

BODY WEIGHT FLUCTUATION

Tae Jung OH

¹*Department of Internal Medicine, Seoul National University Bundang Hospital,*

²*Seoul National University College of Medicine, Korea*

ohtjmd@gmail.com

Abstract

Previous studies have tested whether body-weight fluctuation (weight cycling) is a prognostic marker for mortality in individuals with high cardiovascular risk, including middle-aged men, obese postmenopausal women, and older adults. A more recent study showed that body-weight variability, which was defined as average successive variability (ASV), was significantly associated with a coronary event and mortality in a *post hoc* analysis of the Treating to New Target trial. In this background, we examined whether body-weight fluctuation can associate incident diabetes mellitus and cardiovascular events, and mortality in a Korean population from the Korean Genome and Epidemiology Study. Subjects with a high ASV of body weight were more obese and had poor metabolic parameters than those with a low ASV of body weight. A 1-unit increase in ASV of body weight was associated with increase in mortality. However, the effect of bodyweight fluctuation on incident diabetes mellitus depended on the presence of obesity at baseline. In this lecture, I will focus on recent data on body-weight fluctuation and health outcomes.

Keyword

Body-weight fluctuation, diabetes mellitus, cardiovascular disease, mortality