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## Resolution of obesity cardiomyopathy following treatment with weight reduction and medical management

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Obesity cardiomyopathy, a concerning cardiovascular condition associated with obesity, has become increasingly prevalent worldwide. We present an intriguing case of a 55-year-old non-diabetic patient with Class I Obesity who developed acute-on-chronic systolic heart failure. This case report highlights the remarkable resolution of obesity cardiomyopathy following a comprehensive treatment approach involving weight reduction, medical management, and lifestyle modifications. The patient underwent an eight-month regimen of exercise, diet control, and pharmacotherapy, resulting in a significant reduction in body weight (from 95 kg to 64 kg) and BMI (from 34.1 kg/m<sup>2</sup> to 22.9 kg/m<sup>2</sup>). Subsequent reassessment demonstrated normal left ventricular cavity size, improved left ventricular systolic function (ejection fraction increased from 25% to 62%), and notable reductions in mitral regurgitation and diastolic dysfunction. This case emphasizes the potential benefits of weight loss and lifestyle modifications in reversing obesity-related cardiac abnormalities, challenging the prevailing notion of an "obesity survival paradox" in heart failure management. Prospective studies are warranted to further explore the optimal management strategies for obese patients with concurrent heart failure, shedding light on this intriguing therapeutic approach.

### Recent publications:

1. Misra, Anoop, and Usha Shrivastava. "Obesity and dyslipidemia in South Asians." *Nutrients* vol. 5,7 2708-33. 16 Jul. 2013, doi:10.3390/nu5072708
2. Guo, Fangjian et al. "The progression of cardiometabolic disease: validation of a new cardiometabolic disease staging system applicable to obesity." *Obesity (Silver Spring, Md.)* vol. 22,1 (2014): 110-8. doi:10.1002/oby.20585
3. Kenchaiah, Satish et al. "Obesity and the risk of heart failure." *The New England journal of medicine* vol. 347,5 (2002): 305-13. doi:10.1056/NEJMoa020245
4. Alpert MA, Fraley MA, Birchem JA, Senkottaiyan N. Management of obesity cardiomyopathy. *Expert Rev Cardiovasc Ther.* 2005 Mar;3(2):225-30. doi: 10.1586/14779072.3.2.225. PMID: 15853596.
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### Biography

Niladri Dutta is a dedicated healthcare professional with a strong passion for Cardiology. He successfully completed his MBBS degree from a renowned Medical University in India in 2021, and over the past two years, he has gained experience in diagnosing and treating cardiovascular conditions at a tertiary care hospital in India, collaborating with cardiologists to deliver comprehensive care. Currently, Dr. Dutta serves as a Trust doctor in Emergency Medicine at the National Health Service (NHS). This role has enhanced his clinical skills, allowing him to make critical decisions under pressure while ensuring patient safety. His ultimate goal is to contribute to advancements in patient care and research to improve outcomes and enhance quality of life. He has a strong commitment to excellence and a solid foundation in cardiology, and he is now working towards his goal of achieving a rewarding career in cardiology.

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