

Management of the metabolic syndrome

Lee-Ming Chuang, M.D., Ph.D.
Department of Internal Medicine
National Taiwan University Hospital
Taipei, Taiwan

The metabolic syndrome (MS) is a common disorder characterized by a clustering of a variety of atherogenic risk factors, including visceral obesity, hypertriglyceridemia, low HDL-cholesterol level, high blood pressure, and high fasting blood sugar level. Different criteria of the MS appear in recent years with different emphasis of each of the components. Generally, it is associated with increased risk for the development of atherosclerosis, cardiovascular disease and type 2 diabetes. Current management recommendations promote therapeutic lifestyle changes (mainly diet and exercise) for the entire core elements of the MS. Additional modifiable factors should be identified in each country. Pharmacologic therapies are also available for patients with dyslipidemia, diabetes mellitus and hypertension. These therapeutic measures are applicable in the primary and secondary prevention or treatment for diseases. Despite of well known beneficial treatments, long term adherence to life style changes and poly pills remain problematic. Further investigation and actions will be needed before we can handle this costly health condition effectively.