

Letter to Editor

Markers for cardiovascular risk assessment in Indian population

Sir,

An article titled, "Assessment of body fat mass index (BFMI) and basal metabolism (BM) to BF ratio as markers of cardiovascular (CV) risk in obese Indian population" published in the International Journal of Clinical and Experimental Physiology was found to be interesting, as the researchers have studied the association of various fat and metabolic indices with CV risk in this study.^[1] Although studies have reported the CV dysfunctions associated with obesity,^[2] only few studies have been conducted in healthy obese population for prediction of their future CV risks. Obesity is one of the independent risk factors for adverse CV events.^[2] Moreover, Indians even within the normal body mass index (BMI) range are at an increased risk for developing CV-related morbidities and mortality, compared to their Caucasian counterparts.^[3] Therefore, such a report is an eye-opener, especially for Indian settings, as BMI has become a misleading concept^[4] in the present scenario.

In this article, the authors have reported that the BFMI and BM/BF ratio appear to be better markers for CV risks in obese Indian population. Further, in the present study, the major strength is that the researchers have assessed the independent contribution of the body composition indices to CV risks in apparently healthy obese adults. However, as mentioned by the authors, the plausible physiological link could not be established from the findings of the present study. Studies report that the increased BM as observed in obese subjects might be due to the enhanced sympathetic activity associated with obesity.^[5] It will be more interesting and informative, if such studies also report the changes in autonomic function, which could be the possible physiological link between these indices and CV risks in the studied population.

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Conflicts of interest

There are no conflicts of interest.

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