

비만과 심혈관 질환

박 창 규

Obesity and Cardiovascular Disease

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서 론	[cm -]
100) × 0.9]	
6)	가 20%
20%	,
20	,
1/3	가
1) ¹⁾ 1992	가
가 25Kg/m ²	(Kg) (M ²)
19.4%, 19.9%가	(Body Mass Index, BMI)
2).	(r = 0.84 ~ 0.91)
가	(r = 0.03)
가	7).
가 ,	가
가 , 가	/
3,4).	(subscapula/triceps skin fold ratio)
20%	(Waist - to - Hip Ratio, WHR)
5).	WHR
가 가	(), WHR
가	()
가	가

비만을 판정하는 방법

비만과 관련된 심혈관질환 위험인자

가 가 , ,

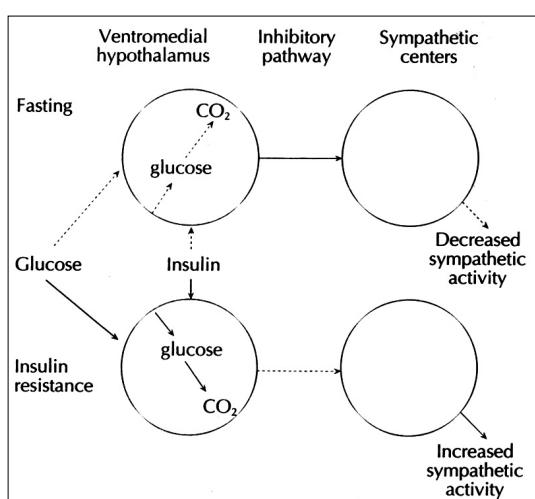
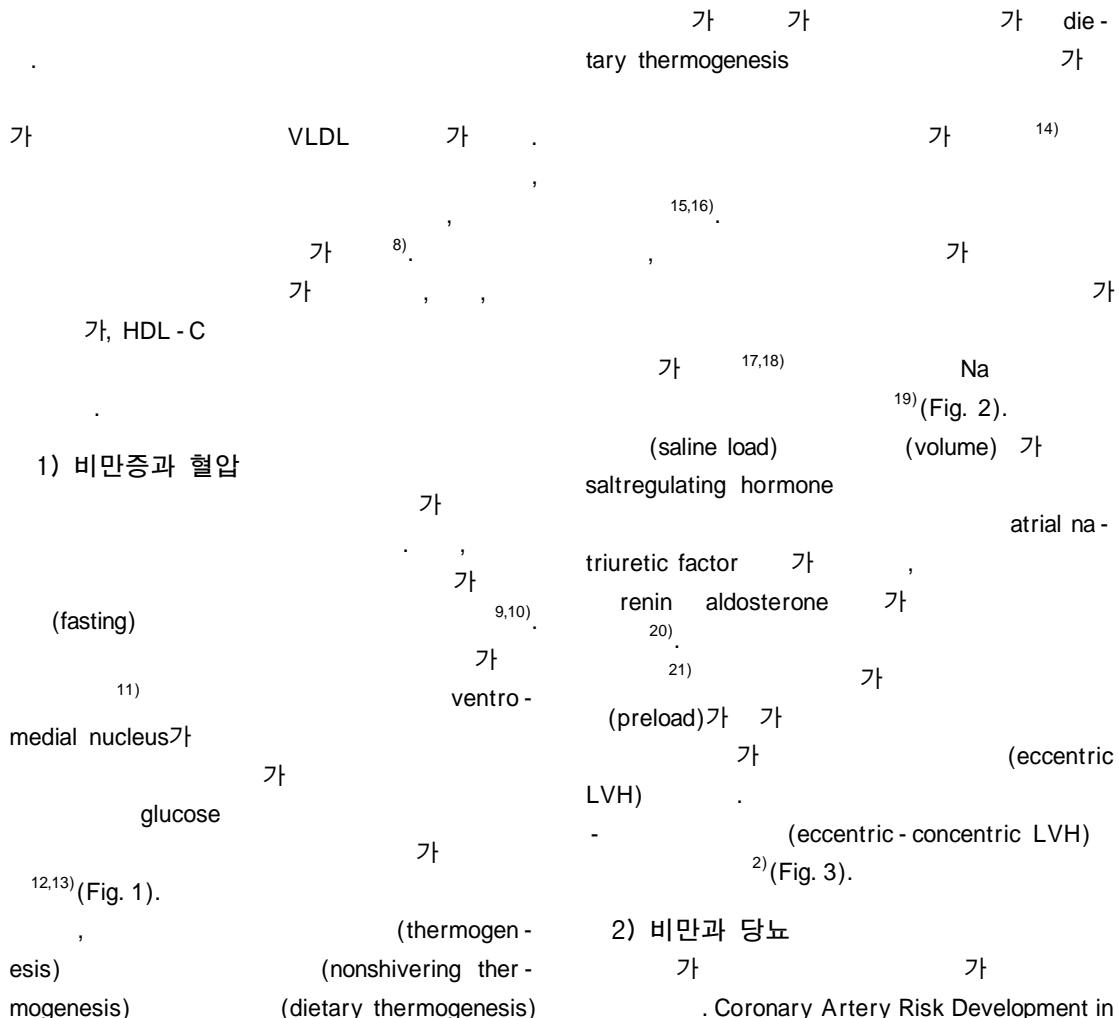


Fig. 1. Roles of insulin and glucose in Regulating central sympathetic activity.

Coronary Artery Risk Development in Young Adults Study

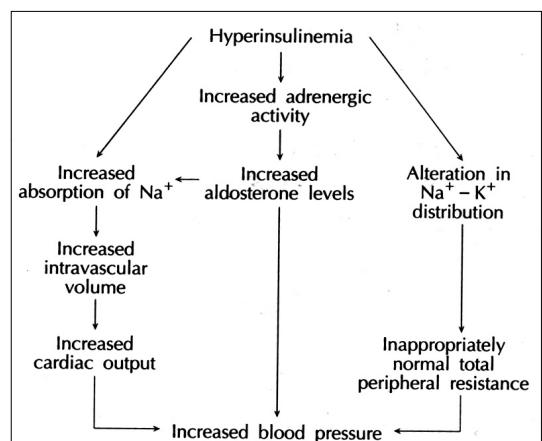


Fig. 2. Physiologic mechanisms involved in obesity-related hypertension.

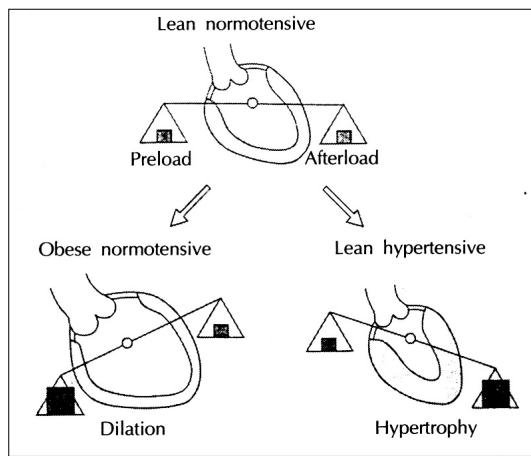


Fig. 3. Cardiac adaptation to obesity and hypertension.

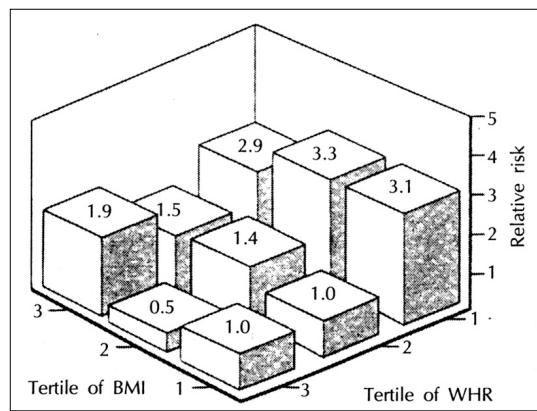


Fig. 4. Age-adjusted relative risk of fatal coronary disease in relation to tertiles of body mass index(BMI) and waist-to-hip ratio(WHR) in aged 55 to 69 years.

가 10mm
200umol/L
Health Study
가 5
24)
가
25)
3) 비만과 혈중 지질
BMI가
HDL - C
26,27)
(WHR)
가 WHR
, LDL - C 가
28,29)
30)
70 (meta - analysis)
1Kg LDL - C 0.02mmol/L
0.015 mmol/L HDL - C 0.14mmol/L
가 lipase
31).

Nurses' Health Study
BMI가 21Kg/m²
28.9Kg/m²
3.56
fold WHR
2.4
33,34) WHR
(Fig. 4).
40 60
Cancer Prevention Study
19%
37)
결 론
가,
가,

BMI가 25-
2.06 , BMI가 29Kg/m²
. 50
Framingham Study
30%
2 ,
가 32)
subscapula skin
BMI
2.2 2.76
가
3.3
35)
WHR
36)
65
WHR
35)
BMI가
35)
WHR
36)
Cancer Prevention Study
19%
37)
결 론
가,
가,

가 120%
/m²

가 25Kg

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