

# Weight Loss Threshold for Cardiovascular Benefits

Obesity is known to trigger diabetes, cardiovascular disease, and other lifestyle disorders, decreasing overall longevity



**What is the minimum required weight loss to decrease the risk of major adverse cardiovascular events (MACE) and mortality?**

## Analysis of patients with obesity and diabetes who underwent metabolic surgery vs. nonsurgical patients

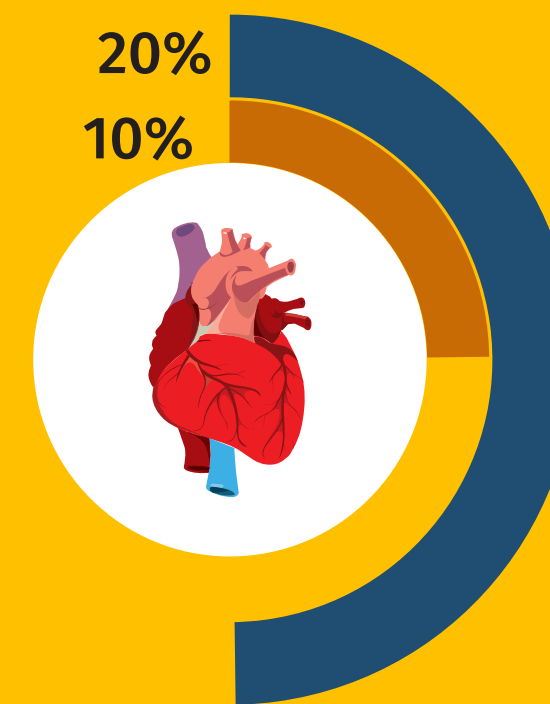
Median maximum weight loss



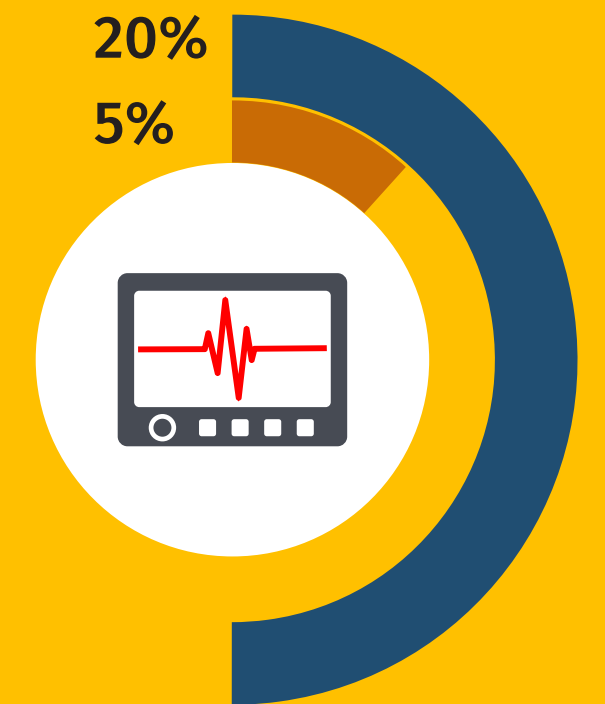
Weight loss



Risk



MACE



Mortality

Surgical group

Non-surgical group

**Metabolic surgery may have weight-independent benefits in reducing the risk of MACE and mortality in obese patients with diabetes**

Aminian et al. (2020)

How Much Weight Loss is Required for Cardiovascular Benefits? Insights From a Metabolic Surgery Matched-cohort Study  
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