



Keywords: *visceral obesity, metabolic syndrome, insulin resistance, non-alcoholic fatty liver disease, cardiovascular risk*

Introduction

Visceral obesity is a condition characterized by the accumulation of excess fat in the abdominal cavity, particularly around the organs. This type of obesity is associated with a higher risk of developing metabolic syndrome, insulin resistance, and non-alcoholic fatty liver disease (NAFLD). The underlying mechanism involves the release of free fatty acids from the visceral fat, which can lead to liver damage and insulin resistance.

Understanding the pathophysiology of visceral obesity is crucial for developing effective treatment strategies. Research has shown that visceral fat is more metabolically active than subcutaneous fat, leading to increased production of pro-inflammatory cytokines and adipokines. These factors contribute to the development of insulin resistance and metabolic syndrome.

Literature Review

Understanding visceral obesity

Visceral obesity is a condition characterized by the accumulation of excess fat in the abdominal cavity, particularly around the organs. This type of obesity is associated with a higher risk of developing metabolic syndrome, insulin resistance, and non-alcoholic fatty liver disease (NAFLD).

5. **Caloric deficit:** Reducing calorie intake while maintaining a balanced diet is essential for weight loss. This involves portion control, avoiding high-calorie foods, and increasing the consumption of fruits, vegetables, and lean proteins.
6. **Regular exercise:** Engaging in regular physical activity, such as walking, jogging, or strength training, helps burn calories and improves overall health.