



# Obesity and Cardiovascular Disease

*Gianluca Iacobellis*

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The number of individuals who are obese or overweight has dramatically increased over recent years and is now becoming epidemic. These individuals are more likely to suffer cardiovascular diseases and therefore physicians, specialists, and trainees increasingly need to deal with these issues on the ward and in clinic. As a result, the need for appropriate knowledge of up-to-date clinical management of obesity and its associated cardiovascular problems is essential for any practicing physician.

*Obesity and Cardiovascular Disease* is a readily assimilated pocket guide to obesity and cardiovascular disease. It is intended to be used "on-the-go" and is compact enough to be on hand while in consultation with patients. It provides a clear and succinct overview of contemporary clinical management of cardiovascular risk stratification, and fully covers the diagnosis and treatment of cardiovascular in obese patients and individuals with increased visceral adiposity, translating up-to-date clinical research findings into clinical practice. Particular emphasis is placed on recent updates in practical care in obesity and cardiovascular disease, such as new diagnostic techniques and novel pharmacological and surgical approaches, as well as cardiac visceral fat, ethnic differences in adiposity-related cardiovascular risk, and metabolically healthy, but obese subjects. Topics are presented in an easily accessible format with numerous illustrations, photographs, tables, diagnostic and therapeutic algorithms while highlight boxes summarize the main concepts discussed in each chapter.

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