

Obesity – is it really so bad for a patient with coronary heart disease?

Pogorzelski S.^{A-F*}, Kuźma Ł.^{A-F}, Struniawski K.^{D-F}, Wróblewski D.^{D-F},
Gajewska-Bachórzewska H.^F, Dobrzycki S.^F

Department of Invasive Cardiology, Medical University of Białystok, Poland

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ABSTRACT

According to American Obesity Medicine Association obesity is a chronic, relapsing, multifactorial, neurobehavioral disease, wherein an increase in body fat promotes adipose tissue dysfunction and abnormal fat mass physical forces, resulting in adverse metabolic, biomechanical, and psychosocial health consequences. Obesity has been renowned as a risk factor of cardiovascular, endocrinological, orthopedic and many other diseases. But for the last two decades, there have

been many reports of beneficial influence of overweight or obesity on patients with coronary heart disease. This phenomenon got a name of obesity paradox. It's existence is a matter of lively discussion in medical world, and even if true, the protecting mechanisms of obesity need much deeper understanding.

Keywords: Obesity, body mass index, acute coronary syndrome

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