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## The Association of Obesity and Weight Gain with Lipid Profile in Men: 4 Years Follow Up

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Obesity and weight changes are important factors affecting the lipid profile. In this study, the relationship between 4-years changes in weight with serum lipid profile in men 25 to 60 years old was investigated. Anthropometric indices and lipid profiles of 217 men employed in an Iranian petrochemical company in 2012 and 2016 were collected through their medical records. All subjects were non-smoker. In both periods of data collection, no use of lipid lowering drugs (from 6 months before the sampling), absence of chronic diseases (such as diabetes, hypothyroidism, etc.) have reported. After four years of follow up, means of weights, BMI, TC, TG and LDL-C significantly increased and HDL-C levels decreased significantly. In the last assessment (2016), after adjustment for all potential confounding variables, the chances of having hypercholesterolemia (OR = 2.2 and P <0.05) and hypertriglyceridemia (OR = 3.1 and P <0.01) in obese subject was significantly more than those with normal BMI. There was a positive and significant correlation between changes in BMI with TC and LDL-C (R = 0.15, p <0.05 and R = 0.29, p <0.01 respectively). The changes in TC and LDL-C were significantly higher in men whose BMI increased more than 1kg / m<sup>2</sup> (n = 74). In subjects studied in the fourth quartile, compared with the lowest quartile of BMI changes, the chance of having hypercholesterolemia were 3.76 (95% CI: 1.6-8.7) and LDL-C was 2.75 fold (95% CI: 1.1-6.7). Weight gain and BMI are associated with increased levels of TC, LDL-C, and HDL-C.

### Biography:

Shekoofeh Salamat, 32 years old, come from Iran. BSc. of nutrition and dietetics, graduated from Ahvaz Jundishapour University of Medical Sciences in 2006. Employed in Narges hospital in Mahshahr for 1 year and employed in Arvand petrochemical company as a nutritionist since 2008. Student of MSc. of nutrition at ajums.