

## JASMINA CIRIC: METABOLIC SYNDROME AND HYPERTENZION

**Abstract:** Insulin resistance with hyperinsulinemia is well recognized disturbance in hypertension playing a great part in its pathogenesis. Hyperinsulinemia induces blood pressure elevation by overactivation of sympathetic nervous system and renin-angiotensin-aldosterone system, sodium retention and by alteration of endothelial and renal function. Obesity is frequently associated with hypertension and many abnormalities that can explain the development of hypertension in overweight have been identified. The role of recently discovered products of adipocyte, adipokines, provides better understanding of this association. Metabolic syndrome is a cluster of metabolic abnormalities with insulin resistance as a major characteristic, but also overweight, hypertension and dyslipidemia leading to increased risk for cardiovascular events. The interaction of these abnormalities has a great implication for the choice of antihypertensive treatment and drugs. Better insight into a problem would provide new strategy for prevention of metabolic syndrome development and cardiovascular consequences.

**Key words:** metabolic syndrome, obesity, hypertension