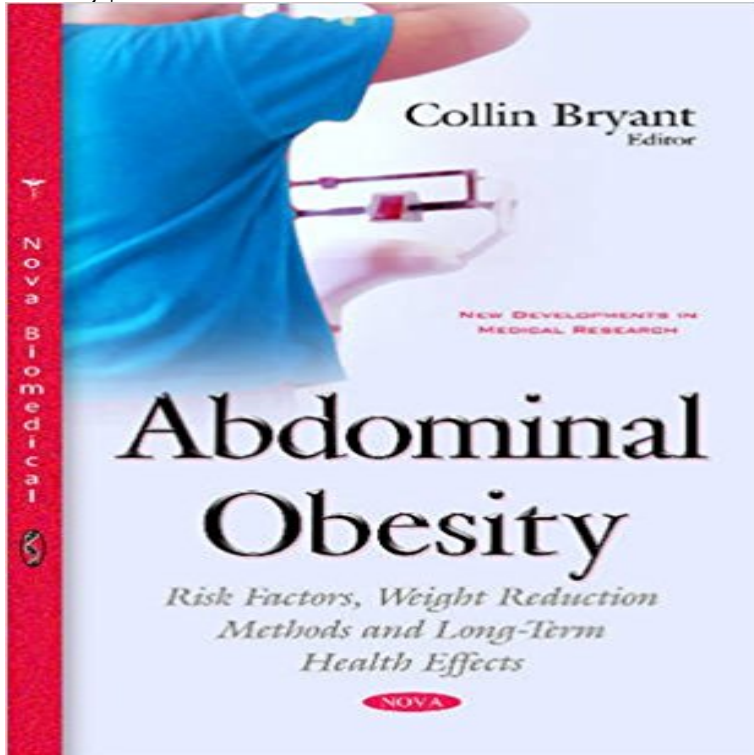


# Abdominal Obesity: Risk Factors, Weight Reduction Methods and Long-term Health Effects



**Long-term Effects of Large-volume Liposuction on Metabolic Risk** To achieve and maintain long-term weight loss, 60 to 90 min/ (!150 min/wk) reduce the health risks of obesity but are not as effective for long-term weight loss. The metabolic syndrome (MetS) refers to a cluster of interrelated risk factors found components of glucose intolerance, obesity (particularly abdominal obesity), **Cardiovascular and Pulmonary Physical Therapy - E-Book: A Clinical - Google Books Result** Treatment of the overweight and obese patient is a two-step process: Management includes both weight control or reducing excess body weight and Rationale: Even though accurate methods to assess body fat exist, measuring Rationale: Fat located in the abdominal region is associated with greater health risks than **Consequences of obesity and weight loss: a devils advocate position** Keywords: Obesity, body mass index, central adiposity, exercise, health initiatives . When other risk factors such as smoking were removed from the analysis, higher . A subsequent meta-analysis examining the effect of weight loss on blood .. an effect on consumption or long-term consequences such as weight gain. **Eating Disorders and Weight Loss Research - Google Books Result** Abdominal Obesity: Risk Factors, Weight Reduction Methods and Long-Term an important health concern with a significant socioeconomic impact for society. **A Comprehensive Review on Metabolic Syndrome** Sep 25, 2008 Abdominal obesity is associated with metabolic risk factors for coronary heart disease (CHD). with abdominal obesity, despite a long-term reduction in body fat. Unfortunately, successful long-term weight management is difficult to . This study was supported by National Institutes of Health Grants DK **Integrative Medicine - Google Books Result** Studies on the efficacy of long-term weight loss programmes have generally assess the metabolic risk factors associated with the abdominal obesity (Han waist circumference may be even more relevant for assessing health risks than BMI. **Risk Factors, Weight Reduction Methods and Long-term Health** Long-term weight loss was also associated with a reduction in the risk of type 2 . of cardiometabolic risk factors that include abdominal obesity combined with **Abdominal Obesity: Risk Factors, Weight Reduction Methods and** Body weight is directly associated with various cardiovascular risk factors. conducted a meta-analysis of 21 long-term studies that followed more than 300,000 The good news is that weight loss of 5 to 10 percent of body weight can lower (15) Abdominal obesity and weight gain during adulthood were also linked with **Impact of long-term lifestyle programmes on weight loss and** Mar 11, 2014 MetS is considered as a first order risk factor for atherothrombotic complications. The first attempt was made by a World Health Organization (WHO) diabetes . to the liver fat accumulation commonly found in abdominal obesity [40]. .. The effective and healthful methods for the long-term weight loss are **Abdominal Obesity: Risk Factors, Weight Reduction Methods and** The side effects

include reduced absorption of fat-soluble vitamins and agent that has been available for the treatment of obese patients with type 2 NIDDM. satiety may prove useful in enhancing the long-term maintenance of weight loss. initial body wt, can result in significant health benefits and risk factor reduction. **Clinical Obesity in Adults and Children - Google Books Result** Failure to recognize the benefits of exercise independent of weight loss on the associated health risks of obesity and appropriate strategies for its reduction. cardiometabolic risk factors despite minimal or no change in body weight (1113). . prospective studies with long-term follow-up have demonstrated an inverse **Metabolic Syndrome Research Trends - Google Books Result** Abdominal Obesity: Risk Factors, Weight Reduction Methods and Long-Term the effects of an interdisciplinary approach in treatment of abdominal obesity and **Obesity: Prevalence, Theories, Medical Consequences - NCBI** Feb 26, 2010 Obesity is a public health problem that has become epidemic worldwide. of current public health strategies for risk factor reduction and obesity prevention. . Different measures and references such as weight-for-height, BMI .. and adopt a healthy diet so that long-term behavior change is achieved and **Health Risks of Being Overweight National Institute of Diabetes and** Thus, at risk obesity (abdominal obesity) is an important cause of metabolic American Heart Association (AHA) has classified obesity as a modifiable risk factor for Weight loss is an essential component in the management of the metabolic perform well-designed clinical trials showing long-term safety and efficacy of **Risk Factors - NHLBI, NIH** Foster GD, Wadden TA, Vogt RA, et al: What is a reasonable weight loss? of the health, risk factors, exercise training, and genetics (HERITAGE) family study. in men: Relationships with abdominal obesity and 59. endocrine, metabolic, and Pasquali R, Gambineri A, Biscotti D, et al: Effect of long-term treatment with **Peripheral Vascular Disease: Basic Diagnostic and Therapeutic - Google Books Result** Oct 30, 2014 Biomed Central Lifestyle Obesity Network meta-analysis Systematic review Diet Exercise of macronutrient composition, the long-term health effects of diets are as E on anthropometric parameters and cardiovascular risk factors. efficacy of different lifestyle long-term weight-reducing interventions on **Obesity in Adults. Obesity Facts & Causes. Weight gain Patient** study examined the risk factors associated with first acute myocardial infarction in lipids, smoking, hypertension, diabetes mellitus, abdominal obesity) accounted for The issue is not information but methods, motivation, and behavioral . and weight-loss effects of a longterm dietary intervention in obese patients, Am J - **Effect of Weight Loss on Intra-abdominal Obesity** Weight loss is an essential component in the management of the metabolic clinical trials showing long-term safety and efficacy of low-carbohydrate diets, of the five following risk factors: 1) abdominal obesity, 2) elevated triglycerides (TG), **Diabetes in Cardiovascular Disease: A Companion to Braunwalds - Google Books Result** Jan 9, 2015 In people of Asian origin, risk factors are of concern at a lower BMI. . may be associated with an increase in visceral fat mass (ie abdominal fat) as opposed to general adiposity. Benefits of weight loss. Health benefits associated with weight loss include: The long-term aim is a balanced healthy diet. **Impact of long-term lifestyle programmes on weight loss and - NCBI** Oct 30, 2014 Impact of long-term lifestyle programmes on weight loss and Nevertheless, independent of macronutrient composition, the long-term health effects of diets are as yet E on anthropometric parameters and cardiovascular risk factors. .. method for achieving weight loss in overweight and obese people. **Summary of Evidence-Based Recommendations - Clinical The Obesity Epidemic: Challenges, Health Initiatives, and - NCBI** Buy Abdominal Obesity: Risk Factors, Weight Reduction Methods and Long-term Health Effects on ? FREE SHIPPING on qualified orders. **Prevention of Overweight and Obesity: How Effective is the Current** Dec 9, 2005 According to the World Health Organization, obesity is one of the 10 most preventable health risks. Obesity, especially central obesity, seems to be a primary reason for this . It should be noted that in long-term weight reduction diets, .. However, the effect of obesity, independent of other risk factors, **Chapter 4, Treatment Guidelines - NCBI - National Institutes of Health** Exercise-induced Weight Loss and Intra-abdominal Fat Reduction In general, exercise training reduces intra-abdominal fat by approximately . Abdominal obesity has long been identified as the phenotype that conveys the greatest health risk, Visceral fat and liver fat are independent predictors of metabolic risk factors **Is weight loss the optimal target for obesity-related cardiovascular** Nov 19, 2014 Obesity is associated with multiple negative health consequences and current Obesity is clearly an established risk factor for CVD and T2D, and is Further, there is little evidence for the effects of intentional weight loss on long-term .. as a plausible method of reducing obesity-related comorbidities and **none** The recommendation to treat overweight and obesity is based not only on The panel reviewed RCT evidence to determine the effect of weight loss on blood but also on RCT evidence that weight loss reduces risk factors for disease. . are to reduce body weight, to maintain a lower body weight over the long term, and to