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Metabolically Healthy Obesity & Metabolically Unhealthy Obesity

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Metabolic syndrome refers to the cluster of diseases related with metabolic derangements, such as obesity, hypertension, insulin resistance and thrombosis, and these are all known to come from visceral obesity. For decades, we focused on treatment and prevention of metabolic syndrome through the reduction of weight and treatment of simple obesity. However, recent studies suggest the existence of 'metabolically healthy obese' people, since there is a distinct entity of obese people who are metabolically healthy and also protected from cardiovascular disease risk. From the studies performed in obese study population, these 'metabolically healthy' people seem to be insulin sensitive, have less visceral fat, and low systemic

inflammation and physically fit. However, the results from the previous studies are diverse in that some suggest that there are people who are 'metabolically healthy obese'; others suggest that the risk for cardiovascular disease increase according to body mass index even within metabolically healthy obese group. Insisting the existence of 'metabolically healthy obesity' is not saying that being obese does not increase the cardiovascular risk, but want to focus that 'metabolic health is more important than just being obese'. In this talk, I want to focus on the importance of 'metabolic health' on the prevention of subclinical atherosclerosis through the measurement of coronary artery calcification.