



## Actualización diagnóstica y terapéutica del síndrome metabólico [

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text (article)

Analítica

The metabolic syndrome is defined as the association of health disorders that can appear as simultaneous or sequential conditions in an individual, provoked by the combination of genetic and environmental factors associated to life styles where the insulin resistance is considered the main pathogenic component. The presence of the metabolic syndrome is related to a significant increase in the risks of suffering from diabetes , coronary heart disease events and cerebrovascular disorders with a diminution in survival rates due to a five times increase in cardiovascular mortality. The purpose of this study is to update knowledge about this syndrome and prepare teaching documents as references for the teaching staff and medical students. The scientific method used was: literature revision in order to emphasize on the importance of identifying and treating the morbidities of those patients in time, being this a strategy to prevent cardiovascular disease

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