

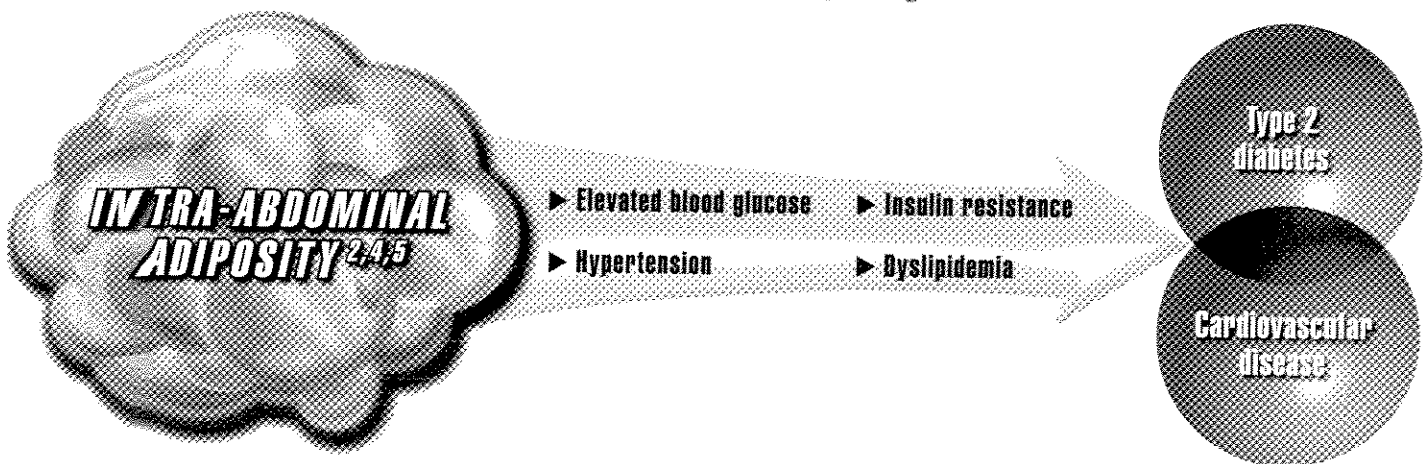
# CARDIOMETABOLIC RISK, INTRA-ABDOMINAL ADIPOSITY,\* AND THE ENDOCANNABINOID SYSTEM: *Understanding the Association*

High waist circumference, a marker for intra-abdominal adiposity, may negatively affect other cardiometabolic risk factors<sup>1,2</sup>

- Intra-abdominal adiposity\* is composed of metabolically active adipose tissue<sup>2</sup>
- Substances secreted by adipose tissue are associated with elevated blood glucose, insulin resistance, hypertension, dyslipidemia, and prothrombotic and proinflammatory states<sup>2</sup>

**ADA/AHA**

*American Diabetes Association/American Heart Association joint statement emphasizes the importance of intra-abdominal adiposity\* as a risk factor<sup>3</sup>*



*Small losses may provide big gains: A loss of just 7% of body weight can improve cardiometabolic risk factors<sup>3</sup>*

Cardiometabolic risk factors, including intra-abdominal adiposity,\* are associated with increased activity of the endocannabinoid system

- Increased activity of the endocannabinoid system has been shown to have an effect on:
  - food intake, energy expenditure, and regulation of body weight, contributing to the development of intra-abdominal adiposity<sup>6,7\*</sup>
  - glucose and lipid metabolism, increasing cardiometabolic risk<sup>8</sup>

\*As measured by waist circumference.