

JOINT EVENT

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Metabolic syndrome, diagnosis and management

Thamer Al Ohali

King Fahad Medical City (KFMC), Saudi Arabia

Metabolic syndrome is a cluster of various metabolic conditions thought to be related to insulin resistance. These conditions include abdominal obesity, plus abnormalities in the lipid and glucose metabolism. Metabolic syndrome usually increases the risk of atherosclerotic cardiovascular diseases, type 2 diabetes, fatty liver and several cancers. More than one third of the USA adult population has metabolic syndrome. The International Diabetes Federation estimates that about 25% of the world's population has metabolic syndrome, and the prevalences with age and certain ethnicity. The signs and symptoms may include: hypertension, hyperglycaemia, hypertriglyceridemia reduced High-Density Lipoprotein HDL and abdominal obesity. The most important risk factors are sedentary lifestyle, genetics, diet and aging. Many diagnostic guidelines are available for metabolic syndrome; the International Diabetes Federation, WHO, US NCEP and American Heart Association are the most widely used diagnostic guidelines. Each guideline has its own definition of metabolic syndrome. The primary management goals are to treat the underlying cause as well as inhibit the progression to atherosclerotic cardiovascular diseases or type 2 diabetes. The initial step in management of metabolic syndrome includes healthy lifestyle, regular moderate intensity activity, and diet and weight loss. In addition to the lifestyle modification and weight loss, pharmacologic interventions can be used to treat the underlying cause and other manifestations.

Biography

Thamer Al Ohali is a Family Medicine Consultant with Subspecialty in Public Health and Healthcare Quality Improvement. He is the Chairman of Family Medicine Quality Improvement Committee at KFMC. He completed his Residency Training program at Prince Sultan Military Medical City in Riyadh on 2011. He obtained his Clinical Health Care Quality and Patient Safety Fellowship in University College London Hospitals in 2014 and in January 2016 he completed his Clinical Fellowship in Primary Care and Public Health at Imperial College London.

majesty300@hotmail.com

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