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Obesity and the heart: Obesity management

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Statement of the Problem: Obesity which is excess fatty weight is one of the most predominant cardiovascular risk factor. The association between obesity and cardiovascular disease is complex and not limited to the standard risk factors like hypertension, dyslipidemia, and type 2 diabetes mellitus. Recent years researches have shown that obesity causes most cardiovascular diseases through mechanisms like subclinical inflammation, endothelial dysfunction, increased sympathetic tone, atherogenic lipid profiles, enhanced thrombogenic factors, and also through obstructive sleep apnea. The purpose of this study is to create awareness of obesity, its bad outcome and to awaken us on the lifestyle we live.

Methodological & Theoretical Orientation: Based on my research done in Ghana, people with issues of obesity have cardiovascular disease.

Findings: Several studies have shown association between obesity and prognosis among those with coronary disease and heart failure, this may be due to limitations of ways we define obesity. There are numerous data suggesting that measuring central obesity or total body fat content might be more appropriate than using the body mass index method alone.

Conclusion: The management of obesity is challenging and studies using lifestyle modification alone or with pharmacologic agents generally have limited success and high levels of weight regain. Bariatric surgery has proven to be an effective and safe way to induce and maintain significant weight loss but its limited to those with medically complicated obesity or people who are severely obese therefore urging imminent doctors and medical practitioners to thoroughly educate their patients who are obese or yet to get obese on the bad effect of obesity and also encourage them to exercise regularly which may reduce their weight and also help boost their metabolic activities hence keeping them healthy.

Biography

Rhodaline Yayra Odoi is a second-year Medical student at V.N. Karazin National University, Ukraine where she is currently pursuing General Medicine. She is looking forward to specialize in Pediatrics/Gynecology and Obstetrics after medical school. She has previously volunteered at Tema General Hospital (Tema-Ghana), Korle-Bu Teaching Hospital (Accra-Ghana), where she worked at the Pediatrics and Gynecology and Obstetrics department. She is looking forward to work with Hamad General hospital (Doha, Qatar).

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