

REVIEW ARTICLE

The Epidemic of Metabolic Syndrome: Health Promotion Strategies

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A B S T R A C T: Metabolic Syndrome is consisted by a group of metabolic disorders, such as hyperglycaemia, dyslipidemia, blood pressure, central adiposity and it is recently identified as a major risk factor for cardiovascular disorders causing diseases and deaths in modern world. Metabolic Syndrome criteria are not well-defined and both their definition and parameters evaluation in clinical practice vary according to age, gender and race, as new risk factors are daily recognized and established. Detection frequency of Metabolic Syndrome in overweight and obese people regarding to general population, is constantly increasing and therefore it's necessary to detect Metabolic Syndrome in the general population. Metabolic Syndrome management should be based upon an individualized risk evaluation and not upon a simple summation and effort in getting treatment separately for each metabolic disorder. Prompt diagnosis and treatment of patients with multiple risk factors will contribute substantially to prevention by adopting a healthy lifestyle and reducing future syndrome complications.

K E Y – W O R D S: Metabolic Syndrome, central adiposity, hypertension, diabetes, health promotion.