

METABOLIC SYNDROME



- Condition characterized by **co-occurrence/cluster of 5 metabolic risk factors** for type 2 DM & cardiovascular disease
- **Prevalence is increasing** at alarming rate currently
- Increases risk of developing **Myocardial infarction, Stroke, POVD**
- Multiple criteria for diagnosis of metabolic syndrome are there, but most accepted is **NCEP-ATP III criteria**



NCEP ATP III criteria



1. Waist circumference ≥ 102 cm in males & ≥ 88 cm in females
2. Serum triglycerides ≥ 150 mg/dl
3. Serum HDL < 40 mg/dl in males & < 50 mg/dl in females
4. BP $\geq 130/85$ mmHg or patient in drug treatment for hypertension
5. Fasting plasma glucose ≥ 100 mg/dl or patient in drug treatment for diabetes



ETIOLOGY

It is multifactorial.....

- Genetic predisposition
- Obesity
- Lack of physical activity
- Unhealthy dietary habits

*All these factors leads to **insulin resistance***



MANAGEMENT

- Weight reduction

Target : 7-10% reduction in baseline body weight over 12 months

- Dietary modification

Recommended - Fruits, vegetables, legumes, whole grains, nuts, fish

Avoid - Processed foods, refined carbohydrates, saturated fats

- Increased physical activity
- Treatment of diabetes/impaired glucose tolerance
- Treatment of dyslipidemia
- Treatment of hypertension

