



4<sup>TH</sup> DAILY CARDIOLOGY  
**SYMPOSIUM**

CONCISE, PRECISE, PRACTICAL

# Trimming The Risk! Obesity and Cardiovascular Disease Prevention

## Learning Objectives and Case



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## Learning Objectives

- Magnitude of the Problem
  - Morbidity
  - Mortality
- Definitions and Diagnosis
- Goals of Treatment
- Risk Stratification and Identifying Candidates of Treatment
- Non-Pharmacologic Approach to the Treatment of Obesity
  - Comprehensive Lifestyle Intervention
  - Dietary Therapy
  - Exercise
  - Behavioral Modification

## Learning Objectives

- Pharmacologic Approach to the Treatment of Obesity
  - Choice of Agents
  - Monitoring of Therapy
  - Follow-up
- Invasive Approaches to the Treatment of Obesity
  - Patient Selection and Referral
- Therapeutic Approaches with No Benefit or Potential Harm
  - Liposuction
  - Dietary supplements
  - Acupuncture

## Case

- 39 Y/O lady, housewife
- PMH: unremarkable
- DH: Negative
- FH: unremarkable
- She runs an extremely sedentary lifestyle, barely gets out and she reports having SOB while doing simple house chores lately.

# Case

- Ph/E:
  - BP: 148/86, HR: 93bpm, Spo2: 96% in room air, BMI: 35, Waist Circumference: 117cm, otherwise unremarkable
- ECG: Low voltage, NSR
- Echo: EF=60%, Mild MR, Grade 1 diastolic dysfunction
- Recent Lab:
  - FPG: 121 mg/dL, HbA1c: 7.2%,
  - AST: 55 U/L, ALT: 71 U/L, CBC, Cr, Electrolytes: NL

**What is your approach to the management of this patient?**

**Thank you for your attention**



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