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Effect of weight loss on QTc dispersion in obese subjects.

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[Anadolu Kardiyol Derg. 2006 Jun;6\(2\):130-1.](#)

Abstract

OBJECTIVE: Increased QTc dispersion is a predictor for ventricular arrhythmias. The aim of this study was to investigate whether QTc dispersion decreases after weight loss program with diet and medical treatment. **METHODS:** Total 30 (24 women and 6 men, mean age: 44+/-8 years) obese subjects who lost at least 10% of their original weight after 12 week weight loss program were included in present study. Obesity was defined as ≥ 30 kg/m² of body mass index (BMI). Normal weight was defined as ≤ 25 kg/m² of BMI. **RESULTS:** After 12 week weight loss program, BMI decreased from 42+/-5 kg/m² to 36+/-4 kg/m² ($p < 0.001$) and mean weight of obese subjects decreased from 110+/-17 kg to 95+/-15 kg ($p < 0.001$). The mean amount of weight loss was 14.5+/-5.0 kg (range 9-32 kg). The average percent of weight loss was 13% (10.0%-20.3%). Maximum QTc interval (from 446+/-19 ms to 433+/-27 ms, $p = 0.024$) and QTc dispersion (from 66+/-18 ms to 52+/-25 ms, $p = 0.024$) significantly decreased after weight loss program. A statistically significant correlation was found between decrease in level of QTc dispersion and amount of weight loss ($r = 0.487$, $p = 0.007$). **CONCLUSION:** Substantial weight loss in obese subjects is accompanied by significantly decreased QTc dispersion. The degree of QTc dispersion reduction is associated with amount of weight loss.

PMID: 16766274 [PubMed - indexed for MEDLINE] [Free Article](#)

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