

Effects of Obesity on Cardiovascular Risks

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Short Communication

The rising prevalence of obesity is driving an increased specialise in its role in promoting disorder. Estimates of the age-adjusted prevalence of obesity and severe obesity increased significantly among adults, but not among children and adolescents, in the U.S. between 2001-2004 and 2013-2016. During 2013-2016, 38.9 percent of adults had obesity and seven .6 percent had severe obesity. The prevalence estimates for obesity and severe obesity in children and adolescents during that period were 17.8 percent and 5.8 percent, respectively.

The Obesity Medicine Association defines obesity as a chronic, relapsing, multifactorial, neurobehavioral disease, wherein a rise in body fat promotes fat dysfunction and abnormal fat mass physical forces, leading to adverse metabolic, biomechanical and psychosocial health consequences.

Obesity is becoming a worldwide epidemic in both children and adults. it's related to numerous comorbidities like cardiovascular diseases (CVD), type 2 diabetes, hypertension, certain cancers, and sleep apnea/sleep-disordered breathing. In fact, obesity is an

independent risk factor for CVD, and CVD risks have also been documented in obese children. Obesity is related to an increased risk of morbidity and mortality also as reduced anticipation. Health service use and medical costs related to obesity and related diseases have risen dramatically and are expected to still rise.

The pathogenesis of obesity includes the balance between calories consumed and energy expenditure followed by the upkeep of weight. Diet, physical activity, environmental, behavioral and physiological factors are a part of the complex process of weight loss, since there are several hormones and peptides involved in regulation of appetite, eating behavior and energy expenditure. The cardiovascular complications associated to obesity also are driven by processes involving hormones and peptides and which include inflammation, insulin resistance, endothelial dysfunction, coronary calcification, activation of coagulation, renin angiotensin or the sympathetic nervous systems. Pharmacological treatments are often needed to insure weight loss and weight maintenance as adjuncts to diet and physical activity in people with obesity and overweight patients.

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