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Metabolic syndrome: A window of opportunity

Metabolic syndrome is a known and well-documented forerunner to both Type 2 Diabetes Mellitus (T2DM) and cardiovascular disease. However, it is rarely viewed as a window of opportunity; a period of time where the long-term consequences are potentially reversible. Early detection with dietary and lifestyle interventions have been shown to reduce the incidence of progression to T2DM by almost 60%. Even though early detection can potentially alter the disease progression, there is still a significant lag between onset and diagnosis of T2DM. Whilst healthcare professionals have easy and clinically relevant point of care screening available, they are rarely conducted consistently in a clinical setting. As healthcare professionals and researchers, we need to ask ourselves 'what is the cost?' to the healthcare system, to the workforce and most of all to the health of the individual. Case studies will be used as a guide to highlight the use of implementation science; to promote the integration of research findings and evidence into healthcare policy and practice. There will be a strong practice-based focus on point of care screening, early detection and diet/lifestyle interventions to halt or slow the progression of metabolic syndrome and to address major flaws with current practices that impede effective implementation of new approaches to improving health outcomes.

Biography

Keonie Moore completed her studies at the renowned School for Complementary and Natural Medicine, Southern Cross University, Australia. As the Director of ReMed Natural Medicine Clinic, a multi-modality clinic that exemplifies scientific implementation in the Australian Health sector, she tours nationally to involve additional integrative clinics and practitioners in the assimilation of research findings and evidence into clinical practice. Most recently, she has presented on Metabolic Syndrome to the Integrative Medicine Education and Research Group, Alfred Hospital and published 'Metabolic Syndrome: A case for collaborative care' in the reputable journal, *Advances in Integrative Medicine*.

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