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The greater the excess weight, the higher are the chances of having associated diseases that elevate the risk of acute myocardial infarction

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Introduction & Aim: Several studies demonstrate the relationship between obesity and the development of several diseases, including the National Health and Nutrition Examination Survey III. Pathologies as hypertension, type 2 diabetes mellitus and dyslipidemias are associated with a higher risk of cardiovascular diseases (CVD), among them acute myocardial infarction. This study aims to evaluate the relationship between the Body Mass Index (BMI) and the presence of diseases that increase the risk of CVD.

Methods: 187 patients were studied, individuals obtained by a spontaneous membership, among which, 48.6% were between 35 and 44 year old and 86.6% were female. This is a cross-sectional, descriptive and analytical statistical study, and the statistical tests (odds ratio) grants to reach 95% as the range of confidence.

Results: According to the classification of BMI, 44% of the participants had overweight, 22.6% obesity grade I, 22% normal BMI, 7.5% obesity grade II and 3.5% obesity III. The group with a BMI of 30 kg/m² or higher, presented the highest prevalence of associated diseases: 52.4% of those had one or more comorbidity already installed. The odds of developing diseases in those presented 3.9 times (CI 1.61-9.52) higher when compared to normal BMI individuals (p=0.002). When we did this relation, according to the degree of obesity, we observed that the odds were 3.55 times (CI 1.37 -9.24) higher for those with obesity I (p=0.008). For those with obesity II were 3.56 (CI 0.99-12.82), (p=0.046), for those with obesity III, these odds increased to 8.9 (CI 1.47-53.71) with p=0.008.

Conclusion: The higher the BMI classification the higher prevalence of comorbidities that increase the chances of developing CVD, the fight against obesity seems to be a good strategy for the prevention of associated diseases and changes in lifestyle are fundamental to reduce the incidence of CVD in the population.

Biography

Alex Mota Benevides is a Cardiovascular Surgeon, completed his Graduation in Medicine at Federal University of Pará. He has a specialization in Cardiovascular Surgery at Beneficência Portuguesa de São Paulo. He is currently a Professor and holds a Master's Degree in Health Sciences at Faculty of Medicine of ABC, Brazil.

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