

## **Prevention and nutritional therapy of metabolic syndrome**

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### **ABSTRACT**

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The term metabolic syndrome (MetS) defines the co-occurrence of the related risk factors of metabolic origin that promote the development of cardiovascular diseases with atherosclerotic background and type 2 diabetes. The diagnostic criteria of MetS have undergone modifications for years. Until now no clear definition of MetS has been established. The latest diagnostic criteria of MetS published in 2009 by a group of IDF (International Diabetes Federation) and AHA/NHLBI (American Heart Association/ National Heart, Lung and Blood Institute) experts discern three out of five risk factors: abdominal

obesity (taking into consideration population differences), elevated level of triglycerides, reduced HDL cholesterol, hypertension and fasting hyperglycemia. Genetic predispositions and environmental factors, such as lack of physical activity and improper diet are considered to be responsible for MetS development. Therefore, prevention and treatment of MetS should be based first of all on a change in modifiable lifestyle factors, among which proper diet is of essential importance.

**Keywords:** metabolic syndrome, obesity, blood pressure, dyslipidemia, hyperglycemia

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