

## LONG-TERM RISK OF HYPERTENSION AND WEIGHT LOSS IN ADULTS WITH OVERWEIGHT

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While obesity in hypertensive patients has been shown to increase risk for morbid events, novel data in a second study suggest a role for modest, sustained weight loss in the reduction of incident hypertension risk. The aim of our study was to evaluate the effect of weight loss over 4 years in 62 overweight (BMI > 25), middle-aged (30–49 years) adults in an ambulatory setting. Patients were characterized by the amount of weight loss (< 1.8 kg (stable), 1.8 to < 3.6 kg, 3.6 to 6.8 kg) and whether loss was sustained throughout follow up. The findings revealed that a modest weight reduction of > 6.8 kg was associated with a 21% to 29% reduction in overall hypertension risk. When sustained, weight loss, albeit modest, led to a 22% reduction in the risk for hypertension among middle-aged adults, and a 26% reduction in risk in older adults. Additionally, during follow up, risk reduction findings were strengthened by adjustment for prevalent cardiovascular disease. These results imply that overweight adults who are encouraged to lose even modest amounts of weight, have a substantially reduced long-term risk of developing hypertension if they can be encouraged to sustain loss over time.