

Health Resort Treatment of metabolic Syndrome in the Republic of Belarus

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The last decades are characterized by a significant increase in cases of metabolic syndrome in the world and in the Republic of Belarus.

Metabolic syndrome is considered one of the most actual problems of medicine. Its medical and social importance is due to the fact that patients with metabolic syndrome about 4 times the frequency of life-threatening cardiovascular diseases and diabetes mellitus.

Experts of the World Health Organization define it as "the pandemic of the twenty-first century". This is due to the wide spread of metabolic syndrome - up to 30% or more in the population.

Currently, metabolic syndrome is defined as a symptom complex that combines insulin resistance, abdominal obesity, hyperglycemia, hypertriglyceridemia, dyslipoproteinemia, arterial hypertension, linked in a single pathogenetic chain. The main link in the pathogenesis of metabolic syndrome is the insulin resistance associated with visceral obesity.

Pharmacological treatments do not yet have effective drugs that can be used to solve the problem of metabolic syndrome in the complex. Most often are used drugs to reduce cholesterol in the blood, blood pressure, appetite suppression in order to reduce body weight. However, it is known that various natural and preformed physical factors such as mineral water, mud-therapy, diet, massages and physical activity, can have a real modifying effect on the processes of hormonal regulation of metabolism.

The purpose of our study is to identify the role of resort factors in the treatment of this disorder.

All patients with metabolic syndrome receive diet recommendations.

Patients are explained that the minimum physical activity of moderate intensity should be 30 minutes daily: walking, including Nordic, mechanotherapy, swimming, hydrokinesotherapy, skiing, cycling.

Mineral water is used in the form of mineral drinking therapy and as a balneological factor - for baths.

The program of complex treatment of patients with metabolic syndrome also includes acupuncture.

Mud therapy and mud-bath correct the parameters of carbohydrate, lipid metabolism, reduces the severity of clinical manifestations of the disease.

The complex program of health resort treatment of metabolic syndrome also includes one of the types of massage (manual massage; underwater shower-massage or pneumocompression therapy), physiotherapy, herbal medicine, swimming pool and saunas 2 times a week. All patients with metabolic syndrome attend psychological programs to change eating behavior and increase motivation.

Conclusion. As a result of the clinical study of patients with metabolic syndrome receiving individual complex programs of health resort treatment, there is a tendency to reduce body weight, reduce waist circumference, reduce cholesterol and normalize blood pressure. To preserve the result of treatment, the lifestyle must be combined with a rational diet, optimal physical activity and using the methods of increased motivation.