

CHAPTER

38

참고 문헌

1. 대한비만학회 비만진료지침 2020
2. 대한비만학회. 2005, 10
3. 박혜순, 오상우, 강재현, 박용우, 최중명, 김용성 등. 한국인에서 대사증후군의 유병률 및 관련 요인-1998년 국민건강영양 조사를 바탕으로-. 대한비만학회지 2003;12:1-14.
4. 부인과학 제4판, 대한산부인과학회
5. 비만치료지침 2009, p11-26. 대한비만학회
6. 최성희, 김대중, 이광은, 김유미, 송영득, 김하동 등. 한국 성인 대사증후군 환자에서 허리둘레 기준치수에 관한 연구. 대한비만학회지 2004;13:53-60.
7. 한국인에서 비만 및 복부비만 기준을 위한 체질량지수 및 허리둘레 분별점 설정 사업 보고서.
8. Adams KF, Schatzkin A, Harris TB, et al. Overweight, obesity, and mortality in a large prospective cohort of persons 50 to 71 years old. *N Engl J Med* 2006;355:763–78.
9. Alberti KG, Eckel RH, Grundy SM, Zimmet PZ, Cleeman JI, Donato KA, Fruchart JC, James WP, Loria CM, Smith SC (October 2009). “Harmonizing the metabolic syndrome: a joint interim statement of the International Diabetes Federation Task Force on Epidemiology and Prevention; National Heart, Lung, and Blood Institute; American Heart Association; World Heart Federation; International Atherosclerosis Society; and International Association for the Study of Obesity” (PDF). *«Circulation»* 120(16):1640–45. doi:10.1161/CIRCULATIONAHA.109.192644. PMID 19805654
10. Alberti KG, Zimmet P, Shaw J. The metabolic syndrome, a new worldwide definition. *Lancet* 2005;366:1059-62.
11. Antuna-Puente B, Feve B, Fellahi S, Bastard JP. Adipokine: the missing link between insulin resistance and obesity. *Diabet Metab* 2008;34:2-11.
12. Apovian CM, Aronne L, Rubino D, Still C, Wyatt H, Burns C, et al. COR-II study Group. A randomized, phase 3 trial of naltrexone SR/bupropion SR on weight and obesity-related risk factors (COR-II). *Obesity* 2013;21:935-43
13. Ashley JM, St Jeor ST, Schrage JP, Perumean-Chaney SE, Gilbertson MC, McCall NL, et al. Weight control in the physician's office. *Arch Intern Med* 2001;161:1599-604.
14. Astrup A, Rossner S, Van Gaal L, Rissanen A, Niskanen L, Al Hakim M, et al. Effects of liraglutide in the treatment of obesity: a randomised, double-blind, placebo-controlled study. *Lancet* 2009;374:1606-16.
15. Björvell H, Rössner S. A ten-year follow-up of weight change in severely obese subjects treated in a combined behavioural modification programme. *Int J Obes Relat Metab Disord* 1992;16:623-5.
16. Baker RC, Kirschenbaum DS. Self-monitoring may be necessary for successful weight control. *Behav Ther* 1993;24:377-94.
17. Blackburn G. Effect of degree of weight loss on health benefits. *Obesity Res* 1995;3(Suppl2):211s-6s.
18. Blair SN, Dunn A, Marcus B, Carpenter R, Jaret P. *Active Living Every Day*. Champaign, IL, USA: Human Kinetics; 2011
19. Bravata DM, Smith-Spangler C, Sundaram V, Gienger AL, Lin N, Lewis R, et al. Using pedometers to increase physical activity and improve health: a systematic review. *JAM*. 2007;298:2296-304.
20. Buchwald H, Avidor Y, Braunwald E, Jensen MD, Pories W, Fahrbach K, et al. Bariatric surgery: a systematic review and meta-analysis. *JAMA* 2004;292:1724-37.
21. Caro JF, Sinha MK, Kolaczynski JW, Zhang PL, Considine RV. Leptin: the tale of an obesity gene. *Diabetes* 1996;45:1455-62.
22. Cavaliere H, Floriano I, Medeiros-Neto G. Gastrointestinal side effects of orlistat may be prevented by concomitant prescription of natural fibers(psyllium mucilloid). *Int J Obes Relat Metab Disord* 2001;25:1095-9.

23. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults, the evidence report. NIH publication No,98-4083.
24. Dansinger ML, Gleason JA, Griffith JL, Selker HP, Schaefer EJ. Comparison of the Atkins, Ornish, Weight Watchers, and Zone diets for weight loss and heart disease risk reduction: a randomized trial. *JAMA* 2005;293:43-53.
25. Ditschuneit HH, Frier HI, Flechtner-Mors M. Lipoprotein responses to weight loss and weight maintenance in high-risk obese subjects. *Eur J Clin Nutr* 2002;56:264-70.
26. Dixon JB, Zimmet P, Alberti KG, Rubino F. Bariatric surgery: an IDF statement for obese Type 2 diabetes. *Diabet Med* 2011;28:628-42.
27. Due A, Toubro S, Skov AR, Astrup A. Effect of normal-fat diets, either medium or high in protein, on body weight in overweight subjects: a randomised 1-year trial. *Int J Obes Relat Metab Disord* 2004;28:1283-90.
28. Ebbeling CB, Leidig MM, Feldman HA, Lovesky MM, Ludwig DS. Effects of a low-glycemic load vs low-fat diet in obese young adults: a randomized trial. *JAMA* 2007;298:627.
29. Expert Panel on Detection, and treatment of high blood cholesterol in adults, Executive Summary of the Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). *JAMA* 2001;285:2486-97.
30. Flum DR, Belle SH, King WC, Wahed AS, Berk P, Chapman W, et al. Perioperative safety in the longitudinal assessment of bariatric surgery. *N Engl J Med* 2009;361:445-54.
31. Foster GD, Wyatt HR, Hill JO, McGuckin BG, Brill C, Mohammed BS, et al. Klein S. A randomized trial of a lowcarbohydrate diet for obesity. *N Engl J Med* 2003;348:2082-90.
32. Frank A. The long-term management of obesity with continuing pharmacotherapy. *Obes Res* 2004;12:1821-7.
33. Gadde KM, Allison DB, Ryan DH, Peterson CA, Troupin B, Schwiers ML, et al. Effects of low-dose, controlled-release, phentermine plus topiramate combination on weight and associated comorbidities in overweight and obese adults (CONQUER): a randomised, placebo-controlled, phase 3 trial. *Lancet* 2011;377:1341-52.
34. Galic S, Oakhill JS, Steinberg GR. Adipose tissue as an endocrine organ. *Mol and cell Endocrinol* 2010;316:129-39.
35. Gardner CD, Kiazand A, Alhassan S, Kim S, Stafford RS, Balise RR, et al. Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: the A TO Z Weight Loss Study: a randomized trial. *JAMA* 2007;297:969-77.
36. Garvey WT, Ryan DH, Look M, Gadde KM, Allison DB, Peterson CA, et al. Two-year sustained weight loss and metabolic benefits with controlled-release phentermine/topiramate in obese and overweight adults (SEQUEL): a randomized, placebo-controlled, phase 3 extension study. *Am J Clin Nutr* 2012;95:297-308.
37. Girard J, Lafontan M. Impact of visceral adipose tissue on liver metabolism and insulin resistance. Part II: visceral adipose tissue production and liver metabolism. *Diabet Metab* 2008;34:439-45.
38. Goossens GH. The role of adipose tissue dysfunction in the pathogenesis of obesity-related insulin resistance. *Physiol Behav* 2008;94:206-18.
39. Greenway FL, Fujioka K, Plodkowski RA, Mudaliar S, Guttauduria M, Erickson J, et al. Effect of naltrexone plus bupropion on weight loss in overweight and obese adults(CORI): multicenter, randomized, double-blind, placebo-controlled, phase 3 trial. *Laser* 2010;376:595-605.
40. Hainer V, Toplak H, Mitrakou A. Treatment modalities of obesity: what fits whom?. *Diabetes Care* 2008;31(Suppl2):S269-77.
41. Heymsfield SB, van Mierlo CA, van der Knaap HC, Heo M, Frier HI. Weight management using a meal replacement strategy: meta and pooling analysis from six studies. *Int J Obes Relat Metab Disord* 2003;27:537-49.
42. IDF. The IDF consensus worldwide definition of the metabolic syndrome. Available from http://www.idf.org/webdata/docs/Metabolic_Syndrome_Definition.pdf [accessible at Nov. 10, 2005].
43. Jakicic JM, Wing RR, Butler BA, Robertson RJ. Prescribing exercise in multiple short bouts versus one continuous bout: effects on adherence, cardiorespiratory fitness, and weight loss in overweight women. *Int J Obes Relat Metab Disord* 1995;19:893-901.
44. James WP, Caterson ID, Coutinho W, Finer N, Van Gaal LF, Maggioni AP, et al. Effect of sibutramine on cardiovascular outcomes in overweight and obese subjects. *N Engl J Med* 2010;363:905-17.
45. Jordan J, Astrup A, Engeli S, Narkiewicz K, Day WW, Finer N. Cardiovascular effects of phentermine and topiramate: a new drug combination for the treatment of obesity. *J Hypertens* 2014;32(6):1178-88.
46. Kane JA, Mehmood T, Munir I, Kamran H, Kariyanna PT, Zhyvotovska A, et al. Cardiovascular Risk Reduction Associated with Pharmacological Weight Loss: A Meta-Analysis. *Int J Clin Res Trials* 2019;4(1):131.
47. Kang JG, Park CY, Kang JH, Park YW, Park SW. Random-

- ized controlled trial to investigate the effects of a newly developed formulation of phentermine diffuse-controlled release for obesity. *Diabetes Obes Metab* 2010;12:876-82.
48. Khera R, Murad MH, Chandar AK, Dulai PS, Wang Z, Prokop LJ, et al. Association of Pharmacological Treatments for Obesity With Weight Loss and Adverse Events: A Systematic Review and Meta-analysis. *JAMA* 2016;315(22):2424-34.
49. Lafontan M, Girard J. Impact of visceral adipose tissue on liver metabolism Part I: heterogeneity of adipose tissue and functional properties of visceral adipose tissue. *Diabet Metab* 2008;34:317-27.
50. Lakka HM, Laaksonen DE, Lakka TA, Niskanen LK, Kumpusalo E, Tuomilehto J, et al., The metabolic syndrome and total and cardiovascular disease mortality in middle-aged men, *JAMA* 2002;288:2709-16.
51. le Roux CW, Astrup A, Fujioka K, Greenway F, Lau DCW, Van Gaal L, et al. 3 years of liraglutide versus placebo for type 2 diabetes risk reduction and weight management in individuals with prediabetes: a randomised, double-blind trial. *Lancet* 2017;389:1399-409
52. Levine JA, Lanningham-Foster LM, McCrady SK, Krizan AC, Olson LR, Kane PH, et al. Interindividual variation in posture allocation:possible role in human obesity. *Science* 2005;307:584-6.
53. Li Z, Maglione M, Tu W, Mojica W, Arterburn D, Shugarman LR, et al. Meta-analysis:pharmacologic treatment of obesity. *Ann Intern Med* 2005;142:532-46.
54. Lorenzo C, Okoloise M, Williams K, Stern MP, S.M. Haffner, The metabolic syndrome as predictor of type 2 diabetes: the San Antonio heart study, *Diabetes Care* 2003;26:3153-9.
55. Malik S, Wong ND, Franklin SS, Kamath TV, L'italien GJ, Pio JR, et al., Impact of the metabolic syndrome on mortality from coronary heart disease, cardiovascular disease, and allcauses in United States adults, *Circulation* 2004;110:1245-50.
56. Marso SP, Daniels GH, Brown-Frandsen K, Kristensen P, Mann JF, Nauck MA, et al. Liraglutide and Cardiovascular Outcomes in Type 2 Diabetes. *N Engl J Med* 2016;375(4):311-22
57. Mertens IL, Van Gaal LF. Overweight, obesity, and blood pressure: The effects of modest weight reduction. *Obes Res* 2000;8:270-8.
58. Miller WC, Koceja DM, Hamilton EJ. A meta-analysis of the past 25years of weight loss research using diet, exercise or diet plus exercise intervention. *Int J Obes Relat Metab Disord* 1997;21:941-7.
59. Noakes M, Keogh JB, Foster PR, Clifton PM. Effect of an energy-restricted, high-protein, low-fat diet relative to a conventional high-carbohydrate, low-fat diet on weight loss, body composition, nutritional status, and markers of cardiovascular health in obese women. *Am J Clin Nutr* 2005;81:1298-306.
60. Ornish D, Brown SE, Scherwitz LW, Billings JH, Armstrong WT, Ports TA, et al. Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart Trial. *Lancet* 1990;336:624-6.
61. patients. *Diabetes Care* 2004;27:155-61.
62. Peeters A, Barendregt JJ, Wilkens F, Mackenbach JP, Al Mamun A, Bonneux L. Obesity in adulthood and its consequences for life expectancy: a life-table analysis. *Ann Intern Med* 2003;138:24-32.
63. Perri MG, McAllister DA, Gange JJ, Jordan RC, McAdoo G, Nezu AM. Effects of four maintenance programs on the long-term management of obesity. *J Consult Clin Psychol* 1988;56:529-34.
64. Peterson KF, Oral EA, Dufour S, Befroy D, Ariyan C, Yu C, et al. Leptin reverses insulin resistance and hepatic steatosis in patients with severe lipodystrophy *JCI* 2002;109:1345-50.
65. Phentermine/Topiramate in Severely Obese Adults: A Randomized Controlled Trial (EQUIP). *Obesity* 2011;20:330-42
66. Pi-Sunyer X, Astrup A, Fujioka K, Greenway F, Halpern A, Krempf M, et al; for the SCALE Obesity and Prediabetes NN8022-1839 Study Group. A randomized, controlled trial of 3.0 mg of liraglutide in weight management. *N Engl J Med* 2015;373(1):11-22.
67. Pyke C, Heller RS, Kirk RK, Ørskov C, Reedtz-Runge S, Kaastrup P, et al. GLP-1 receptor localization in monkey and human tissue: novel distribution revealed with extensively validated monoclonal antibody. *Endocrinology* 2014;155:1280 - 90.
68. Raatz SK, Torkelson CJ, Redmon JB, Reck KP, Kwong CA, Swanson JE, et al. Reduced glycemic index and glycemic load diets do not increase the effects of energy restriction on weight loss and insulin sensitivity in obese men and women. *J Nutr* 2005;135:2387-91.
69. Ravussin E, Smith SR, Mitchell JA, Shringarpure R, Shan K, Maier H, et al. Enhanced weight loss with pramlintide/metreleptin: an integratrd neurohormonal approach to obesity pharmacotherapy. *Obesity(Silver Spring)* 2009;17:1736-43.
70. Reaven GM, Banting lecture 1988. Role of insulin resistance in human disease, *Diabetes* 1988;37:1595-607.
71. Resnick HE, Jones K, Ruotolo G, Jain AK, Henderson J, Lu W, et al., Insulin resistance, the metabolic syndrome, and risk of incident cardiovascular disease in nondiabetic American Indians: the Strong Heart Study, *Diabetes Care* 2003;26:861-7.
72. Ries M, Deeg KH, Heininger U. Demonstration of perivascu-

- lar echogenicities in congenital cytomegalovirus infection by colour Doppler imaging. *Eur J Pediatr* 1990;150:34-6.
73. Rosenbaum M, Leibel RL, Hirsch J. Obesity. *N Engl J Med* 1997;337:396-407.
74. Sattar N, Gaw A, Scherbakova O, Ford I, O'Reilly DS, Haffner SM, et al. Metabolic syndrome with and without C-reactive protein as a predictor of coronary heart disease and diabetes in the West of Scotland Coronary Prevention Study. *Circulation* 2003;108:414-9.
75. Shai I, Schwarzsachs D, Henkin Y, Shahar DR, Witkow S, Greenberg I, et al. Weight Loss with a Low-Carbohydrate, Mediterranean, or Low-Fat Diet. *N Engl J Med* 2008;359:229-41.
76. Sjostrom L, Narbro K, Sjostrom CD, Karason K, Larsson B, Wedel H, et al. Effects of bariatric surgery on mortality in Swedish obese subjects. *N Engl J Med* 2007;357:741-52.
77. Salentz CA, Duscha BD, Johnson JL, Ketchum K, Aiken LB, Samsa GP, et al. Effects of the amount of exercise on body weight, body composition, and measures of central obesity: STRIDE--a randomized controlled study. *Arch Intern Med* 2004;164:31-9.
78. Smith SR, Weissman NJ, Anderson CM, Sanchez M, Chuang E, Stubbe S, et al. Multicenter, placebo-controlled trial of lorcaserin for weight management. *N Engl J Med* 2010;363:245-56.
79. Spiegelman BM, Hotamisligil GS. Through thick and thin: wasting, obesity, and TNF- α . *Cell* 1993;73:625-7.
80. Stephens M, Ludgate M, Rees DA. Brown fat and obesity: the next big thing. *Clinical Endocrinol* 2011;74:661-70.
81. Stern L, Iqbal N, Seshadri P, Chicano KL, Daily DA, McGroarty J, et al. The effects of low-carbohydrate versus conventional weight loss diets in severely obese adults: one-year follow-up of a randomized trial. *Ann Intern Med* 2004;140:778-85.
82. Stevens J, Cai J, Pamuk ER, Williamson DF, Thun MJ, Wood JL. The effect of age on the association between body-mass index and mortality. *N Engl J Med* 1998;338:1-7.
83. Suzuki K et al. Obesity and appetite control. *Exp Diabetes Res* 2012;824305.
84. The practical guide identification, evaluation, and treatment of overweight and obesity in adults. NIH publication No.00-4084.
85. Torgerson JS, Hauptman J, Boldrin MN, Sjostrom L. XENical in the prevention of diabetes in obese subjects (XENDOS) study: a randomized study of orlistat as an adjunct to lifestyle changes for the prevention of type 2 diabetes in obese
- women following 1 year of treatment by sibutramine alone: a placebo-controlled trial. *Obes Res* 2000;8:431-7.
87. Wadden TA, Foster GD, Letizia KA. One-year behavioral treatment of obesity: comparison of moderate and severe caloric restriction and the effects of weight maintenance therapy. *J Consult Clin Psychol* 1994;62:165-71.
88. Wadden TA, Van Itallie TB, Blackburn GL. Responsible and irresponsible use of very-low-calorie diets in the treatment of obesity. *JAMA* 1990;263:83-5.
89. Westerterp-Plantenga MS, Lejeune MP. Protein intake and body-weight regulation. *Appetite* 2005;45:187-90.
90. Willett WC. Dietary fat plays a major role in obesity: no. *Obes Rev* 2002;3:59-68.
91. Wing RR, Koeske R, Epstein LH, Nowalk MP, Gooding W, Becker D. Long-term effects of modest weight loss in Type 2 diabetic patients. *Arch Intern Med* 1987;147:1749-53.
92. World Health Organization. The Asia-Pacific Perspective: Redefining obesity and its treatment. World Health Organization Western Pacific Regional Office, Geneva: 2000.
93. World Health Organization: Regional Office for Europe. Obesity [Internet]. Geneva: World Health Organization, c2013 [cited 2013 Mar 30]. Available from: <http://www.euro.who.int/en/what-we-do/health-topics/noncommunicable-diseases/obesity/facts-and-figures>
94. Yamauchi T, Kamon J, Terauchi N, et al. The fat derived hormone adiponectin reverses insulin resistance associated with both lipodystrophy and obesity. *Nature Med* 2001;7:941-6.