

The Metabolic Syndrome: New insights into Mechanisms and Treatment

Session Description

This symposium will highlight the changing picture of the metabolic syndrome, its new and old characteristics and its world-wide epidemic. Its clinical features will be reviewed and specific focus will be given to newer dimensions of mechanisms and treatment.

Purpose

Provide updated information on the epidemiology, mechanisms, genetics and treatment of the metabolic syndrome.

Session chair/moderator:

Gordon H. Williams, MD, Harvard Medical School, USA

Session Topics and Speakers:

Topic 1: *General overview on the metabolic syndrome particularly its hypertensive, diabetes and cardiovascular risks aspects*

Speaker: Chris Saudek, MD, Johns Hopkins Medical School, Baltimore, MD, USA

Topic 2: *Calcium/vitamin D and the metabolic syndrome*

Speaker: Anastassios Pittas, MD, Tufts University Medical School, Boston, MA, USA

Topic 3: *The Mediterranean Diet and hypertension*

Speaker: Antonia Trichopoulou MD, University of Athens, Athens, Greece

Topic 4: *Genetic underpinnings of Insulin resistance and the metabolic syndrome*

Speaker: Patricia Underwood, NP, RN, Boston College School of Nursing, USA