

## Interdisciplinary Therapy was Effective to Reduce the Metabolic Syndrome Prevalence in Women with Obesity

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### Abstract

**Introduction:** metabolic syndrome is a constellation of altered parameters that coexist with obesity increasing risks for cardiovascular disease.

**Objective:** To evaluate 1) the effects of the clinical multicomponent therapy in the prevalence of metabolic syndrome; and 2) if the leptin and adiponectin can modulate its response in women with obesity.

**Methods:** Interdisciplinary therapy consisted of follow-up with an endocrinologist, nutritionist, and exercise physiologist, associated with health education by web-based weekly videos about exercise and nutrition to promote lifestyle changes (# 12semanas®) and support through Facebook®, Instagram® and WhatsApp®. This study can be approved by the Research Ethics Committee. Women with obesity (n = 32), aged  $31.06 \pm 4.70$  years and BMI of  $34.01 \pm 4.00$  kg/m<sup>2</sup> were selected. Body composition by electric bioimpedance and adiponectin, leptin by ELISA were performed. The metabolic syndrome screening was made by IDF criteria.

**Results:** At the beginning of therapy 21.8% of women with obesity present metabolic syndrome (MS) diagnosis which was reduced to 3%. In the delta comparison, MS group presented higher values for body weight, waist circumference, body fat, total cholesterol, and reduced HDL-c. Improvements were found in body composition and lipid profile in both analysed groups. In the MS group it was observed a reduction in the leptin concentration. Delta comparison finding a positive correlation between leptin/adiponectin ratio with waist circumference and HOMA-AD.

**Conclusion:** Clinical approach associated with health education was effective in reducing the MS prevalence mediated by leptin and adiponectin avoid the development of cardiovascular disease in women with obesity.



### Biography:

Professor Ana Dâmaso has completed her PhD in the Nutrition Sciences at the age of 35 years from Paulista Medicine School at the Federal University of São Paulo; and postdoctoral studies in Pediatrics Sciences from the same University. She is Brazilian Researcher of National Council on Scientific and Technological Development. She has published more than 100 papers in reputed journals and has been serving as an editorial board member of World Obesity Federation.

### Speaker Publications:

1. Dâmaso AR. Obesity. 2nd ed. Rio de Janeiro: Guanabara Koogan; 2009;
2. Dâmaso AR, de Piano A, Campos RMDS, Corgosinho FC, Siegfried W, Caranti DA, et al. Multidisciplinary approach to the treatment of an obese adolescent: effects on the cardiovascular risk factors, inflammatory profile, and neuroendocrine regulation of energy balance. *Int J Endocrinol* 2013;2013:1–9.

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