

CERTIFICATE

OF ENGLISH LANGUAGE EDITING



Visceral fat area loss reduces 10-year atherosclerotic cardiovascular disease risk in Chinese population with type 2 diabetes mellitus: a prospective cohort study

Background: Abnormal visceral fat accumulation increases cardiovascular risk in type 2 diabetes mellitus (T2DM) patients, and atherosclerotic cardiovascular disease (ASCVD) is the primary cause of mortality among these patients. This study aims to investigate the longitudinal association between visceral fat area (VFA) and cardiovascular risk in T2DM patients, as well as compare the predictive value of VFA and other abdominal obesity indices for changes in cardiovascular risk in this population.

Methods: This prospective study included 316 T2DM patients with at least 1 year of follow-up, who underwent VFA measurement (using the bioimpedance method) and cardiovascular risk assessment. For this analysis, we explored the prospective association of percentage change in VFA (Δ VFA, %) with cardiovascular risk, evaluated the potential nonlinear relationships ...

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