

Obesity and Heart Failure – Recent Trends

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In a recent study the risk of developing future heart failure (HF) among >1.5 million young men was nine times higher in the highest BMI category ($\geq 35 \text{ kg/m}^2$) compared with those with normal BMI.

With regards to the WHO estimation that 50% of adults in Europe are overweight or obese, the magnitude of problem is obvious.

Which impact has obesity on the cardiovascular system and what do we know about the direct effects of obesity on the myocardium and developing HF?

In this lecture I'll try to show the association between high BMI and developing of HF through the prism of the coronary artery disease and via the direct effects of obesity on the heart, like increasing blood volume with high cardiac output, changes in pressure–volume loop in the left ventricle, etc.

From immunological point of view, the relationship between obesity and HF goes through the inflammatory cascade and the pathological level via cardiac statuses which are a consequence of Obesity, so discussion about recent findings in this field is mandatory.

Obesity is common in HF with preserved ejection fraction as well as with subclinical ventricular dysfunction has been proved recently.

Thus, if obesity is related with preserved EF%HF is a distinct entity of heart failure does it require specific treatment? The traditional three categories of treatment options, drugs, physical activity and surgical treatment will be discussed with emphasis on studies concerning physical activity and bariatric surgery impact on chronic subclinical myocardial damage HF incidence.

Finally, the significance of BNP as prognostic and diagnostic marker in HF, as well as the issue of the “Obesity Paradox” will be discussed.

Biography:

Eugeny Radzishevsky is a Head of Heart Failure Center, Clalit Health Services, IL. He completed academic Degree MD, 1990-1996 University of Medicine Kharkov, Ukraine. Professional Experience in 1996-2011 Cardiology training, Bnai Zion Medical Center & Faculty of Medicine, Teknion, Haifa, IL. In 2011 worked as a Senior Cardiologist, Dept. of Cardiology, Bnai-Zion Medical Center. 2016 He is working as a Faculty of Health Sciences (Lecturer) University of Haifa, Israel.