



## Cholesterol and Cardio-Metabolic Disorders: Diagnosis and Treatment Options

Obinna Thomas\*

Department of General and Specialty Medicine, University of Turin, Turin, Italy

\*Corresponding author: Obinna Thomas, Department of General and Specialty Medicine, University of Turin, Turin, Italy; E-mail: obinna.th@ut.it

Received date: 21 February, 2023, Manuscript No. JCNM-23-92974;

Editor assigned date: 23 February, 2023, Pre QC No. JCNM-23-92974 (PQ);

Reviewed date: 07 March, 2023, QC No. JCNM-23-92974;

Revised date: 14 March, 2023, Manuscript No. JCNM-23-92974(R);

Published date: 24 March, 2023, DOI: 10.35841/jcnm.1000108

### Description

Cardio-metabolic disorders are a group of health conditions that are related to a person's metabolism and their risk of developing cardiovascular disease. These disorders typically involve a combination of problems with the way the body processes food, such as insulin resistance, high blood pressure, and dyslipidemia (abnormal levels of lipids in the blood).

### Examples of cardio-metabolic disorders include

**Diabetes:** A condition in which the body is unable to produce or use insulin properly, leading to high blood sugar levels.

**Metabolic syndrome:** A cluster of conditions that increase the risk of heart disease, stroke, and type 2 diabetes. This includes high blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels.

**Obesity:** A condition in which a person has excess body fat that can increase the risk of heart disease, stroke, and other health problems.

**Hypertension:** High blood pressure is a condition in which the force of the blood against the walls of the arteries is consistently too high, which can damage blood vessels and increase the risk of heart disease and stroke.

**Dyslipidemia:** Abnormal levels of cholesterol and other lipids in the blood, which can increase the risk of heart disease.

### Treatment for cardio-metabolic disorder

The treatment for cardio-metabolic disorders typically involves a combination of life-style changes and medication. The specific treatment plan will depend on the type and severity of the disorder, as well as other individual factors such as age, gender, and overall health status. Here are some common approaches to treating cardio-metabolic disorders:

**Lifestyle changes:** These include adopting a healthy diet that is low in saturated and trans fats, added sugars, and sodium, and high in fruits, vegetables, whole grains, lean protein, and healthy fats such as omega-3 fatty acids. Regular physical activity is also important, aiming for at least 150 minutes of moderate-intensity exercise per week. Quitting smoking is also essential for reducing the risk of cardio-metabolic disorders.

**Medications:** Depending on the specific disorder, medications may be prescribed to manage blood pressure, blood sugar, or cholesterol levels. For example, medications such as statins, fibrates, and bile acid sequestrants are commonly used to manage dyslipidemia, while medications such as metformin, insulin, and GLP-1 receptor agonists are used to manage diabetes.

**Weight management:** For people who are overweight or obese, weight loss can improve cardio-metabolic risk factors such as blood pressure, blood sugar, and cholesterol levels. A weight loss plan may involve calorie restriction, increased physical activity, and behavior modifications to promote healthy eating and lifestyle habits.

**Surgery:** In some cases, weight loss surgery may be recommended for people who are severely obese and have not been able to lose weight through other methods. Bariatric surgery can improve blood sugar, blood pressure, and cholesterol levels and reduce the risk of cardiovascular disease.

### Conclusion

These disorders are often linked to lifestyle factors such as poor diet, lack of physical activity, and smoking. Managing these risk factors through lifestyle changes and medication can help prevent or manage cardio-metabolic disorders and their associated health complications. It's important to work with a healthcare provider to develop an individualized treatment plan that addresses the specific needs of each person with cardio-metabolic disorders. Regular monitoring and follow-up appointments are also important to ensure that treatment is effective and adjustments can be made if necessary.

**Citation:** Thomas O (2023) Cholesterol and Cardio-Metabolic Disorders: Diagnosis and Treatment Options. J Clin Nutr Metab 7:1.