

Metabolically Healthy Obese: Myth or Reality

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Obesity is one of the major public health problems in the world today that affects almost all countries and is in continuous growth [1]. The WHO in 2014 presented a map of obesity in the world, the first country was the Cook Islands with 50.8% of its obese population, 10 countries exceeded 40% and 26 30%. Big countries like Saudi Arabia (34.7%) The United States (33.7%), Australia (28.6%), United Kingdom (28.1%) or Canada (28%) was at the top of the ranking.

We have long known that obesity is related to the presence of metabolic syndrome, cardiovascular diseases, type 2 diabetes and even with some types of cancer [2], but not all obese people present higher cardiovascular risk and metabolic complications, is what we would call obese metabolically healthy (WHO), in these subjects we observed normality in insulin sensitivity, blood pressure, lipid profile and inflammation markers [3].

There is no consensus in the scientific literature about what we know as a metabolically healthy person, since different authors use different clinical criteria and cut points [4,5], some researchers use criteria of metabolic syndrome and other clinical or analytical criteria, therefore, the prevalence of obese metabolically healthy is from 6% to 35% depending on the criteria that the authors use for their determination [6,7]. There is also no unanimity in the role that different variables, socio-demographic or healthy habits, for example, play in the appearance of metabolically healthy obese individuals.

To create even more confusion, a recent study from the University Clinic of Navarre published in Diabetes Care [8] considers that these metabolically healthy obese patients have an elevated risk of cardiometabolic alterations similar to those of other obese people, so we must ask: Are there metabolically healthy obese? time and new studies will give us the answer.

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