

16<sup>th</sup> International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**  
&**17<sup>TH</sup> WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Metabolic syndrome and abdominal adiposity: Update for physical education professionals****Lana Claudia Silva**

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**M**etabolic Syndrome (MS) is the result of a set of risk factors for cardiovascular diseases, the main ones being central obesity, arterial hypertension and abnormalities in glucose and lipid metabolism. As obesity in the world has taken center stage, it can be concluded that adipose tissue is one of the components of the pathogenesis of MS, which demonstrates the importance of the distribution of body fat, especially visceral fat. As one of the fastest growing risk factors in prevalence and severity, in addition to a negative aesthetic question, obesity should now be a public health priority. Due to its complexity, it includes clinical, epidemiological and psychosocial aspects, requiring a broad and multidisciplinary approach. Experimental and human studies also prove that obesity is a risk factor capable of causing an increase in blood pressure levels. There is evidence of the participation of insulin resistance and hyperinsulinemia, although prospective, long-term studies are not yet available that can assure it. Insulin resistance is particularly associated with the abdominal distribution of body fat. It is believed that the high cardiovascular risk attributed to intra-abdominal adiposity is related to the development of the metabolic syndrome, in which obesity and AH are involved, 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 used was a systematic review of the literature from databases indexed in Lilacs, Bireme, Medline and others. Metabolic Syndrome can be defined as a chronic-degenerative metabolic disease, characterized by the association between insulin resistance, systemic arterial hypertension, dyslipidemia, type 2 diabetes mellitus (DM2) and other metabolic abnormalities. And, therefore, it is important that the Physical Education professional knows about this disease and the health problems caused by it in order to provide a better physiological condition and health.

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