

4th International Conference and Exhibition on **Obesity and Weight Management**

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Edita Stokić

University of Novi Sad, Serbia

Nontypical points of obesity

During past few years the prevalence of obesity has increased dramatically. Obesity traditionally has been defined as a disease characterized by body fat accumulation to an extent that causes health disturbances, such as insulin resistance, type 2 diabetes mellitus, hypertension, dyslipidemia, cardiovascular disease, stroke, sleep apnea, gallbladder disease and some types of cancer. On the other side, obesity isn't a homogeneous disease - cardiometabolic disturbances which are associated with obesity, do not, however, affect all obese people.

Several studies suggest that “*Metabolically healthy but obese*” - MHO people show specific phenotype and body composition differences compared with obese patients “at risk”. MHO individuals exhibit lower total and intraabdominal fat mass, lower ectopic fat accumulation and favorable metabolic, hormonal, immune and inflammatory profile. It is not clear what induces potential transition from metabolically healthy to unhealthy profile, and whether genetic, environmental, lifestyle and psychosocial factors have role. *Metabolically obese but normal weight* – MONW individuals present a subgroup of individuals with normal BMI, and with insulin resistance, higher risk of developing type 2 diabetes, cardiovascular disease, atherosclerosis and mortality.

The early identification of individuals with the MONW phenotype would be beneficial and may have important therapeutic implications. Clinical guidelines should be target more to MHO population, especially to standardization of definition criteria. Future studies should elucidate mechanisms of preserved favorable metabolic profile, and specific dynamics of metabolic and neuroendocrine processes in MHO individuals, which may be helpful in tailoring potential interventions.

Biography

Edita Stokić endocrinologist, Professor of Internal medicine-Endocrinology, employed in the Clinic of Endocrinology, Diabetes and Metabolic Disorders of the Clinical Centre of Vojvodina in Novi Sad, Medical Faculty, Serbia. In 2005. she was appointed as Chief of Department. She is currently the Vice President of Serbian Association for the Study of Obesity and Chairman of the Continuing Education Board (Society of Physicians of Vojvodina of the Medical Society of Serbia). She was President of the Internal Medicine Section and President of Endocrinology Section within same Society. Edita Stokić is an author or co-author of 412 scientific articles, and publications on obesity, dyslipidemias and diabetes. She has also published monographs - *Obesity is a treatable disease and Obesity and adipose tissue distribution – metabolic consequences*.

edith@sezampro.rs

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