



Why should I know about metabolic syndrome?

Intensive School

Metabolic syndrome is the name for a group of risk factors for heart disease, diabetes, and other health problems. You can have just one risk factor, but people often have several of them together. Together, this group of health problems increases your risk of heart attack, stroke, and diabetes. Are you interested in what causes metabolic syndrome, how it's treated or how you can prevent it?

This course aims to give students an overview of this medical condition from the definition of the metabolic syndrome through the risk factors to it's treatment and prevention.

Organizers:

Faculty of Health Sciences and Social Studies, University of Szeged, Hungary

Course outline:

Session 1: Introduction to the metabolic syndrome (definition, risk factors, symptoms, pathophysiology, genetics)

Session 2: Effect of regular physical training

Session 3: Treatment of the metabolic syndrome

Scientific background:

The current worldwide obesity epidemic increases the incidence of diabetes and cardiovascular diseases. Metabolic syndrome is a group of health problems that include too much fat around the waist, elevated blood pressure, high triglycerides, elevated blood sugar, and low HDL cholesterol. Together, this group of health problems increases your risk of heart attack, stroke, and diabetes.

Metabolic syndrome is caused by an unhealthy lifestyle that includes uptaking too many calories, being inactive, and gaining weight. Since physical inactivity and excess weight are the main underlying contributors to the development of metabolic syndrome, exercising, eating

healthy and, if you are currently overweight or obese, attempting to lose weight can help reduce or prevent the complications associated with this condition.

Metabolic syndrome is quite common. Approximately 32% of the population in the U.S. has metabolic syndrome. Around 25% of adults in Europe and Latin America are estimated to have the condition, and rates are rising in developing East Asian countries. The prevalence of metabolic syndrome increases with age, and about 40% of people over 60 are affected.

Metabolic syndrome is worth caring about because it is a significant risk factor for the development of both type 2 diabetes and heart disease, two of the most common and important chronic diseases today. Also other important problems are associated with metabolic syndrome such as obstructive sleep apnea, polycystic ovary syndrome, increased risk of dementia with aging, and cognitive decline in the elderly.

Target audience:

The course is designed to provide training to students of any level (BSc / MSc / one cycle Master's program) interested in medicine, biology, nursing, physiotherapy, pharmacology or public health.

Format of the school (course organization):

The course will be fully virtual (online webinar + E-learning modules)

The opening and closing virtual “face-to-face” webinars will be streamed on Coospace, the digital educational platform of University of Szeged.

At the opening interactive webinar, participants will learn about the main topics of the course, complete a short pre-course questionnaire, and learn how to use the e-learning program.

At the closing webinar, participants will have the opportunity to share a presentation, discuss their experiences with the E-learning program, provide feedback and ask questions.

Total course duration:

1. Opening webinar
2. E-learning modules are designed for individual work
3. Online classes and discussion from some certain topics
4. Closing webinar

Estimated calendar:

1. Opening webinar 13th September 2021
2. Completion of questionnaire and sending in essays between 18th-21nd September 2021
3. Closing webinar 23rd September 2021

Recruitment of participants

Number of participants: maximum 30 participants

Students will be selected by a first come, first serve approach (objective criteria)

Evaluation and certification of attendees:

To complete the course, participants will need to attend the opening and the closing webinars, complete a questionnaire and write an essay from one optional topic. EUGLOH Certificate and 2 ECTS will be provided for the students completing the intensive school.