

## *Omental Adipose Removal Decreases High Blood Pressure in Hypertensive Patients Independent of Body Mass Index*

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### **Abstract**

Omental adipose removal decreases high blood pressure in hypertensive patients independent of body mass index: It is a multicenter, prospective cohort clinical study. 133 patients with gastric or gynecological cancer were divided into 3 groups: non-hypertensive and omentum removed (NH&OR), hypertensive and omentum removed (H&OR), and hypertensive and omentum present (H&OP). The patients were followed up in sitting blood pressure (SBP), changes in related body mass index and metabolic indices. The time points of the 2 follow-up visits were 1 month  $\pm$  7 days after the operation before the start of chemotherapy and the endpoint of 8  $\pm$  1 month. H&OR group showed significant reductions in SSBP and SDBP at 1-m (-16.94/-10.50 mmHg, both  $P < 0.001$ ) and 8-m endpoint (-16.00/-5.50 mmHg,  $P < 0.001$  and  $P = 0.004$ ). Little reductions were observed with BMI of patients in 3 groups (H&OR group: 24.60 kg/m<sup>2</sup> to 23.57 kg/m<sup>2</sup>, NH&OR group: 23.45 kg/m<sup>2</sup> to 23.25 kg/m<sup>2</sup>, H&OP group: 25.74 kg/m<sup>2</sup> to 25.24 kg/m<sup>2</sup>, all  $P > 0.05$ ). No correlation was found between baseline BMI and 8-m change of SSBP and SDBP in H&OR groups. In both groups, triglyceride levels were significantly increased at 1-m after surgery (NH&OR 0.32 mmol/L,  $P = 0.006$ ; H&OR 0.40 mmol/L,  $P = 0.010$ ). Resection of omental adipose tissue represents an impact for reducing SSBP and SDBP at 8 months in hypertensive patients, even in the non-obese hypertensive population.

### **Biography:**

Dr. Li Jiang has completed her MD at the age of 35 years from Nanjing Medical University. She is a pediatric cardiologist (associate chief physician) in the field of structural congenital heart disease. She has published more than 10 papers in reputed journals.

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