

DR. JABALY:
METABOLIC SYNDROME AND CORONARY HEART DISEASE

By: Jehan Younes

Childhood obesity is on the rise. It is progressing at a startling rate. According to the New England Journal of Medicine*, (NEJM), having a high BMI during childhood increases the risk of developing coronary heart disease, (CHD), during adulthood. Dr. Jabaly has taken all of this into consideration; consequently, he has developed a weight loss program, designed not only to lose, but to maintain one's new weight and lifestyle changes, and reduce the risk of ever having CHD.

Coronary heart diseases' risk factors include hypertension, dyslipidemia, impaired glucose tolerance, and vascular abnormalities, which may already be present in overweight children (NEJM). If this issue is not dealt with immediately, fatal events may occur. Dr. Jabaly has uncovered one of the most prominent factors behind why so many people are overweight, and that is *Metabolic Syndrome*. Metabolic syndromes' symptoms include abdominal obesity, blood fat disorders, elevated blood pressure, insulin resistance or glucose intolerance, prothrombotic state, proinflammatory state, physical inactivity, aging, hormonal imbalance and genetic disposition. Dr. Jabaly has devised a weight loss program, which guarantees a loss of one (+) pound(s) per week. This is guaranteed due to the fact that the diet is formulated according to ones' blood type.

Dr. Jabaly understands the dangers of coronary heart disease if it is not approached with urgent medical care and attention. NEJM's results on having a high BMI show the risk of CHD being high in adulthood. After discovering the effects metabolic syndrome has on a person's weight, and knowing that CHD may occur, causing fatal and nonfatal events, along with other diseases related to plaque buildup in artery walls, and diabetes, Dr. Jabaly focuses on achieving a healthy weight (BMI less than 25 kg/m²), increasing physical activity, and adopting healthy eating habits, which include reduced intake of saturated fats, trans fats and cholesterol.

If action is not taken today to fight obesity, especially in children, the risk of becoming diagnosed with CHD, along with other heart-related diseases, will continue to increase. Dr. Jabaly's weight loss program is designed not only to shed excess weight, but also to shed the dangers of obtaining such diseases. Taking action today provides for a healthy and safe tomorrow.

*Childhood Body-Mass Index and the Risk of Coronary Heart Disease in Adulthood
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