

Mayo Clinic Minute: Obesity and heart disease

Video	Audio
	Obesity can affect the heart in many ways. Not only does it put someone at a higher risk for developing cardiovascular disease, it can also make diagnosing and treating the condition more difficult.
	That's why weight loss through lifestyle modification is often recommended. But it's not always that simple ...
Francisco Lopez-Jimenez, M.D. Cardiovascular Medicine Mayo Clinic	"... because they will feel symptoms when they exercise. And they may say, 'Well if I have the symptoms, I will rather just not do the exercise.' When, in reality, they will need that — not just to lose weight, but also for the heart health."
	Certain medications prescribed for their heart disease may also be making it harder to drop the pounds.
	"Medications called beta blockers can actually make people gain weight."
	He says it's important for patients to know that there are other options if standard weight loss programs don't work.
	"There are other resources, like bariatric surgery and medications, that can actually and effectively help patients to lose weight."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.