

Mayo Clinic Medical Edge
Belly Fat and Blood Vessel Impairment

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	THAT SPARE TIRE YOU'RE CARRYING AROUND YOUR MIDDLE MAY BE MORE THAN JUST A BLOW TO YOUR EGO.
Virend Somers, M.D.	"A MODEST LEVEL OF WEIGHT GAIN WHICH WE TEND TO ACCEPT AS PART OF NORMAL AGING MAY HAVE POTENTIALLY HARMFUL EFFECTS. EFFECTS ON THE CARDIOVASCULAR SYSTEM."
	DR. VIREND SOMERS IS A MAYO CLINIC CARDIOLOGIST AND SENIOR AUTHOR OF A STUDY THAT TOOK A LOOK AT MODEST AMOUNTS OF WEIGHT GAIN IN

	<p>OTHERWISE HEALTHY YOUNG ADULTS. HIS RESEARCH TEAM FOUND THAT WHEN WEIGHT IS PUT ON IN THE FORM OF VISCERAL OR ABDOMINAL FAT, THERE WAS A NEGATIVE EFFECT ON WHAT'S CALLED THE ENDOTHELIAL LINING OF OUR BLOOD VESSELS.</p>
<p>Dr. Somers</p>	<p>"THE FUNCTION OF THE VESSEL LINING WAS SIGNIFICANTLY REDUCED. REDUCED TO THE LEVEL OF WHAT WE SEE IN PEOPLE WHO SMOKE FOR EXAMPLE."</p>
	<p>THIS MAY INCREASE THE RISK FOR STROKE AND HEART ATTACK. THE GOOD NEWS IS THAT THE STUDY ALSO FOUND THAT WHEN THE EXTRA WEIGHT WAS LOST, FUNCTION RETURNED TO NORMAL.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN</p>

	WILLIAMS.