart attack)
- ↑ Irregular heart rhythms (arrhythmias, such as atrial fibrillation)



Chronic Disease
of Obesity



What Is Obesity
Medicine?



Assessment and
Evaluation



Nutrition



Physical Activity



Behavior



Medication



Clinical Pearls

Heart Disease and Obesity

- 1) Obesity independently increases the risk of heart disease through excessive accumulation of unhealthy adipose tissue ("sick fat") that causes systemic inflammation and structural changes in the heart.
- 2) Obesity indirectly increases heart disease risk through its association with several diseases that cause heart disease, such as diabetes, hypertension, sleep apnea, and metabolic syndrome.
- 3) Treating obesity requires a comprehensive treatment plan that includes modification in nutrition, behavior, and physical activity, and may include medication and/or bariatric surgery. An initial 5-10% reduction in body weight over six months is recommended.



Continue Learning Online

Visit bit.ly/obesity-treatment to watch the **Fundamentals of Obesity Treatment Course** on demand through the Obesity Medicine Academy. This course, worth 4.5 CME/CE credit hours, provides a high-level overview of the six components of clinical obesity treatment and offers tips for implementing basic evaluation and treatment techniques in practice.



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Want more? The **Obesity Medicine Academy** is the premier online learning platform for evidence-based, peer-reviewed education. The Academy's library contains more than 200 hours of clinically focused education on the most effective approaches for treating obesity and obesity-related conditions. Continue learning now at www.OMAcademy.org.

About the Obesity Medicine Association

The Obesity Medicine Association (OMA) is the largest organization of clinicians dedicated to preventing, treating, and reversing the disease of obesity. Members of OMA believe treating obesity requires a scientific and individualized approach comprised of nutrition, physical activity, behavior, and medication. When personalized, this comprehensive approach helps patients achieve their weight and health goals.

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