



Obesity: Impact on Cardiovascular Disease (American Heart Association Monograph Series)

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Obesity is becoming increasingly prevalent in a worldwide context, and has been recognised as a major contributing factor in heart disease. This volume was authored by the participants in a 1998 AHA sponsored conference on the impact of obesity on cardiovascular disease.

The three main sections of the book set out to evaluate current research pertaining to causation and cardiovascular sequela of obesity. Part I defines obesity, exploring its epidemiology, its genetic and non-genetic influences and its contribution to the problem of cardiovascular disease. Special attention is given to the primary prevention of obesity as a means of avoiding specific sequelae as well as the difficulties experienced by those who try to lose weight. Part II deals with the relatively new and much heralded discovery of obesity related genes the current state of diet drugs and valvular heart disease, and the interaction of obesity and metabolism, hormonal regulation and various other biological systems. Recent basic advances in the biological understanding of obesity are introduced. Part III suggests the most accurate ways of assessing BMI, of defining helpful dietary strategies and of managing the issues involved in the implementation of physical activity and pharmacological intervention as a means to decrease and maintain weight. Quality of life, economic issues and managed care settings are also discussed.

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