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Association between preventable risk factors and metabolic syndrome

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These risk factors associated with metabolic syndrome (Met-S) including hypertension, hyperglycemia, central obesity and dyslipidemia are preventable, particularly at their early stage. There is limited data available on the association between Met-S and preventable risk factors in young adults. In this study, we randomly selected a total of 2010 Saudis military recruits, aged 18-30 years. All the procedures followed the guidelines of International Diabetes Federation (IDF). The results showed that out of 2010 subjects, 488 were affected with Met-S. Among the Met-S component factors, the commonest were high fasting blood sugar, high systolic and diastolic blood pressures, and high body mass index. The prevalence of pre-diabetes and diabetes were found to be 55.2% and 8.4%, respectively. Obesity, diabetes, hypertension and hypertriglyceridemia were significantly associated with Met-S. The frequency of smoking was significantly linked with the development of Met-S. The prevalence of Me-S was found to be significantly higher in individuals with sedentary lifestyle. In conclusion, the results of this study clearly indicate that military recruits, who represent healthy young adults, are also prone to Met-S, primarily due to their sedentary lifestyle. It is important to launch community based programs for educating the common man about the importance of physical activity, cessation of smoking and healthy diet in minimizing risk factors associated with Met-S and its complications in later life. (This study was supported by King Abdulaziz City for Science and Technology, Saudi Arabia; Grant No. 14-MED59-63).

Biography

Homoud Abdullah Al Shehri is a consultant cardiologist at the Prince Sultan Cardiac Center, Riyadh, Saudi Arabia. He is a very active and well known cardiac physician. He has conducted many workshops and participated in numerous national and international academic and scientific meetings. He has also contributed in dissemination of medical knowledge and creating awareness among the population through his educational lectures and projects in medicine and cardiology.