

OBESITY AND CLINICAL SEVERITY OF CVD

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 Chair of Congress and Events International Union of Phlebology, UIP
 Founder MERIT
 Honorary President vWin foundation

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NO DISCLOSURES.

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FIGURES

- UNTIL 2022 ONE IN 8 PEOPLE WERE OBESE
- 890 MILLION ARE OBESE IN THE WORLD
- 37 MILLION CHILDREN UNDER 5 YEARS OF AGE ARE OBESE
- THIS FIGURE IS EXPECTED TO TRIPLE BY 2025

Olshansky et al., "Economic Impacts of Overweight and Obesity" 2^a edición con estimaciones para 161 países, Federación Mundial de la Obesidad, 2022.

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 Department of Surgery

2328 Patients seen from April to December 2023 First consultation: 515 Patients (22.2%)

GENERAL OBJECTIVE To identify the relationship between overweight/obesity and Clinical Severity of CVD (CEAP).

SPECIFIC OBJECTIVE To know the prevalence of overweight/obesity and its association with sex.
 To generate hygienic dietary measures to prevent the progression of CVD.

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INCLUSION CRITERIA

- OVER 18 YEARS OF AGE WITH CHRONIC VENOUS INSUFFICIENCY (REGARDLESS OF DEGREE OF SEVERITY)
- PATIENTS BEING SEEN FOR THE FIRST TIME IN THE DEPARTMENT
- WITH OR WITHOUT EXPOSURE TO THE RISK FACTOR

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DEMOGRAPHIC CHARACTERISTICS					
GENDER			WEIGHT		
FEMALE	MALE		NORMAL	OVERWEIGHT	OBESEITY
416	80.78%	99	19.22%	193	37.47%
			180	34.95%	142
					27.58%

The average age was 56.75 years, with a median of 58 years.

The National Institute of Health defines overweight as BMI of 25 to 29.9 kg/m², obesity as values greater than or equal to 30 kg/m², Normal as 18.5-24.9 kg/m².

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- 55,5% Family background of CVD
- 87,7% do not exercise and 57,8% do not follow a sedentary lifestyle
- 87% do not smoke.

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- DEMOGRAPHIC CHARACTERISTICS
- N: 515 PATIENTS
- AGE MEDIA 57

 - <20: 5 (0,97%)
 - 20-40: 90 (17,47%)
 - 41-60: 187 (36,31%)
 - >60: 233 (45,24%)

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CEAP ACCORDING TO AGE GROUP

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CEAP	PATIENTS	%
C0	12	2,33
C1	71	13,79
C2	234	45,44
C3	74	14,37
C4	43	8,35
C5	36	6,99
C6	45	8,74
TOTAL	515	100

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BMI

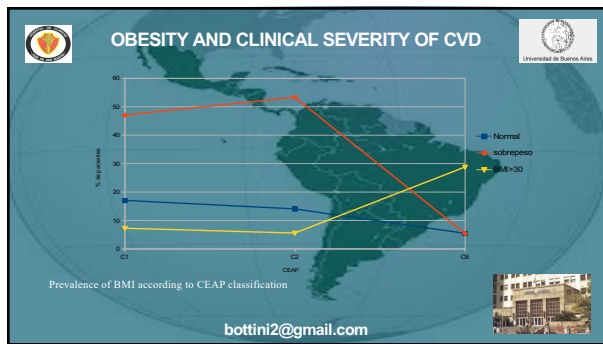
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CEAP	NORMAL	OVERWEIGHT	OBESITY TYPE 1	OBESITY TYPE 2	OBESITY TYPE 3
C0	2,92	1,98	1,02	3,23	7,69
C1	22,22	12,87	5,10	3,23	7,69
C2	54,39	48,51	34,69	25,81	7,69
C3	8,19	13,37	21,43	35,48	7,69
C4	2,34	7,43	14,29	19,35	30,77
C5	4,68	6,93	9,18	6,45	23,09
C6	5,26	8,91	14,29	6,45	15,38
SUBTOTAL	100	100	100	100	100
TOTAL % (515)	32,2% (171)	39,2% (202)	19% (98)	6% (31)	2,6 (13)

Prevalence of BMI according to CEAP classification

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CEAP	MEN %	WOMEN %
C0	2,02	2,40
C1	10,10	14,66
C2	35,35	47,84
C3	7,07	16,11
C4	17,17	6,25
C5	13,13	5,53
C6	15,15	7,21
SUBTOTAL	100	100
TOTAL % (515)	19,22% (99)	80,78% (416)

CEAP classification according to gender.

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CONCLUSIONS

A POSITIVE ASSOCIATION BETWEEN OBESITY AND CLINICAL SEVERITY HAS BEEN FOUND.

CVD IS A HEALTH PROBLEM THAT CAUSES A DECREASE IN THE QUALITY OF LIFE AND WORK DELAY.

IT IS IMPORTANT TO CARRY OUT EPIDEMIOLOGICAL STUDIES TO KNOW THE REALITY OF OUR COUNTRIES AND OF ALL LATIN AMERICA.

International Union of Phlebology

LATAM INVITES YOU TO THE UIP CONGRESS

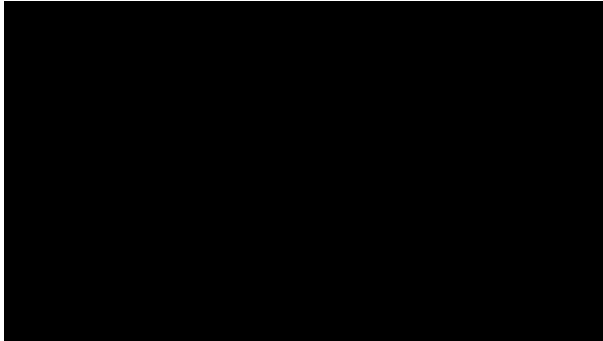
BUENOS AIRES 2025

OCTOBER 8TH TO 11TH

UIP BUENOS AIRES 2025

CARLOS GARDEL
"Volver"
Tango 1935
Música: Carlos Gardel
Letra: Alfredo Le Pera
Orquesta Típica Edel

fcga
Fundación Cinemateca Argentina



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THANK YOU

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