LONG TERM POSTOPERATIVE NUTRITIONAL MANAGEMENT IN ISCHEMIC PATIENTS

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Observational studies have shown that overweight, obesity, and visceral adipose tissue are directly related to cardiovascular risk factors concerning high cholesterol, increased LDL, high triglycerides, hypertension, increased fibrinogen, hyperinsulinemia, reduced HDL and increased plasminogen activator inhibitor.

Recently Complement 3 and acute phase proteins are the immunological link between central obesity and CHD.

Recent studies have shown that risks of nonfatal myocardial infarction and CHD death increase with increasing levels of BMI.

In British, Swedish, Japanese and US populations, CHD incidence increased at BMIs above 22 and an increase of 1 BMI unit was associated with 10% increase in the rate of coronary events.

Recent study has found that obese CHD patients are younger and are hospitalized more frequently during the first 10 years of their illness than the non-obese.

Do it yourself programs for nutritional management of these patients is not safe therefore ischemic patients should follow multidisciplinary plans for nutritional management considering the guidelines of the American heart association with the National Cholesterol Education Program Adult Treatment Panel III guidelines and international diabetes federation recommendations.

References: