Metabolic syndrome in adults: A systematic review directed to professional pharmacist

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Metabolic syndrome (MS) results from a number of risk factors for cardiovascular disease, and the main, central obesity, hypertension and abnormalities in glucose and lipid metabolism. As obesity in the World has taken pride of place, we can conclude that adipose tissue is a component of the pathogenesis of MS, which demonstrates the importance of body fat distribution, especially visceral. As a risk factor fastest growing in prevalence and severity, and a negative aesthetic issue, obesity should be today a priority for public health. Due to its complexity, including clinical, epidemiological and psychosocial, requiring a comprehensive and multidisciplinary approach. Based on survey data, there are doubts about the existence of the association of obesity and metabolic syndrome. Experimental studies in humans also show that obesity is a risk factor capable of causing an increase in blood pressure. There is evidence on the involvement of insulin resistance and hyperinsulinemia, although not yet available long-term prospective studies that can provide one. Insulin resistance is associated particularly with abdominal distribution of body fat. It is believed that the high cardiovascular risk attributed to intra-abdominal adiposity is related to the development of metabolic syndrome, which is attended obesity and hypertension among others. This work had as main objective to define and describe the metabolic syndrome, as well as its causal factors, consequences and treatment. The methodology was systematic literature review from the databases indexed in LILACS, BIREME, Medline and others. It can be concluded that the metabolic syndrome may therefore be defined as a chronic degenerative metabolic disease characterized by association between insulin resistance, hypertension, dyslipidemia, diabetes mellitus type 2 (DM2), and other metabolic abnormalities. And, being a metabolic syndrome, it is important that the pharmacist know this disease and the health damages caused by it, so it can be diagnosed and treated correctly associating drugs, diet and physical activity provide a better physiological condition, health and quality of life for individuals.

Biography

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