

Healthy Aging

Metabolic Syndrome

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5:00 PM – 6:30 PM PST | 8:00 PM – 9:30 PM EST

Metabolic syndrome is characterized by a group of metabolic risk factors in one person. They include:

- Abdominal obesity (excessive fat tissue in and around the abdomen)
- Atherogenic dyslipidemia (blood fat disorders — high triglycerides, low HDL cholesterol and high LDL cholesterol — that foster plaque build up in artery walls)
- Elevated blood pressure
- Insulin resistance or glucose intolerance (the body can't properly use insulin or blood sugar)
- Prothrombotic state (e.g., high fibrinogen or plasminogen activator inhibitor-1 in the blood)
- Proinflammatory state (e.g., elevated C-reactive protein in the blood)

Patients with the metabolic syndrome are at increased risk of coronary heart disease and other diseases related to plaque buildup in artery walls (e.g. stroke and peripheral vascular disease) and type 2 diabetes. The dominant underlying risk factors for this syndrome appear to be abdominal obesity and insulin resistance. Other conditions associated with the syndrome include physical inactivity, aging, hormonal imbalance and genetic predisposition.¹

1. The American Heart Association

TREATMENT GUIDELINES PROVIDED FOR

- Insulin resistance
- Metabolic syndrome



KEY LEARNING HIGHLIGHTS

- Definition
- Etiology and risk factors
- Typical signs and symptoms
- Tests and diagnosis
- Prevention
- Treatment including diet