

# The Metabolic Syndrome and Obesity - 2008 - 9781597454315 - Springer Science & Business Media, 2008 - 304 pages - George A. Bray

Disorders of Nutrition / / Obesity and the Metabolic Syndrome / . Obesity and the Metabolic Syndrome. Expand all Collapse all. Obesity. The metabolic syndrome is a constellation of interrelated risk factors of metabolic origin—metabolic risk factors—that appear to directly promote the development of atherosclerotic cardiovascular disease (ASCVD).<sup>1</sup> Patients with the metabolic syndrome also are at increased risk for developing type 2 diabetes mellitus. The IDF recognized and emphasized ethnic differences in the correlation between abdominal obesity and other metabolic syndrome risk factors. For this reason, criteria of abdominal obesity were specified by nationality or ethnicity based on best available population estimates. For people of European origin (European), the IDF specified thresholds for abdominal obesity to be waist circumferences  $\geq 94$  cm in men and  $\geq 80$  cm in women. Metabolic syndrome is associated with abdominal obesity, blood lipid disorders, inflammation, insulin resistance or full-blown diabetes, and increased risk of developing cardiovascular disease. Proposed criteria for identifying patients with metabolic syndrome have contributed greatly to preventive medicine, but the value of metabolic syndrome as a scientific concept remains controversial. The presence of metabolic syndrome alone cannot predict global cardiovascular disease risk. But abdominal obesity - the most prevalent manifestation of metabolic syndrome - is a marker of 'dysfunctional adipose tissue'. The metabolic syndrome refers to the co-occurrence of several known cardiovascular risk factors, including insulin resistance, obesity, atherogenic dyslipidemia and hypertension. These conditions are interrelated and share underlying mediators, mechanisms and pathways. There has been recent controversy about its definition and its utility. A comprehensive definition for the metabolic syndrome and its key features would facilitate research into its causes and hopefully lead to new insights into pharmacologic and lifestyle treatment approaches. Physicians and scientists have long known that certain conditions increase a person's risk of developing atherosclerotic cardiovascular disease (CVD).