

A successful case of safety weight loss using formula diet in alcoholic cardiomyopathy with obesity

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Introduction: We often experiences weight loss improve cardiac function in obesity with heart failure (HF). Recent study shows obesity may lead to left ventricular hypertrophy and systolic dysfunction. On the other hand, alcoholic cardiomyopathy is a common cause of DCM-like change. Alcohol effect on cardiac function can usually be reversible by abstinence from alcohol. Since alcohol addict often are complicated with metabolic syndrome, they should be treated comprehensively. Therefore, it is important to reduce weight of these patients. So, modern formula diet has been recommended as dietotherapy. However there are few reports on the use of formula diet for them. Previous report showed healthy obese patients died suddenly during use of the liquid-protein-modified-fast diet 30years ago. The cardiac accident appears to depend on diet duration and on whether protein and mineral nutritional status are maintained. Pronounced weight loss causing lack of these nutrients has been thought to produce a decrease in myocardial fiber size. However, the moderate caloric restriction could be performed enough safely by the modern formula diet including protein, vitamins, a mineral. We report a case of weight loss using formula diet after acute heart failure (AHF) treatment. Case report: 36-year-old obese male was hospitalized with dyspnea. On admission, his weight was 103.3kg, BMI 32.6kg/m². Blood pressure was extremely high. Examinations revealed severe cardiac dysfunction, enlarged heart and pulmonary congestion. He had a ten-year history of alcohol abuse. As above, AHF due to alcoholic cardiomyopathy with obesity and hypertension was diagnosed according to the absence of coronary disease. After AHF therapy, weight loss using formula diet and cardiac rehabilitation were started. After these therapies, weight was reduced to 82kg. The cardiac function was improved without any cardiac accident during the hospital days. Conclusion: Weight loss using the formula diet for obese patient with HF was safe and useful.