

BMI: How it Affect your Heart?

The New Year is upon us and many people resolve to lose weight. Obesity is a worldwide public health problem that continues to worsen. According to latest statistics 2/3 of our population are found to be overweight which is defined by having a BMI (Body Mass Index) between 25-30 and 1/3 are rated morbidly obese with BMI more than 30.

What is the relationship between BMI and Cardiovascular risk? Many recent studies have concluded that high BMI value causes significant risk of cardiovascular complications and can decrease your lifespan. Among the most common cardiovascular complication are Heart Attack, Congestive Heart Failure, Stroke and Hypertension.

Sadiya Khan M.D.in February JAMA 2018 article concluded that people with obesity had a greater risk of cardiovascular disease compared with people within normal weight ranges for their body size. In fact, they had shorter lifespan and spent more years living with cardiovascular diseases.

According to Center for Disease Control (CDC), consequences of obesity include hypertension, diabetes mellitus type 2, coronary artery disease, hyperlipidemia, gallbladder disease, osteoarthritis, sleep apnea, certain types of cancers including breast, colon and kidney, low quality of life, anxiety, depression, and difficulty with physical activities.

Treatment of obesity at any age includes diet, exercise, behavioral modification and tenacity. Without motivation and commitment this cannot be accomplished. I have personally seen a motivated person losing large amount of weight with dietary changes alone with some exercises adding years to their life!

Dietary modification may include low-salt, low-calorie diet with an aerobic exercise program. Earlier intervention and lifestyle changes are of utmost importance in stopping this epidemic. Maintaining a healthy weight is critical in preventing complication in later part of our life. Sometimes drastic measures (Bariatric surgery) and clinical interventions may be required to achieve this goal.

Please reach out to your Health Care Provider for support prior to starting a new exercise program or modified diet. Your current health condition plays a key factor in the path you take to good health moving into the New Year.

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