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2 **Myocardial Substrate Metabolism in Obesity**

3 Oliver J Rider¹ BM.BCh, D.Phil, Pete Cox MBChB^{1,2}, Damian Tyler PhD², Kieran Clarke
4 PhD², Stefan Neubauer MD, FRCP, FACC, FMedSci¹

5 *¹Oxford Centre for Clinical Magnetic Resonance Research, Department of Cardiovascular
6 Medicine, University of Oxford, UK*

7 *²Department of Physiology, Anatomy and Genetics, University of Oxford, UK*

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10 Correspondence to:

11

12 Dr Oliver Rider BA BMBCh MRCP DPhil

13 Clinical Lecturer

14 Department of Cardiovascular Medicine,

15 John Radcliffe Hospital,

16 Oxford, OX3 9DU, UK

17 (Tel) ++44186521867

18 (Fax) ++441865222077

19 Email oliver.rider: @gmail.com

20 Word Count 5,747

21 Running Title Myocardial Metabolism in Obesity

22 Key Words: Myocardial Metabolism, Obesity, Review

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24

25 **Abstract**

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27 Obesity is linked to a wide variety of cardiac changes, from subclinical diastolic dysfunction
28 to end stage systolic heart failure. Obesity causes changes in cardiac metabolism that make
29 ATP production and utilization less efficient producing functional consequences that are
30 linked to the increased rate of heart failure in this population. As a result of the increases in
31 circulating fatty acids and insulin resistance that accompanies excess fat storage, several of
32 the proteins and genes that are responsible for fatty acid uptake and metabolism are up-
33 regulated, and the metabolic machinery responsible for glucose utilization and oxidation are
34 inhibited. The resultant increase in fatty acid metabolism, and the inherent alterations in the
35 proteins of the electron transport chain used to create the gradient needed to drive
36 mitochondrial ATP production, results in a decrease in efficiency of cardiac work and a
37 relative increase in oxygen usage. These changes in cardiac mitochondrial metabolism are
38 potential therapeutic targets for the treatment and prevention of obesity related heart failure.

39 **Introduction**

40 Cardiac energy metabolism is essentially a four step processes involving 1) myocellular
41 substrate uptake/selection, 2) mitochondrial ATP production, 3) ATP transfer from site of
42 production (mitochondrion) to 4) the site of ATP utilization (cardiac myofibril, Figure 1) (1).

43 Although glycolysis is an ATP generator, overall ATP production is controlled largely by the
44 rate at which the Krebs (Tricarboxylic Acid, TCA) cycle operates. (2) Acetyl CoA, which is
45 produced from the oxidation of fatty acids, ketone bodies, or glucose via glycolysis and the
46 pyruvate dehydrogenase (PDH) enzyme complex (3) enters the Krebs cycle for complete
47 oxidation. During oxidative phosphorylation electrons, primarily obtained from oxidative
48 metabolism of carbohydrates and fats, are transferred through the electron transport chain, a 4
49 complex protein system embedded within the inner membrane of the mitochondria. The
50 major function of the electron transport chain is to produce a proton electrochemical potential
51 difference between two compartments that powers ATP synthase to generate ATP, which is
52 used for all cardiac cellular processes.(4)

53 ATP is the heart's only immediate source of energy for contraction and as both systole and
54 diastole are adenosine tri-phosphate ATP consuming processes, (5, 6) cardiac ATP demand is
55 very high. In order to keep up with this demand for continuous and efficient contraction and
56 relaxation, the heart needs to produce around 20 times its own weight in ATP per day.(1) As
57 a result of this large energy requirement, any impairment in ATP production, transfer or
58 utilization can have detrimental effects on cardiac function. (7) Cardiac metabolism and ATP
59 production is altered in obesity and has emerged as candidate mechanism to explain the
60 increase in heart failure in this population. (8) Indeed, it has recently been shown that obesity,
61 in the absence of co-morbidities, is linked to impaired myocardial high energy phosphate
62 metabolism (9) and diastolic dysfunction, (10-12) both markers of increased cardiovascular

63 risk,(13) providing a mechanistic link between altered myocardial energy production and
64 mortality.

65 However, although it is well recognized that a subset of obese subjects are free of the
66 associated metabolic co-morbidities, it is well known that the majority of obese subjects are
67 at risk of insulin resistance, diabetes and hypertension, all of which are known to
68 independently effect cardiac energy metabolism. (5, 14) As such isolating the effects of
69 obesity, per se on cardiac metabolism is difficult, but given the ever increasing incidence of
70 obesity and its links to heart failure (8) and mortality (15), understanding the alterations of
71 myocardial metabolism that occur in obesity are of great importance and may provide
72 therapeutic options to treat or prevent cardiac dysfunction. This review focuses on the
73 current knowledge of the changes in myocardial metabolism that occur in obesity without
74 established co-morbidities.

75

76 **Methods**

77 Relevant articles were selected from Pubmed. Initial search term was “Myocardial,
78 Metabolism, Obesity” which revealed 1877 articles. This was refined to “Myocardial
79 Energetics Obesity” (11 articles), myocardial substrate selection (80 articles) myocardial
80 substrate metabolism obesity (64 articles), myocardial substrate metabolism weight loss (24
81 articles) and partial fatty acid oxidation inhibitors heart (23 articles). Of these 202 articles, 88
82 were excluded for not having a direct relevance to obesity and 114 were finally selected for
83 the review.

84

85 **Altered Myocardial Substrate Selection in Obesity**

86 Myocardial substrate selection is a fundamental step in myocardial metabolism. In the normal
87 heart in the resting, fasted state, the vast majority (60-90%) (16) of the acetyl CoA that enters
88 the Krebs cycle comes from the β -oxidation of free fatty acids (17) with 10–40% of acetyl
89 CoA coming from the oxidation of pyruvate, which itself is derived from either glycolysis or
90 lactate oxidation. (Figure 2) (18) However, the heart is able to display great flexibility in its
91 choice of substrate depending on the prevailing metabolic conditions.(19) For example, in
92 the uncontrolled diabetic state, because of the combined effects of insulin resistance and high
93 circulating free fatty acids, the myocardium uses fatty acids almost exclusively to support
94 ATP synthesis.(20)

95 This remarkable ability of the heart to switch between metabolic substrates appears to be a
96 part of natural foetal development where a switch in cardiac fuel preference from glucose to
97 fatty acids occurs just after birth, when oxygen availability and dietary fat content abruptly
98 increase, making fatty acid oxidation more preferable than glucose oxidation. The importance
99 of this neonatal metabolic switch to fatty acid preference is apparent in children with
100 mutations in medium chain acyl-CoA dehydrogenase (MCAD) and very long chain acyl-CoA
101 dehydrogenase (VLCAD), genes involved in fatty acid β -oxidation, who develop a
102 cardiomyopathy during periods of illness or metabolic stress. (21) The importance is again
103 highlighted in the setting of heart failure and left ventricular hypertrophy, where
104 mitochondrial oxidative capacity is reduced, metabolism shifts back towards a reliance on
105 glucose metabolism, resembling the foetal metabolic program. (22, 23)

106 As the heart is an extremely efficient scavenger of circulating non-esterified free fatty acids
107 (up to 40% extraction fraction), (24) the rate of fatty acid uptake by the heart is primarily
108 determined by the concentration of non-esterified fatty acids in the plasma.(25) The
109 concentration of serum free fatty acids is highly regulated and represents a balance between
110 production via hormone sensitive lipase induced adipose tissue triglyceride breakdown and

111 synthesis via glycerolphosphate acyltransferase.(25) As hormone sensitive lipase is activated
112 by catecholamines and inhibited by insulin, this allows the plasma free fatty acid
113 concentration to rise during periods where glucose supply is limited (e.g. exercise or fasting),
114 resulting in a higher rate of cardiomyocyte uptake and utilization. (25, 26)

115 Fatty acid movement into the cardiomyocyte occurs either by passive diffusion or by protein-
116 mediated transport across the sarcolemma via fatty acid translocase (FAT/CD36), or fatty
117 acid binding protein (FABP). (27) Once inside the cell, control of fatty acid oxidation occurs
118 at the level of mitochondrial uptake of fatty acids by carnitine palmitoyltransferase 1 (CPT1).
119 CPT1 is associated with the outer mitochondrial membrane and mediates the transport
120 of long-chain fatty acids across the membrane by binding the fatty acid moiety from acyl-
121 coenzyme A (CoA) to long chain acylcarnitine, which is then transported into the
122 mitochondria. (28, 29) CPT1 is inhibited by malonyl-CoA, an important regulator of fatty
123 acid oxidation in the heart. Malonyl-CoA, the first intermediate in fatty acid synthesis, is
124 produced by acetyl-coA carboxylase (ACC) and is broken down by malonyl-CoA
125 decarboxylase.(30) AMP-activated protein kinase (AMPK) regulates malonyl-CoA levels by
126 phosphorylating and inhibiting ACC, increasing fatty acid oxidation (Figure 2). (31) Obesity
127 is linked to increased circulating free fatty acid levels (32) and both human (33) and animal
128 studies (34, 35) have shown increased oxidation of free fatty acids in obesity and insulin
129 resistance, and a shift in substrate utilization further towards free fatty acid metabolism
130 (Figure 3).

131 The crucial importance of this increase in fatty acid metabolism lies in the fact that
132 mitochondrial redox state, and as a result the free energy of hydrolysis of ATP, is affected by
133 the substrate oxidised. In order to understand this effect we have to consider the relationship
134 between the thermodynamic relationship between ΔG (Gibbs free energy, a thermodynamic
135 potential that measures the process initiating work obtainable from a thermodynamic system)

136 and ΔH (change in enthalpy or heat energy). Fundamentally our body is driven by a series of
137 controlled chemical reactions, resulting in the oxidation of carbon substrates to water and
138 CO_2 . Thus for a given amount of substance, the maximum amount of non-expansive work
139 that can be obtained from a closed system is denoted by the Gibbs free energy. Described in
140 1873 (36), this application of the second law of thermodynamics can be readily translated to
141 biological systems, and in its simplest form relates enthalpy and entropy to a conservation of
142 energy. Put formally as:

$$143 \quad \Delta G = \Delta H - T\Delta S$$

144 This equation, in part, explains why certain substrates (with higher enthalpy) yield greater
145 potential energy to power a system, the larger the value of Gibbs free energy the more energy
146 that can be exchanged with the surrounding system. In non-standard chemical conditions
147 such as are present in most biological systems(37), an alternative form of this equation is
148 used.

$$149 \quad \Delta G' = \Delta G^\circ + RT \ln Q$$

150 This equation allows the integration of the reaction quotient (Q) into the relationship between
151 free energy and the chemical conditions under which the reaction is taking place. In the case
152 of cellular substrate energetics, the final common endpoint for the complete oxidation of
153 carbon fuels is the conservation of energy in the phosphate bonds of ATP. Therefore applying
154 this concept to the equation above, the inherent energy stored in this bond ($\Delta G_{\text{ATP hydrolysis}}$)
155 can be calculated from the equation (38-47)

$$156 \quad \Delta G' = \Delta G^\circ + RT \ln \frac{[ADP][P_i]}{[ATP]}$$

157 Despite the apparent simplicity of oxidising substrates to liberate energy to perform work, the
158 useful free energy of substrate combustion is influenced by the architecture of the metabolic
159 pathway and the enthalpy of that particular substrate. For this reason the available free energy
160 to perform work, the free energy of ATP hydrolysis ($\Delta G'_{\text{ATP hydrolysis}}$) is not equivalent for all
161 dietary fuels. Since the conversion of ADP + Pi to ATP is driven by the electrochemical
162 potential difference across the mitochondrial membranes, the equation for free energy can
163 now be expressed as:

$$164 \quad \Delta G' = -n F \Delta E_{\text{inter/matrix}}$$

165 (where $\Delta G'$ is the free energy, n the number of electrons, F the Faraday constant, and ΔE
166 the difference in redox potential between 'Inter' and 'Matrix' denoting the separate
167 mitochondrial phases partitioned by the inner mitochondrial membrane (48),(46). It then
168 becomes apparent that the larger the electrical potential difference between mitochondrial
169 phases created by the pumping of protons into the intermitochondrial space (49), the greater
170 the potential free energy. An increase in redox energy of the respiratory chain, results in an
171 increase in the energy of the protons expelled from the mitochondria at the energy conserving
172 sites, which is then reflected in an increase in the energy of ATP hydrolysis. We can express
173 the potential energy of this proton gradient as:

$$174 \quad \Delta G' [H^+]_{\text{Inter}}/[H^+]_{\text{Matrix}} = RT \ln [H^+]_{\text{Inter}}/[H^+]_{\text{Matrix}} + FE_{\text{Matrix/Inter}}$$

175 Therefore the relative supply of reducing equivalents generated by the architecture of each
176 pathway also has a significant influence on mitochondrial potential gradients, and thus the
177 $\Delta G'_{\text{ATP hydrolysis}}$ (50, 51) (43).

178 Hence, whilst the electron transport chain is in itself a remarkably efficient series of
179 biochemical reactions (52), the free energy of ATP hydrolysis is not identical for all

180 substrates. (53) (50, 51)(Figure 4). Heat of combustion is also of inherent importance when
181 considering the potential impact of mitochondrial substrate selection on energetic
182 performance. Pyruvate, the end product of glycolysis, has a lower heat of combustion per C₂
183 unit than palmitate, providing less potential energy to the electron transport chain.

184 However, fatty acid metabolism, despite its large potential energy, is not able to provide
185 greater mitochondrial redox power. The reasons for this lies in the architecture of fatty acid
186 metabolism by β -oxidation, and the changes in mitochondrial membrane uncoupling proteins
187 in response to persistently elevated FFA. Only 50% of the reducing equivalents produced in
188 the process of β -oxidation are able to donate electrons at complex I of the electron transport
189 chain, whereas the remaining half are donated by FADH₂ at the flavoprotein site further
190 'downstream' at complex II (48). This results in a reduced ATP yield and a loss of
191 mitochondrial efficiency. The redox span of the respiratory chain is diminished during fat
192 metabolism as the Q couple is reduced. This decreases the potential difference between
193 matrix and inter-mitochondrial membrane space and therefore $\Delta G'_{ATP}$. Raised free fatty acids
194 also increase the expression of uncoupling proteins (54), which decrease mitochondrial
195 efficiency (43) by allowing the passage of protons into the matrix via non ATP generating
196 pathways. Indeed, when the heart is perfused with increasing concentrations of free fatty
197 acids, this results in an additional oxygen cost of between 25% and 48% for the same work
198 output when compared to glucose and insulin infusion (55). The loss of myocardial efficiency
199 when metabolising fat has been attributed to reductions in mitochondrial electron transport
200 chain coupling, and the increased stoichiometric oxygen requirement to oxidise fat (56). As
201 such, deleterious substrate selection may be a feature of obesity related cardiomyopathy as it
202 is in other myocardial diseases, intimately linking energetic performance and mortality (56,
203 57).

204 In addition, Positron Emission Topography (PET) studies have shown that in human obesity
205 myocardial fatty acid uptake is increased and myocardial efficiency reduced, (if calculated as
206 cardiac work / oxygen usage).(58) This is in keeping with the increased utilization of fatty
207 acids for ATP production, and suggests either a decoupling of fatty acid oxidation and ATP
208 production or futile cycling of substrates in the obese heart with energy wastage.(59)
209 Elevations in free fatty acid levels are thought to increase mitochondrial uncoupling, and
210 energy wastage, via increased myocardial uncoupling protein 3 (UCP3) expression. (60)
211 (61)As diastole is more susceptible to ATP shortage than systole, this would then lead to a
212 mechanism by which reduced high energy phosphate levels, caused by increased
213 mitochondrial uncoupling as a result of elevated free fatty acid levels, may manifest as
214 diastolic dysfunction, an almost universal finding in obesity.(10, 11)

215 This shift towards fatty acid metabolism appears to be a combination of reduced insulin-
216 induced GLUT4-mediated glucose uptake (62) (63), suppressed glycolysis in the cytosol and
217 reduced pyruvate dehydrogenase flux in the mitochondria, reducing carbohydrate oxidation.
218 Although the complexities of the inhibition of carbohydrate metabolism are not fully
219 elucidated, the inhibition of glucose oxidation by fatty acids at the level of the
220 pyruvate dehydrogenase (PDH) complex is universally reported, and has been termed the
221 glucose-fatty acid or Randle cycle. (64-66)Up until very recently the vast majority of
222 experimental data for altered substrate selection in obesity and insulin resistance were from
223 *ex vivo* and *in vitro* studies. These studies are however limited, in that most generate steady-
224 state, rather than real-time, information. The development of hyperpolarized ¹³C MR, in
225 which the ¹³C signal is amplified by >10,000-fold, provides a solution to this and has allowed
226 real-time visualization of substrate uptake and metabolism. So far, these studies have been
227 focused primarily on PDH activity, which, given its pivotal position in the glucose–fatty acid
228 cycle, has allowed further insight into cardiac substrate selection (67) and have again shown

229 that *in vivo* real time PDH activity is decreased in diabetic (68) and high fat diet animal
230 models. (69)

231 Furthermore, in addition to the effects of increased fatty acid uptake and utilization on the
232 production of the electrochemical gradient that powers ATP production, there is now
233 evidence that there are intrinsic defects in the metabolic machinery of the electron transport
234 chain (complexes I,III and IV) in human and animal models of obesity with electron transport
235 chain function and efficiency being reduced.(70-72) (35, 71, 73)

236 As a result of the evidence that substrate selection alters myocardial efficiency several novel
237 therapies have been evaluated in setting of ischaemia, a situation where reducing myocardial
238 oxygen consumption (MVO_2) without decreasing cardiac work would be beneficial. In these
239 settings a shift in the proportions of ATP generated from fatty acid oxidation towards glucose
240 oxidation would provide the heart with an efficient method to maintain a constant fuel source
241 in the face of hypoxia. To date several partial fatty acid oxidation inhibitors acting either via
242 CPT-1 (Perhexiline) (74) or via directly inhibiting fatty acid oxidation (Trimetazidine) have
243 been shown to be beneficial in heart failure, ischemic heart disease and animal models of
244 pulmonary hypertension. (75, 76) However, therapies aimed at altering substrate metabolism
245 in obesity have been limited to ischaemia reperfusion models, (77) and further investigation
246 of the effects of fatty acid oxidation inhibitors are warranted in obesity.

247 **Cardiac Energetics and Obesity**

248 Heart failure, a well documented sequelae of obesity (8), is associated with deranged
249 cardiac energetics, (1) i.e. a decreased efficiency of substrate utilization to create the ATP
250 necessary to drive cardiac contraction. This has also been demonstrated in other
251 cardiovascular disorders such a hypertensive heart disease and diabetes ^{24,25}. Using ³¹P-
252 MRS, cardiac energetics can be assessed by quantifying the relative concentrations of

253 phosphocreatine (PCr) and adenosine triphosphate (ATP) in the myocardium to derive the
254 PCr/ATP ratio, a sensitive index of the energetic state of the heart. In heart failure, the
255 PCr/ATP ratio correlates with LV function²⁶ and clinical status²⁷, and has been shown to be
256 a better prognostic indicator than LV ejection fraction²⁸. Improving cardiac metabolism has
257 been postulated as a novel treatment of heart failure.^{23, 29} It has been shown that animal
258 models of obesity (35) and in humans with no other co-morbidity, that abnormally low
259 PCr/ATP ratios occur at rest, potentially due to, in addition to changes in substrate
260 utilization, a loss of the total creatine pool, in proportion to the loss of PCr, as occurs in
261 many other forms of hypertrophy. (1, 78, 79). (80) (81) Furthermore this has been linked to
262 altered cardiac diastolic function and is exacerbated during catecholamine stress. (80)

263 **Mitochondrial Metabolism and Lipotoxicity in Obesity**

264 Cardiac mitochondria contain a DNA genome that encodes some of the proteins required
265 for electron transport complexes I, III, IV, and in addition, complex V. The remainder of
266 the respiratory subunits, and all of the proteins required for substrate metabolism are encoded
267 by separate nuclear genes.(82) It is becoming clear that in obesity, changes in both nuclear
268 and mitochondrial transcription are present and are important in the production of the
269 observed changes in cardiac metabolism. (61)

270 One of the key controllers of nuclear gene transcription which regulates myocardial
271 mitochondrial fatty acid oxidation are the peroxisome proliferator-activated receptors
272 (PPARs) (83) which, when activated, induce perixosome proliferation. Peroxisomes have
273 multiple metabolic roles which include long and very long chain fatty acid oxidation. (84)
274 Three PPAR receptors have been identified: PPAR γ , PPAR δ , and PPAR α , all with different
275 tissue expression. PPAR α is expressed in the myocardium, (85) and is the primary
276 transcriptional regulator of fat metabolism in tissues with the highest rates of fatty acid

277 oxidation. (86) Activation of PPAR α in the heart increases the expression of several genes
278 involved in fatty acid metabolism including; a) cardiac myocellular fatty acid uptake (FATP,
279 FAT/CD36, FABP, ACS (87-89) b) mitochondrial fatty acid uptake via CPT I (90) and c)
280 mitochondrial and peroxisomal fatty acid β -oxidation via MCAD, LCAD, VLCAD and ACO
281 respectively (Figure 3). (90)

282 In the setting of insulin resistance, like obesity, the heart initially adapts to increases in
283 circulating fatty acid levels by increasing PPAR α , resulting in a compensatory increase in
284 myocardial fatty acid uptake and β -oxidation, (91) which is believed to limit cardiac ectopic
285 lipid accumulation. A further protective mechanism against ectopic cardiac fat deposition has
286 been suggested in obese animal models with increased cardiac expression of microsomal
287 triglyceride transfer protein, and increased formation of apolipoprotein B-containing
288 lipoproteins which are then secreted by cardiomyocytes. (92)

289 However, despite these initial adaptive/protective mechanisms, the potential for cardiac
290 lipotoxicity in obesity has been described. (93) Fatty acid inhibition of myocardial glucose
291 use appears to be one important contributing factor. (94, 95) Exposure of the heart to high
292 levels of fatty acids can cause accumulation of lipids within cardiomyocytes increasing the
293 intracellular pool of long-chain fatty acyl-CoA which provides a fatty acid substrate for
294 nonoxidative processes, including triacylglycerol, diacylglycerol, and ceramide synthesis,
295 which can lead to cell dysfunction, insulin resistance, and potentially apoptotic cell death.
296 A clear link between lipid accumulation and cardiomyopathy has now been established in
297 several transgenic mouse models in which the rate of lipid uptake or esterification of fatty
298 acids by the heart was increased or the capacity for oxidation of fatty acids was reduced in
299 the mitochondria. (93) (96)

300 In addition to the PPAR α mediated increases in fatty acid oxidation, cardiac myocytes from
301 Zucker obese rats have a larger proportion of FAT/CD36 (97, 98) located at the plasma
302 membrane when compared with Zucker lean rats. (99) Normal insulin mediated translocation
303 of FAT/CD36 is not seen in Zucker obese rats, supporting the notion that a substantial portion
304 of the FAT/CD36 pool is permanently relocated to the sarcolemma in the heart in obesity and
305 that this enables triglyceride accumulation via increased fatty acid uptake. (100) GLUT4
306 expression is also altered by excessive nutrient intake. In normal cardiac tissue insulin causes
307 the mobilization of GLUT4 from intracellular stores to the sarcolemma. However, in obesity,
308 and insulin resistance this process is reduced. Put together with the evidence of altered
309 FAT/CD36 positioning, this suggests that excessive nutritional intake causes a pattern of
310 distribution of FAT/CD36 and GLUT4 that is directed towards increased fatty acid uptake
311 and ectopic fat deposition. (100)

312 Although there is good evidence that lipid accumulation can cause cardiac dysfunction,
313 whether or not the accumulation of triglyceride in the heart is a purely maladaptive process
314 contributing to cardiac dysfunction has recently come under scrutiny. There is now
315 alternative evidence to suggest that cardiac triglyceride accumulation may be providing a
316 protective role against fatty acid induced lipotoxicity via limiting the accumulation of
317 ceramides and diacylglycerols. (101) However, regardless of whether ectopic lipid
318 deposition is a maladaptive or a protective process there is now strong evidence that
319 myocardial steatosis promotes the development of insulin resistance, cardiac hypertrophy,
320 impaired cardiac function and fatty acid induced programmed cell death, and interstitial
321 fibrosis. (102)

322 **Adipokine Regulation of Myocardial Metabolism**

323 It is now well established that adipose tissue secretes a range of adipokines (eg, leptin,
324 adiponectin, resistin, ghrelin, visfatin) that alter fat metabolism. (103) Obesity affects the
325 levels of these hormones, and two of these, namely leptin and adiponectin, have been shown
326 to modulate myocardial substrate metabolism. Adiponectin is believed to act via PPAR α to
327 stimulate fatty acid metabolism, increase CPT1 activity and decrease malonyl-CoA inhibition
328 of CPT1 activity. (104, 105) However, as adiponectin is significantly lowered by obesity,
329 (106) and fatty acid metabolism is increased, the full role of adiponectin in myocardial
330 metabolism in obesity remains unknown. In contrast, leptin increases with increasing obesity
331 (107) and has been shown to increase myocardial fatty acid metabolism and decrease
332 myocardial glucose metabolism, in line with the observed changes seen in obesity. This
333 increase in fatty acid oxidation occurs independent of changes in insulin signaling and
334 PPAR α transcriptional regulation but may be attributable to increased fatty acid transport
335 proteins on the plasma membrane. (108) It has also been postulated that leptin plays an
336 important role in the prevention of cardiac lipotoxicity by confining the storage of excess
337 lipids to adipocytes, while simultaneously limiting the storage of intracellular lipids in
338 myocytes and other nonadipocytes. (109)

339 **The Effects of Weight Loss on Myocardial Metabolism**

340 As obesity is associated increased myocardial fatty acid uptake and oxidation, lipotoxicity
341 and decreased myocardial energetics, all known to be detrimental to cardiac function,
342 understanding the effects of weight loss are of increasing importance. Weight loss
343 interventions have not only been shown to decrease myocardial free fatty acid uptake without
344 changing insulin-stimulated myocardial glucose uptake, (110) but also to reduce myocardial
345 fatty acid oxidation (per gram of left ventricle), and that this decreased fatty acid oxidation is
346 linked to decreased MVO₂ (myocardial oxygen uptake per gram of left ventricle). (111) Put
347 together this strengthens the evidence that increased fatty acid uptake and oxidation in

348 obesity is linked to decreased cardiac efficiency, and that weight loss partially reverses these
349 effects. In addition to this, moderate dietary weight loss has been shown to significantly
350 reduce myocardial triglyceride content (112) and improve both myocardial energetics and
351 diastolic function in obese subjects without cardiovascular risk factors.(113) Weight loss
352 surgery has also been shown to provide early adjustments of the metabolic and neurohumoral
353 pathways involved in energy homeostasis and reverse obesity-related hemodynamic,
354 metabolic, and cardiac dysfunction.(114) Given this clear benefit of the reduction in fatty
355 acid oxidation rates that accompany weight loss, further understanding of cardiac metabolism
356 in obesity may lead to therapeutic options to modulate metabolism and treat cardiac
357 dysfunction in obesity.

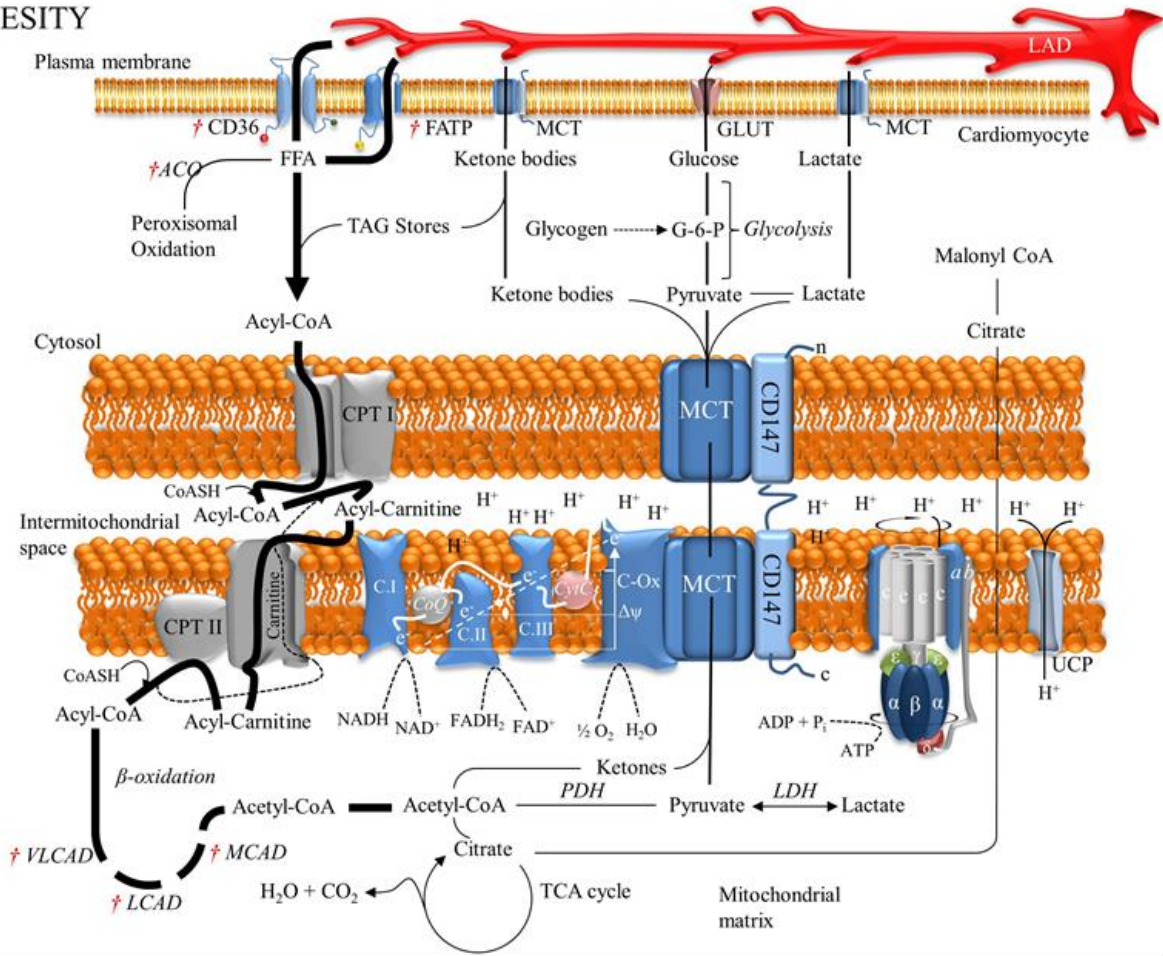
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359 **Conclusion**

360 Obesity is an escalating problem and is linked to a spectrum of cardiac dysfunction from
361 subclinical changes in diastolic function to severe systolic heart failure. There is now
362 emerging evidence that alterations in myocardial substrate selection in obesity towards
363 increased fatty acid oxidation and away from glucose metabolism, results in decreased
364 contractile efficiency and may well underpin the susceptibility to contractile dysfunction in
365 this population. The heart in obesity is also characterized by an accumulation of intracellular
366 triglycerides and lipids that promote lipotoxicity and dysfunction. As novel imaging
367 techniques are now providing a greater detail of this altered myocardial metabolism in vivo,
368 potential targets for therapeutic interventions aimed at preventing and treating the
369 cardiomyopathy of obesity via altering myocardial metabolism are likely to become a reality.

370

OBESITY

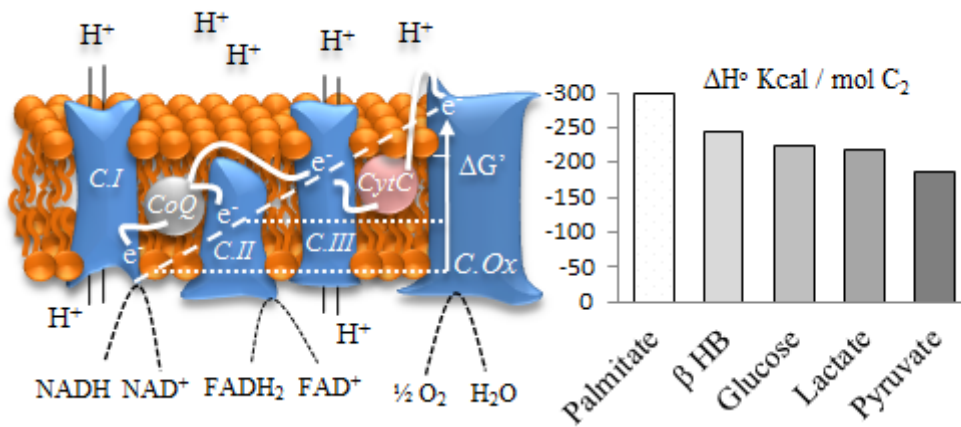


377

378 **Figure 3.** Changes in Myocardial Metabolism in Obesity (red cross denotes PPAR α mediated

379

change).



380

381 **Figure 4.** The effect of varying substrate selection on the ΔG produced by the Electron
382 Transport Chain.

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