

Metabolic syndrome

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Metabolic syndrome (Reaven's syndrome):

- To diagnose metabolic syndrome, the combination of number one through four (bold) has to be fulfilled:

1. Obesity (android type)

2. DM2

3. Hypertension

4. Dyslipidemia (increased LDL, decreased HDL)

5. Increased fibrinogen

- All of these increase the risk of ischemic heart disease (atherosclerosis, increased risk of thrombus formation)

- If patient diagnosed with metabolic syndrome will not lose weight, he is in high risk of death in 7 years.