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**Metabolic Syndrome- Visceral adiposity and its complications**

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Metabolic syndrome is on the rise in the United States. Visceral adiposity as reflected in the measurement of waist circumference is a potent predictor of insulin resistance, inflammation and cardio-vascular compromise as individuals' age. The International Diabetes Federation notes that central obesity is a foundational risk factor along with any two of the following factors to include raised triglycerides, low HDL cholesterol, elevated blood glucose and high blood pressure. Visceral adiposity which contributes to central obesity is composed of adipocytokines that are metabolically active. Primary hormones found in visceral fat include leptin, adiponectin, Tumor necrosis factor-  $\alpha$ , and interleukin 6 are pro-inflammatory and lead to the cascade of symptoms known as metabolic syndrome. In this article I seek to outline and summarize the latest research addressing the danger that excess visceral adiposity poses in the development of metabolic complications. This review is intended to focus attention on furthering research in reducing visceral fat as the prime risk factor in the development of metabolic syndrome.

**Biography**

Michael Parrinello is a nurse practitioner who completed his Doctor of Nursing Practice (DNP) at Stony Brook University with an interest in metabolic syndrome. He has recently published in the Journal of Psychosocial Nursing and Mental Health Services an article entitled; Prevention of Metabolic Syndrome from Atypical Antipsychotic Medications; Applying Roger's Diffusion of Innovations to Clinical Practice. He continues to follow the latest research on visceral adiposity and its profound contribution to metabolic syndrome with an interest in writing a metabolic syndrome book to be used in primary care settings.

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