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**Dynamics of the quality of life indicators in patients with the metabolically healthy obesity after weight loss****Elena Ostrovskaya**

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**Background and Aims:** Obesity is associated with high cardio metabolic risk and decreased quality of life (QoL). The quality of life in metabolically healthy obesity (MHO) is studied insufficiently. Our goal was to analyze indicators of QoL in patients with metabolically healthy obesity initially and in 6 months after weight loss by  $\geq 5\%$ .

**Materials and methods:** The study included 44 females with MHO (according to the IDF criteria of the metabolic syndrome, 2005: obese patients with no more than one additional cardio metabolic risk factor) and 33 females with metabolically unhealthy obesity (MUHO) aged 19 - 59 years. To assess the QoL, the questionnaire SF-36 (Medical Outcomes Study - Short Form 36) was used.

**Results:** Initially, QoL indicators in the MHO group did not have statistically significant differences from those in the MUHO group. Those patients in MHO group who reduced body weight for 6 months by 5% or more, increased the following indicators of quality of life: physical functioning by 7,5%, role physical by 11,6%, vitality - by 12,8%, social functioning - by 11,2%, role emotional by 11,9%, mental health by 8,8% ( $p < 0,05$ ). In the MUHO group, the parameters of role physical (by 24,6%), role emotional (by 39,5%), mental health (by 9,2%) were statistically significantly increased ( $p < 0,05$ ) on the background of clinically significant weight loss ( $\geq 5\%$ ).

**Conclusions:** The more favorable metabolic status of patients in the MHO group does not affect the quality of life indicators. The decrease in body weight by 5% or more in both patients with MHO and in patients with MUHO is accompanied by an increase in QoL. It predetermines the need to reduce body weight, regardless of the phenotype of obesity.

**Key words:** metabolically healthy obesity, metabolically unhealthy obesity, quality of life, SF-36 questionnaire.