

Cardiometabolic syndrome: A global epidemic requiring integrated care

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Cardiometabolic syndrome, characterized by diabetes, hypertension, dyslipidemia, and obesity, has become a leading global driver of cardiovascular morbidity. This presentation emphasizes the need for integrated, multidisciplinary approaches to reduce disease burden. The talk explores pathophysiological mechanisms linking metabolic dysfunction with atherosclerosis and heart failure. Special focus is given to lifestyle modification models, early screening protocols, and community-based interventions. Evidence supporting cardioprotective roles of SGLT2 inhibitors, GLP-1 agonists, and anti-inflammatory agents will also be reviewed. Digital health tools including wearable glucose monitors and remote cardiovascular coaching are assessed for their potential to improve long-term disease control. The session concludes with policy recommendations to enhance global cardiometabolic health.

Biography

Priya Nandakumar is a cardiologist and metabolic health researcher at AllMS New Delhi. Her work focuses on the intersection of diabetes, obesity, and cardiovascular disease. She has led national programs on lifestyle-based prevention and has several publications on cardiometabolic risk management. Dr. Nandakumar regularly speaks at global cardiology and public-health events.

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