

12<sup>th</sup> International Conferences on **Childhood Obesity and Nutrition**  
&  
3<sup>rd</sup> World Congress on **Diabetes and Obesity**

March 18-19, 2019 | Rome, Italy



## *Nilly Shams*

*Alexandria University School of Medicine, Egypt*

### **Metabolic syndrome in preschoolers**

Prevalence of metabolic syndrome in children and adolescents is increasing, in parallel with the increasing trends in obesity rates. Varying definitions of this syndrome have hindered the development of a consensus for the diagnostic criteria in the pediatric population. So how to diagnose it in children? How it affects their health and future? How to prevent it? All these points will be discussed through my presentation.

### **Biography**

Nilly Shams has completed her PhD from High Institute of Public Health Alexandria University and Nutrition and Public Health Masters Alexandria University School of Medicine. She is the Vice President of Clinical Nutrition Department Elite Hospital. She is the President of the Egyptian Nutrition and Health coaching Association. She had her Health coaching Certificate from Institute of Integrative Nutrition, USA.

[drnilyin@yahoo.com](mailto:drnilyin@yahoo.com)

### **Notes:**