

Environment - Genes

- Energy dense food (fat + sugar content)
- Lack of physical activity/exercise
- Stress
- Smoking
- Unfavorable genotype

Ectopic fat deposition



Intra-abdominal fat



Liver fat



Epicardial fat



Muscle fat

Altered metabolic profile

- Insulin resistance
- Atherogenic dyslipidemia
- Inflammatory state
- Trombotic state
- Perturbation of adipokine system

Target organs and related disease



Heart
(Coronaries, valves, myocardium)



Kidneys



Lungs



Vessels



Brain

- Myocardial infarction
- Aortic stenosis
- Heart failure

- Renal failure

- Sleep apnea
- COPD

- Peripheral vascular disease

- Stroke
- Cognitive disorder

Death

Legend

COPD: Chronic obstructive pulmonary disease