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Metabolic complications of obesity

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Metabolic Complications of Obesity

**Coronary Heart
Disease**



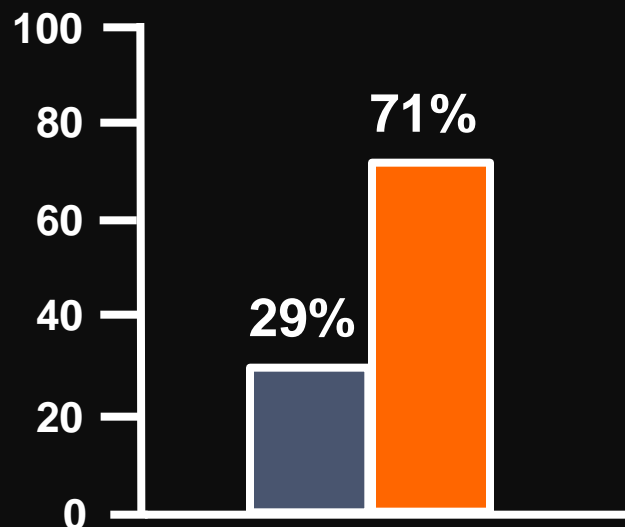
**Insulin resistance
(Diabetes)**

**Atherogenic
Dyslipidemia**

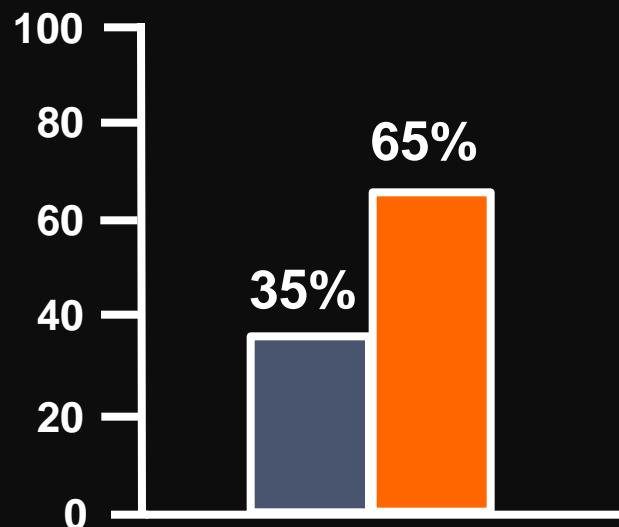
**Nonalcoholic fatty
liver disease**

Prevalence of Metabolically-normal and Metabolically-abnormal Obesity in US Adults

Men



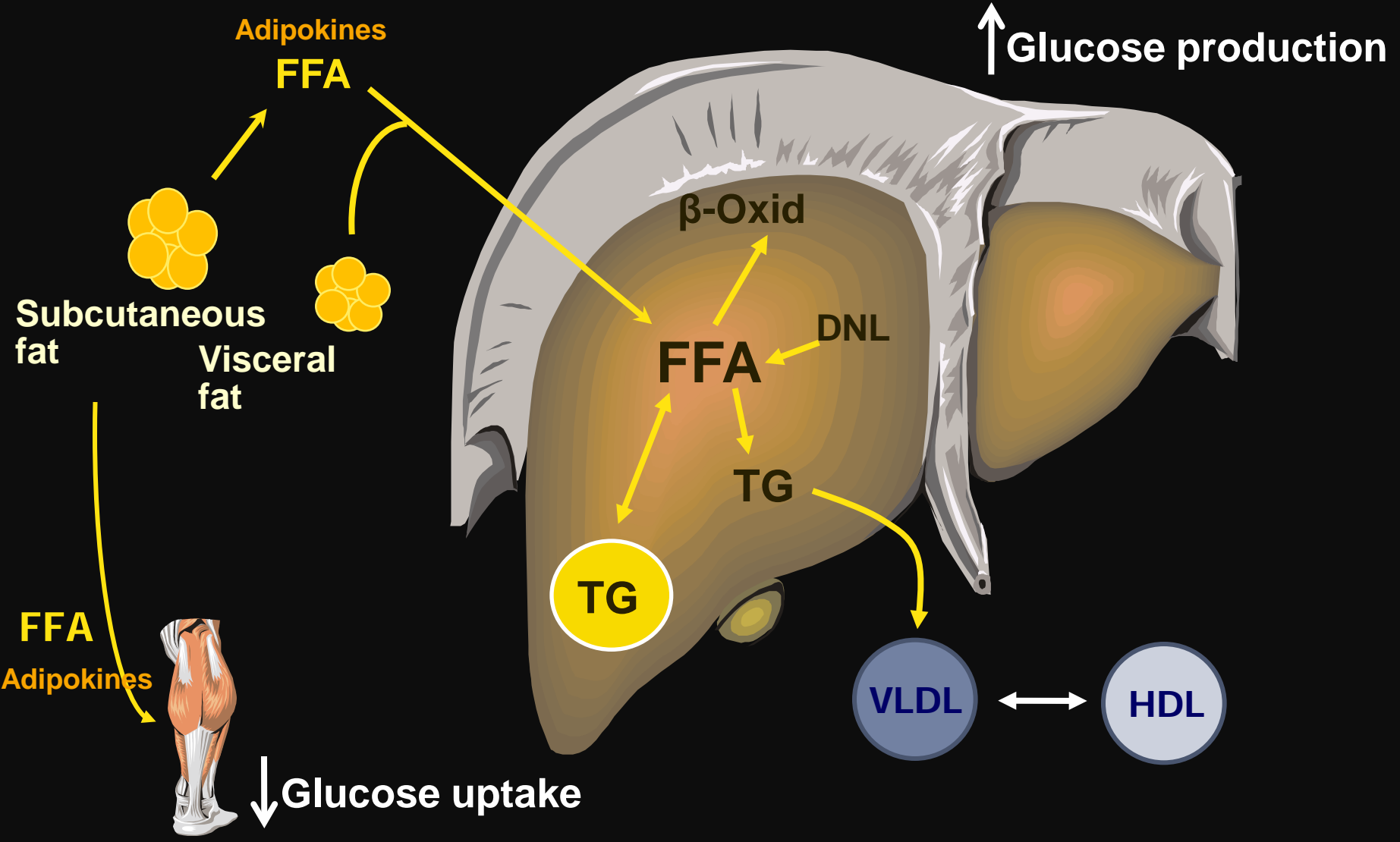
Women

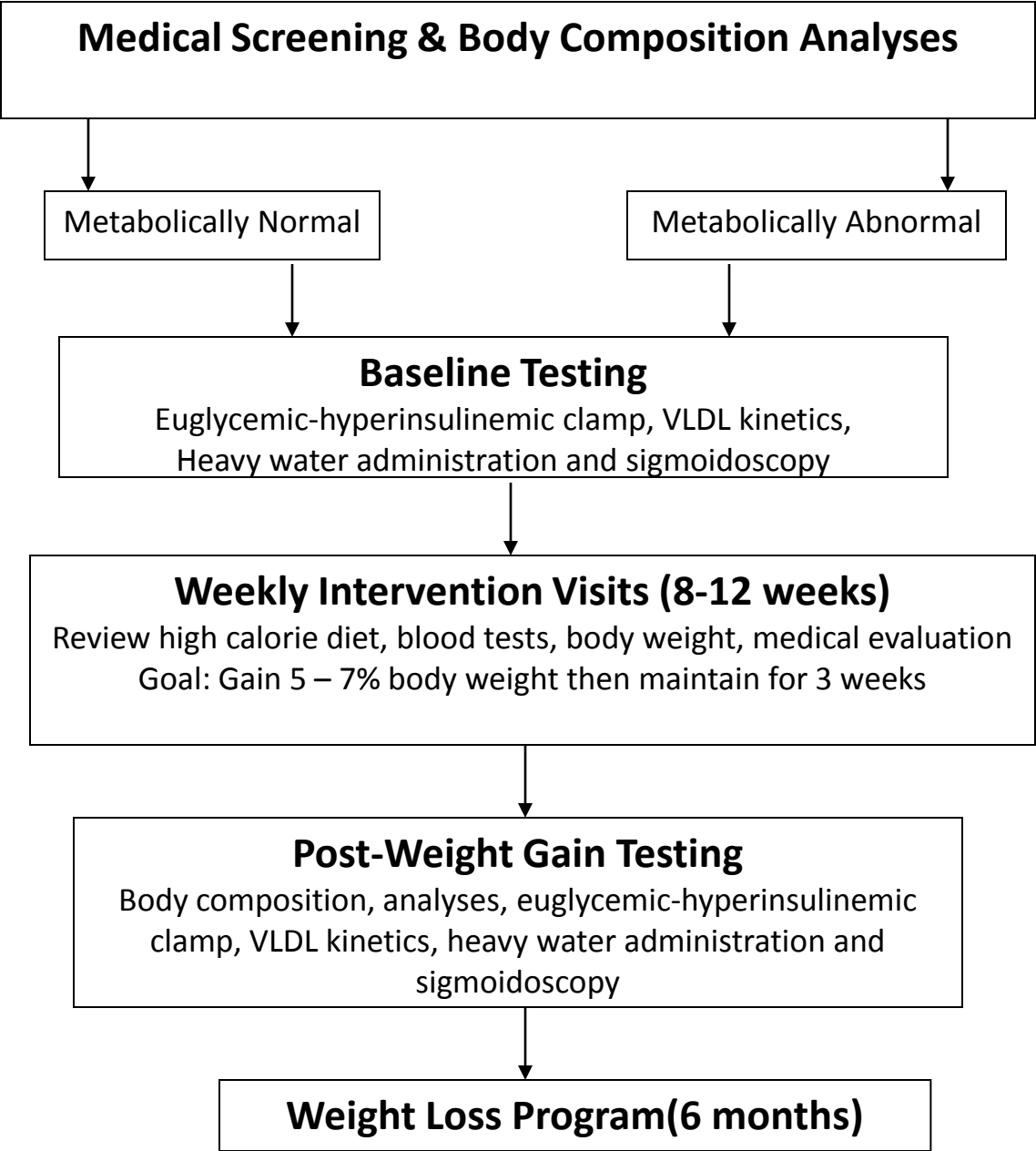


 Metabolically normal

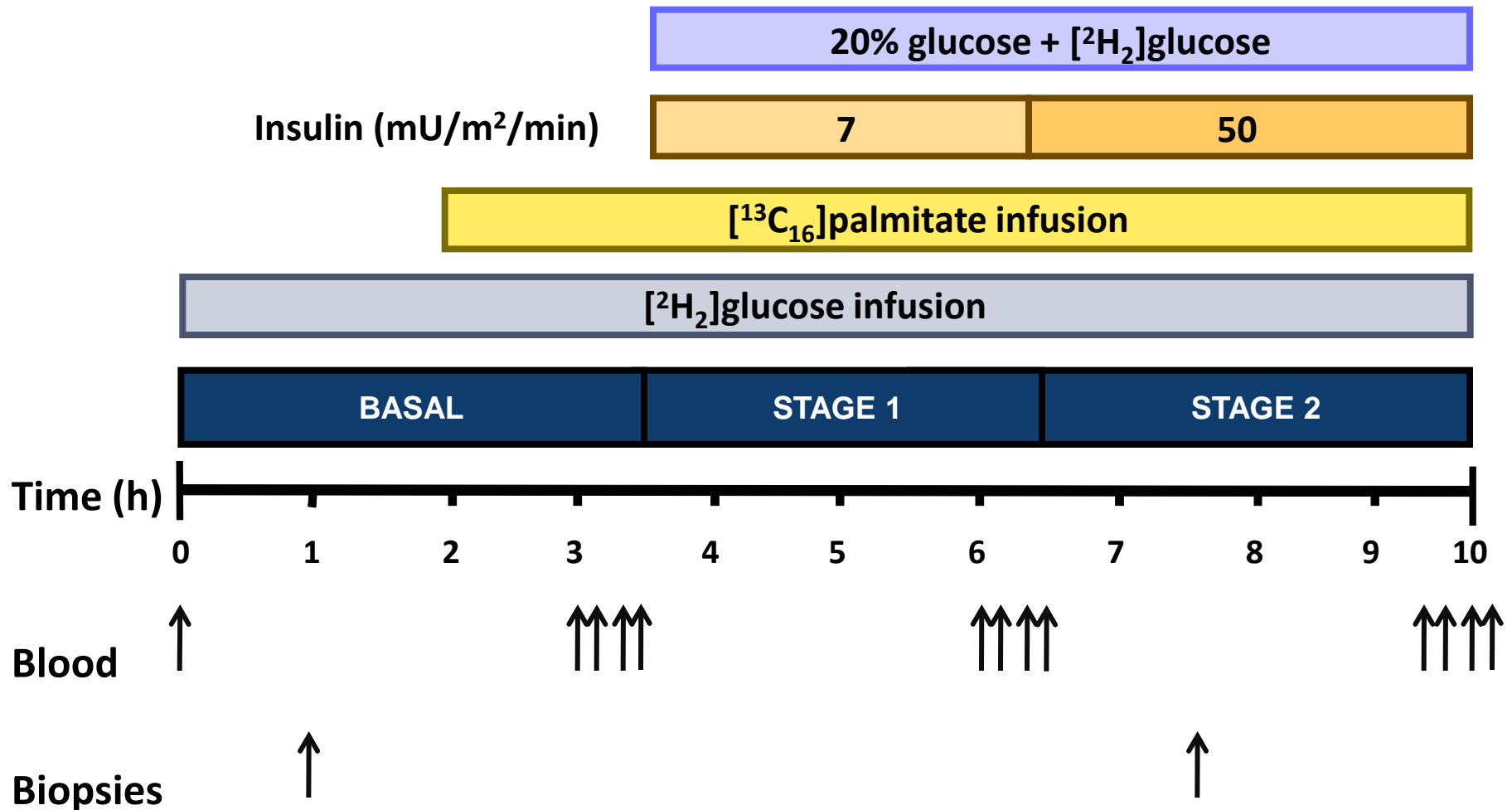
 Metabolically abnormal

Pathogenesis of Obesity-related Metabolic Dysfunction and NAFLD

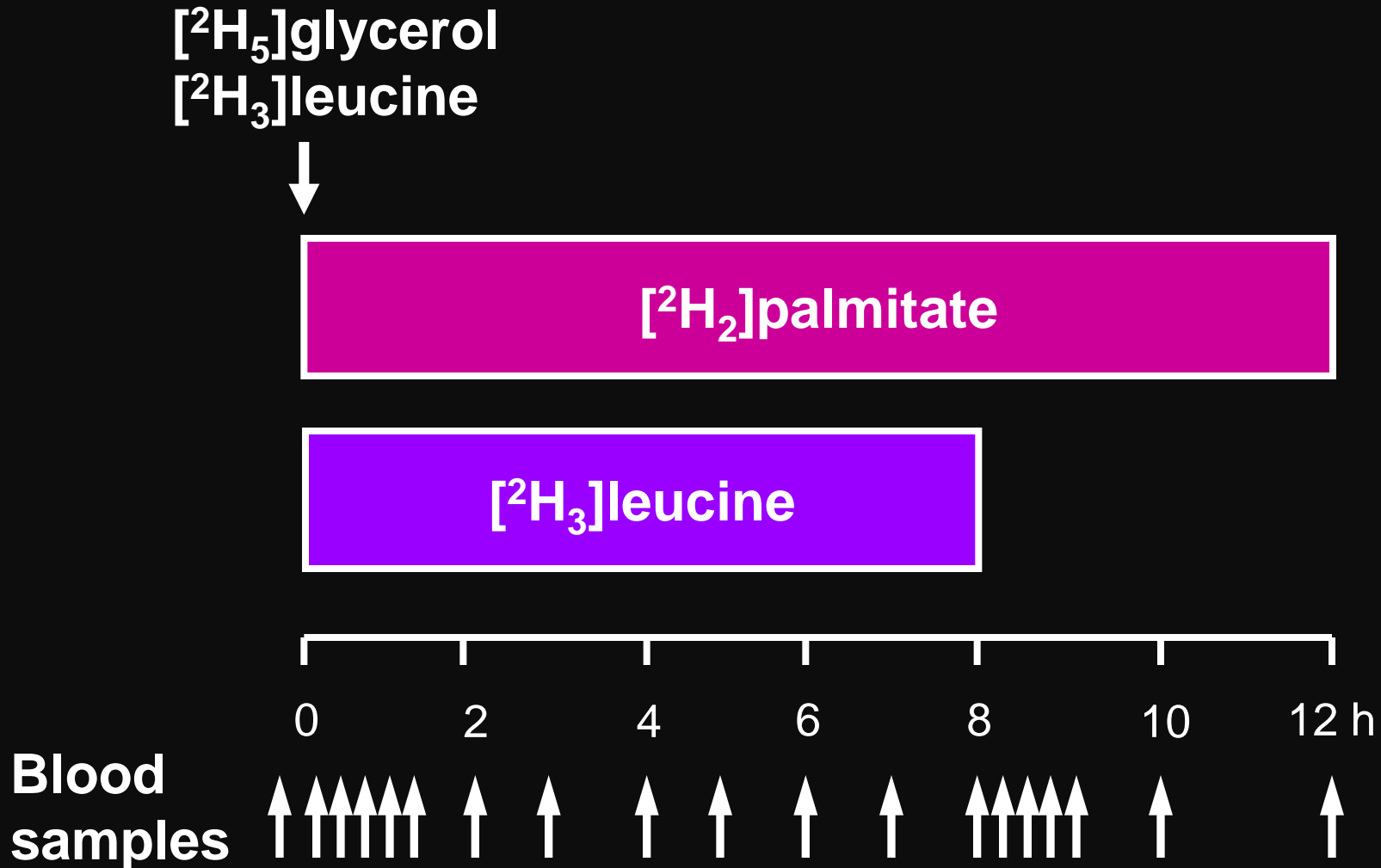




Two-stage hyperinsulinemic-euglycemic clamp procedure



Measurement of VLDL Kinetics



Weight Gain Intervention

- Estimated total daily energy expenditure + 1,000 additional calories
- Additional calories must come from:
 - McDonald's
 - Burger King
 - Kentucky Fried Chicken
 - Pizza Hut
 - Taco Bell

Supervised Weight Loss after Weight Gain

- Eliminate 1,000 additional fast food calories
- Decrease daily calorie intake by 30% of estimated total daily energy expenditure
- Structured meal plan
- Increase physical activity
- Cognitive Behavioral Techniques include:
 - Self-monitoring
 - Goal-setting