

## Effects of lifestyle intervention on cardiovascular risk in obese

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With rapidly growing prevalence, obesity is a major public health concern, especially because of the cardiovascular risk it conveys. Subclinical changes in left ventricular (LV) structure and function have been demonstrated in obese subjects without clinically apparent heart disease. In addition, increased arterial wall stiffness and endothelial dysfunction, in both conduit and resistance arteries, are well-documented obesity-associated disorders. Endothelial dysfunction is a primary sign of the early stage of atherosclerotic disease, appearing long before symptoms. Its early detection is a major clinical goal to identify subjects at risk for cardiovascular morbidity, and to initiate strategies to reduce risk exposure.

Lifestyle intervention (diet associated or not with physical activity) has often been shown to improve even normalize both cardiac and vascular functions in obese to levels similar to those of age-matched normal-weight subjects. However, the different strategies of diet modifications and/or exercise training involved different results. These dysfunctions and their changes will be discussed in relation with other obesity's features, especially metabolic (insulin resistance and dyslipidemia), inflammation and oxidative stress.

### Biography

Agnes Vinet has completed his Ph.D. from Montpellier University - France. She is the director of Pharm-Ecology Cardiovascular Laboratory. She has published more than 25 papers in reputed journals. Her main interests of research are to study the effects of lifestyle intervention (diet combined or not with exercise training) on vascular and cardiac function in obese children and adults, in diabetes or metabolic syndrome patients.