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Can a healthy lifestyle manage the incidence of metabolic syndrome?(The role of oxidative stress)

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Abstract

Metabolic syndrome (MetS) has recently become significantly more important, because of the exponential enhancement of obesity worldwide. Its prevalence is increasing worldwide. Its early diagnosis is very serious in order to apply lifestyle modifications and risk factors. The pathologic condition of MetS is the incorporation of inter-related described by insulin resistance, central obesity, hypertension, and atherogenic dyslipidemia. There are growing concerns and evidence that linked the individual components of MetS to the increasing prevalence of poor reproductive health in both the male and female communities. Insulin resistance, hyperlipidemia, and obesity as metabolic disorders can directly or indirectly affect the reproductive health and fertility in men and women by the disruption of hypothalamic–pituitary–gonadal axis functions. The aim of this study is to investigate the relationship between MetS and reproductive health through oxidative stress. Oxidative stress is missed in individual lifestyle, and therefore, the reformed lifestyle must be trained in the community, and also pregnant obese mothers must have been screened for the birth of children with metabolic syndrome so that it can be prevented.

Keywords: Healthy lifestyle, metabolic syndrome, oxidative stress, female reproductive system