



ABSTRACT

Revisiting metabolic syndrome: The importance of weight management

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Metabolic syndrome is an increasing major health problem worldwide, including Indonesia. More than one third of adult Indonesian population suffered from metabolic syndrome. Metabolic syndrome itself is actually a clustering of risk factors which increase the risk for diabetes mellitus and cardiovascular diseases in the future. Therefore, prompt management of metabolic syndrome is required to prevent the development of diabetes mellitus dan cardiovascular diseases.

Obesity, especially central obesity, is the most important component in metabolic syndrome. The concept of adiposity-based chronic disease (ABCD) stresses the importance of adiposity as the basis for the development of diabetes mellitus and cardiovascular disease. In line with this, while it is widely known that we need to treat all the components of metabolic syndrome, weight reduction has been shown to also lead to the improvement in other components of metabolic syndrome. Weight loss has been shown to be associated with improvement in glycemic control, blood pressure control and lipid control.

In summary, weight management should be incorporated as an integral part in managing metabolic syndrome. Multidisciplinary approach are needed to achieve a sustainable weight reduction and therefore improvement in cardiometabolic health.

Keywords: adiposity, central obesity, obesity, metabolic syndrome, weight management

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