



# Clinically Practical Strategies for Measuring Visceral Adiposity

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## Introduction

Age, race, ethnicity, genotype, food, physical activity, hormone levels, and medicine all influence how adipose tissue is distributed anatomically throughout the human body. Women, the elderly, and older ethnic groups have a higher percentage of fat tissue. Subcutaneous adipose tissue (SAT) and visceral adipose tissue (VAT) are the two primary compartments of body fat tissue, each with its own metabolic properties (VAT). While all of these tissue types are significant, visceral adiposity has received special attention due to its link to a variety of medical conditions [1].

Despite the fact that fat and adipose tissue have distinct biochemical and metabolic characteristics, these terms will be used interchangeably in this review. Visceral or central obesity refers to abdominal obesity.

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tissue varies from 250 HU to 30 HU. Fat volume is measured in slices and converted to cubic centimetres. Cross-sectional areas can be assessed in single or several slices at predetermined landmarks, resulting in robust fat volume correlations [5].

patients using computed tomography images acquired during routine care. Appl Physiol Nutr Metab Zamboni M, Riggo L, Todesco T, m18SB7005C000321.7004600

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