From Editor’s Desk

Generalized obesity, in which there is increase in total body fat, is a well-recognized major risk factor for type 2 diabetes, coronary artery disease, hypertension, and other related metabolic disorders. Global incidence of obesity has increased to near epidemic proportions, which correlates well with increasing incidence of the disorders mentioned above. During last 30 years, it is becoming increasingly apparent that visceral obesity, in which there is excess fat deposition in the abdominal cavity, bears greater correlation with the prevalence of above-mentioned comorbidities than generalized obesity per se. In fact, waist circumference and/or waist/hip circumference ratio, when added to body mass index, has been found to be a more sensitive predictor of developing cardiometabolic disorders like, insulin resistance, type 2 diabetes, cerebrovascular stroke, coronary artery disease, and hypertension. Numerous studies have been carried out and many more are in progress as to why it is so. It seems likely that visceral obesity may not be the direct cause of these disorders, but more probably it may be a marker of abnormal pattern of fat deposition in which fat tends to accumulate in and around viscers and skeletal muscles rather than subcutaneous tissues. Several approaches to deal with this malfunction in pattern of fat deposition are under investigation. Lifestyle modification in the form of nutritional interventions and increased physical exercise is of utmost importance. In addition, several pharmacotherapeutic approaches are being studied, like use of serotonin 2C receptor antagonist, thiazolidinediones, growth hormone, androgens, and cortisol inhibitors.

In this issue of MGMJMS, two interesting articles pertaining to obesity have been published. First article describes the use of indigenously developed body component analyzer developed by Bhabha Atomic Research Center, Mumbai in measuring visceral fat by using biompedance technique. Second article reports about plant-derived pancreatic lipase inhibitors which can be used safely as anti-obesity drugs. In addition, there is a usual mix of original articles, review articles, case reports, and short communication.

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