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METABOLIC SYNDROME, DIABETES MELLITUS TYPE 2 AND CARDIOVASCULAR DISEASES

Abstract: The metabolic syndrome in adults is defined as a cluster of risk factors for cardiovascular disease and type 2 diabetes mellitus, which include abdominal obesity, dyslipidaemia, glucose intolerance and hypertension. In 2005, the International Diabetes Federation (IDF) published its definition of the metabolic syndrome in adults. However, to date no unified definition exists to assess risk or outcomes in children and adolescents. Early identification of children who are at risk of developing the syndrome, type 2 diabetes mellitus, and cardiovascular disease in later life is important. Circumstances in utero and early childhood predispose a child to disorders such as obesity, dysglycaemia, and the metabolic syndrome. Furthermore, urbanisation, unhealthy diet and sedentary lifestyle are major contributors to such disorders. Obesity is associated with increased risk of cardiovascular disease which may persist from childhood and adolescence into young adulthood. A clinically accessible diagnostic tool is needed to identify the metabolic syndrome in young people globally.