Coronary Heart Disease: Overweight and Obesity as Risk Factors

Abstract

The relationship of relative weight and of skinfold thickness to the 5-year incidence (632 cases) of coronary heart disease was examined in men aged 40 through 59 years at entry to the study: 2442 U.S. railroad men; 2439 men in northern Europe; and 6519 men in southern Europe. Disregarding other variables, an excessive incidence of coronary heart disease was associated with overweight and obesity in the U.S. and southern Europe but not in northern Europe. There were 163 cases of death or definite infarction; this incidence was not significantly related to any of the measures of relative weight or obesity in any sample. Multivariate analysis of the data showed that no measure of relative weight or obesity made a significant contribution to future coronary heart disease, when the factors of age, blood pressure, serum cholesterol, and smoking were comparable. Essentially identical results were found with different multivariate methods.
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Annals of Internal Medicine; 159 (5): ITC3-1

Obesity
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Excess weight, obesity and coronary artery disease. Excess weight and obesity greatly increase the likelihood of developing coronary artery disease (CAD). This latter disorder occurs when the arteries supplying blood to the heart muscle become narrowed. Coronary artery disease is the most common type of heart disease and the leading cause of death in the U.S. in both men and women. When blood flow and oxygen supply to the heart are reduced or cut off, you can develop Insulin Resistance - an underlying factor in obesity caused by the body's inability to properly use blood sugar and insulin. Prothrombotic state - the presence of high fibrinogen or plasminogen activator inhibitor-1 in the bloodstream.