Weight Loss Threshold for Cardiovascular Benefits

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

Aminian et al. (2020)
How Much Weight Loss is Required for Cardiovascular Benefits? Insights From a Metabolic Surgery Matched-cohort Study

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

Median maximum weight loss

<table>
<thead>
<tr>
<th>Weight Loss</th>
<th>Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surgical group-27.3%</td>
<td>20%</td>
</tr>
<tr>
<td>Non-surgical group-2.8%</td>
<td>10%</td>
</tr>
</tbody>
</table>

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

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