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CARDIOMETABOLIC SYNDROME: THE IMPACT OF DIABETES, HYPERTENSION, AND OBESITY ON CARDIOVASCULAR DISEASES

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Abstract: Cardiometabolic syndrome is a complex pathological condition characterized by the coexistence of diabetes, hypertension, and obesity, significantly increasing the risk of developing cardiovascular diseases. This article analyzes the pathophysiological mechanisms of cardiometabolic syndrome, including insulin resistance, inflammatory processes, and dyslipidemia, and their impact on heart function. Additionally, strategies for disease prevention and treatment, including lifestyle modifications, pharmacological approaches, and current clinical recommendations, are discussed. The research findings highlight the necessity of developing effective preventive and therapeutic measures against cardiometabolic syndrome.

Keywords: cardiometabolic syndrome, diabetes, hypertension, obesity, cardiovascular diseases, insulin resistance, dyslipidemia, inflammation, metabolic disorders, prevention, pharmacotherapy.

Кардиометаболический синдром: влияние сахарного диабета, гипертонии и ожирения на сердечно-сосудистые заболевания

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Аннотация: Кардиометаболический синдром — это комплексное патологическое состояние, характеризующееся сочетанием сахарного диабета,

гипертонии и ожирения, что значительно повышает риск развития сердечно-сосудистых заболеваний. В данной статье анализируются патофизиологические механизмы кардиометаболического синдрома, включая инсулинорезистентность, воспалительные процессы и дислипидемию, а также их влияние на функцию сердца. Кроме того, рассматриваются стратегии профилактики и лечения данного состояния, включая изменение образа жизни, фармакологические подходы и актуальные клинические рекомендации. Результаты исследования подчеркивают необходимость разработки эффективных профилактических и терапевтических мер против кардиометаболического синдрома.

Ключевые слова: кардиометаболический синдром, сахарный диабет, гипертония, ожирение, сердечно-сосудистые заболевания, инсулинорезистентность, дислипидемия, воспаление, метаболические нарушения, профилактика, фармакотерапия.

Relevance of the Problem: Cardiometabolic syndrome (CMS) is one of the most pressing global health issues today. The components of this syndrome—diabetes, hypertension, and obesity—affect millions of people worldwide, significantly increasing the risk of developing cardiovascular diseases (CVD). According to the World Health Organization (WHO), CVD remains one of the leading causes of mortality and disability.

Modern lifestyle factors such as poor diet, physical inactivity, and stress contribute to the widespread prevalence of cardiometabolic syndrome. Notably, obesity and insulin resistance are also increasing among children and adolescents, posing a serious threat to the health of future generations. Furthermore, cardiometabolic syndrome imposes a substantial economic burden not only on individual patients but also on the entire healthcare system, as treatment costs continue to rise annually. Strengthening preventive measures, ensuring early diagnosis, and developing effective therapeutic approaches are crucial for addressing this issue. Therefore, studying CMS and its relationship with CVD is one of the priority areas of scientific and clinical research today.

Pathophysiological Mechanisms: The key pathophysiological mechanisms of cardiometabolic syndrome include insulin resistance, inflammatory processes, and dyslipidemia. These factors have a complex impact on the cardiovascular system, paving the way for atherosclerosis, hypertension, and other heart diseases.Insulin Resistance (IR): As a central pathogenic factor of cardiometabolic syndrome, insulin resistance is characterized by reduced cellular sensitivity to insulin. In this condition: Glucose cannot efficiently enter cells, leading to hyperglycemia. The pancreas compensates by increasing insulin secretion (hyperinsulinemia). Insulin's effects on

blood vessel walls are disrupted, leading to endothelial dysfunction, which increases the risk of atherosclerosis and hypertension. Chronic Low-Grade Inflammation: Chronic low-grade inflammation plays a key role in the development of metabolic disorders in cardiometabolic syndrome: In obesity, adipose tissue produces inflammatory mediators. These mediators impair insulin signaling pathways, exacerbating insulin resistance. Chronic inflammation contributes to oxidative stress and endothelial dysfunction, facilitating the onset of cardiovascular diseases.

Lipid Metabolism Disorders: Lipid metabolism disorders in cardiometabolic syndrome lead to atherogenic dyslipidemia: Triglyceride levels are elevated, while high-density lipoprotein (HDL) levels are reduced. Atherogenic forms of low-density lipoproteins (LDL) increase. These changes promote atherosclerosis, raising the risk of heart attack and stroke. Prevention and Treatment Strategies: Preventing and treating cardiometabolic syndrome and its complications (diabetes, hypertension, obesity, cardiovascular diseases) require a comprehensive approach. The main strategies include lifestyle modifications, pharmacological therapy, and surgical interventions. Lifestyle Modifications: Lifestyle changes are the most effective methods for preventing and managing early-stage cardiometabolic syndrome. These include: Consuming low-glycemic index foods (whole grains, vegetables, legumes). Controlling fat intake (reducing trans fats and saturated fats while increasing omega-3 fatty acid consumption). Reducing salt and sugar intake.

Physical Activity and Stress Management: Engaging in at least 150 minutes of moderate-intensity aerobic exercise per week (walking, jogging, swimming, cycling) is recommended. Chronic stress can contribute to insulin resistance and hypertension; thus, meditation, breathing techniques, and psychotherapy play a crucial role. Correcting sleep disorders (ensuring 7-8 hours of quality sleep) is also essential.

Pharmacological Treatment: If lifestyle modifications are insufficient or if the patient has high-risk factors, medication therapy is implemented. Diabetes Management: Metformin – enhances insulin sensitivity. GLP-1 agonists (liraglutide, semaglutide) – reduce appetite, aiding in obesity and diabetes management. SGLT-2 inhibitors (dapagliflozin, empagliflozin) – remove excess glucose through urine and reduce heart failure risk. Hypertension Treatment: ACE inhibitors (enalapril, lisinopril) – lower blood pressure and protect the heart. Beta-blockers (metoprolol, bisoprolol) – reduce heart workload. Diuretics (hydrochlorothiazide, spironolactone) – help eliminate excess fluid, lowering blood pressure. Lipid Management: Statins (atorvastatin, rosuvastatin) – lower cholesterol levels and slow atherosclerosis progression. Fibrates (fenofibrate, gemfibrozil) – reduce triglycerides.

Surgical Interventions: In cases of severe obesity and associated metabolic disorders, bariatric surgery may be effective. Gastric bypass – reduces stomach size, limiting food intake and improving metabolism. Sleeve gastrectomy – removes part of the stomach, increasing insulin sensitivity and reducing hunger hormones. Cardiovascular Procedures: Coronary artery bypass grafting (CABG) – used to treat heart ischemia related to diabetes and atherosclerosis. Angioplasty and stenting – improve blood flow by widening narrowed arteries.

Conclusion: Cardiometabolic syndrome (CMS) is one of the most pressing issues in modern medicine, arising from a combination of diabetes, hypertension, and obesity. This syndrome significantly increases the risk of cardiovascular diseases (CVD), stroke, myocardial infarction, and heart failure. A comprehensive approach is required for the prevention and treatment of cardiometabolic syndrome. Preventive measures include improving nutrition, increasing physical activity, reducing stress, and enhancing sleep quality. If lifestyle modifications are insufficient, pharmacological therapy (metformin, statins, antihypertensive drugs) and, in severe cases, bariatric or cardiovascular surgical interventions are employed. Studies indicate that early detection of CMS and its complications, minimizing risk factors, and utilizing modern treatment strategies can prevent CVD-related mortality and disability. Therefore, strengthening preventive programs within healthcare systems and encouraging patients to take proactive steps toward their health are essential tasks. Due to the complexity and widespread prevalence of cardiometabolic syndrome, the medical community must continue conducting in-depth research and developing new pharmacological and therapeutic approaches to effectively combat this disease.

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