

P77. Identification of metabolic syndrome and overweight among university teachers

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According to the World Health Organization, metabolic syndrome is a new pandemic of the XXI century, covering industrial developed countries. The prevalence of metabolic syndrome is greater than 2 times the prevalence of diabetes, and in the next 25 years is expected to increase growth rate by 50%.

The recommendations of the Consensus of Russian experts on the problem of metabolic syndrome in the Russian Federation in 2010, suggested that when considering the diagnosis of metabolic syndrome to take into account the main sign is obesity.

In the IV century BC, the Great K. Hippocrates said, "extreme fat people naturally die more often than skinny", which gave the basis for a study of the metabolic syndrome.

Goal. The identification of overweight among University teachers.

Methods and results. In 2016-2017 been examined by 125 teachers. Of these, 15 men (12%) and 110 women (88%). Their average age was 45.4 ± 11 years. Studied had not received recommendations for lifestyle changes and only when necessary, took lipid-lowering and antihypertensive drugs. In the study, all teachers was conducted clinical and laboratory research. Identified high risk groups: healthy-9 (7,2%), have risk factors-27 (21,6%), have chronic illnesses-89 (71,2%). Overweight have 78 teachers (62,4%), normal weight 40 (32,0%), obesity-7 (5,6%). Among the identified pathology 1 place is occupied by cardiovascular diseases (46 persons-36,8%), 2 - diseases of the musculoskeletal system (37-29,6%), 3-diseases of the endocrine system (17-13,6%). Were identified risk factors: high cholesterol-78 (62,4%), elevated glucose level-14 (11,2%), ischemic changes of the heart-27(21,6%), elevated levels of blood pressure-24 (19,2%), changes bioimpedancemetria (disorders of lipid, protein, electrolyte exchanges and others)-73 (58,4%).

Conclusions. Metabolic syndrome is the basis of diseases, most often leading to disability and high mortality, there remains the issue of improving the non-drug approach to the treatment of this condition.

The results of the survey, based on the identified factors, each employee of the University was given advice, given individual recommendations on diet, physical activity.

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