

Impact of weight reduction by diet and lifestyle, on Hypertension, Diabetes, and NASH

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Diet and lifestyle modification, if it is implemented would achieve weight reduction, which in turn leads to better control of hypertension, fasting blood sugar levels and even reversal of Hypertension, Diabetes and NASH in the those patients with good compliance. Individualised attention and care are needed to change diet and lifestyle in overweight individuals. Almost all the participants who were compliant to lifestyle intervention and diet modification were able to achieve weight reduction in three separate studies by us. This emphasizes the importance of developing more social strategies and policy changes to motivate people in a society for lifestyle changes, rather than focussing on individuals for meticulous control of blood pressure, intense blood sugar control and developing medications for NASH. The awareness regarding weight gain, the reasons for it and its consequences, its risk factors and complications was seen only in 30% of the subjects, in spite of being literate. There is an urgent need to create awareness on prevention and control of Hypertension, Diabetes and NASH with weight reduction in the society. Majority of the subjects were having faulty dietary habits with increased calorie intake and inadequate vegetables, fruits and protein intake. Physical activity was found to be low in 56% subjects with diabetes and NASH. Almost similar was the case with hypertension too. There is strong association of Hypertension, NAFLD and type 2 Diabetes with weight gain, physical inactivity, consumption of high carbohydrate, high protein diet, intake of junk food and inadequate vegetables. NAFLD was found to be more in people with high educational qualification and reputable occupation, which implies that they are more prone for overeating and physical inactivity. NAFLD was more in those who were physically inactive (60%). It is possible to achieve weight reduction and reversal of all these. 37 patients (74%) who complied with the advice achieved a mean weight reduction of 6.68kg. There is lack of awareness on hazard of weight gain and lifestyle diseases even among the educated. In the study on hypertension, both systolic and diastolic BP could be reduced with weight reduction, The mean SBP before intervention was 154.13mmHg, and it came down to 137.33 mmHg after intervention ($p<0.001$). The mean initial DBP was 91.47mmHg and the mean follow up DBP was 83.37mmHg ($p<0.001$). The association between weight reduction and both systolic and diastolic BP were found to be statistically significant. It was possible to stop the antihypertensive medications after weight reduction in 17 subjects out of 60 subjects who achieved weight reduction and could reduce medications in the others. Weight reduction with diet and lifestyle is the definitive therapy for essential hypertension, as it controls comorbidities, like diabetes, dyslipidaemia, and NASH too. Weight gain appears to be the major reason for higher blood pressures- since all the subjects in the study were overweight or obese.

Biography

Dr.P.K.Sasidharan is Currently Senior Consultant Aster MIMS/PVS Calicut, Kerala, India. Professor & Former Head Department of Medicine & Hematology in Govt. Medical College, Kozhikode, Kerala, India. Member Academic council Kerala University of Health Sciences. Scientific Advisory Committee Member National Institute of Immuno-Hematology Mumbai Chairman PG Board of studies Kerala University of Health Sciences Member, Editorial Board "Indian Journal of Hematology and Transfusion Medicine" Guide for PhD thesis of the University of Calicut President Association of Physicians of India, Kerala Chapter.

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