

11-19-20

PERFORMANCE GAP/ ACTIVITY NEED:

The metabolic syndrome is a constellation of interrelated risk factors of metabolic origin—metabolic risk factors—that appear to directly promote the development of atherosclerotic cardiovascular disease (ASCVD). Patients with the metabolic syndrome also are at increased risk for developing type 2 diabetes mellitus. Another set of conditions, the underlying risk factors, give rise to the metabolic risk factors. In the past few years, several expert groups have attempted to set forth simple diagnostic criteria to be used in clinical practice to identify patients who manifest the multiple components of the metabolic syndrome. These criteria have varied somewhat in specific elements, but in general they include a combination of both underlying and metabolic risk factors.
<https://www.ahajournals.org/doi/10.1161/circulationaha.105.169404>

DESIRED OUTCOMES: At the end of the activity, attendees will be able to:

- assess metabolic syndrome with fasting and its impact on overall health.
- evaluate the indications and contraindications for the use of nutritional medicine, including medically supervised fasting in the management of high blood pressure, diabetes and autoimmune disorders.
- differentiate risks and benefits of fasting models with consideration for physiologic mechanisms.

LEARNERS: endocrinologists, gastroenterologists, cardiologists, internists, general/family practitioners, nursing staff

DESIRABLE PHYSICIAN ATTRIBUTE: provide patient-centered care, employ evidence-based practice