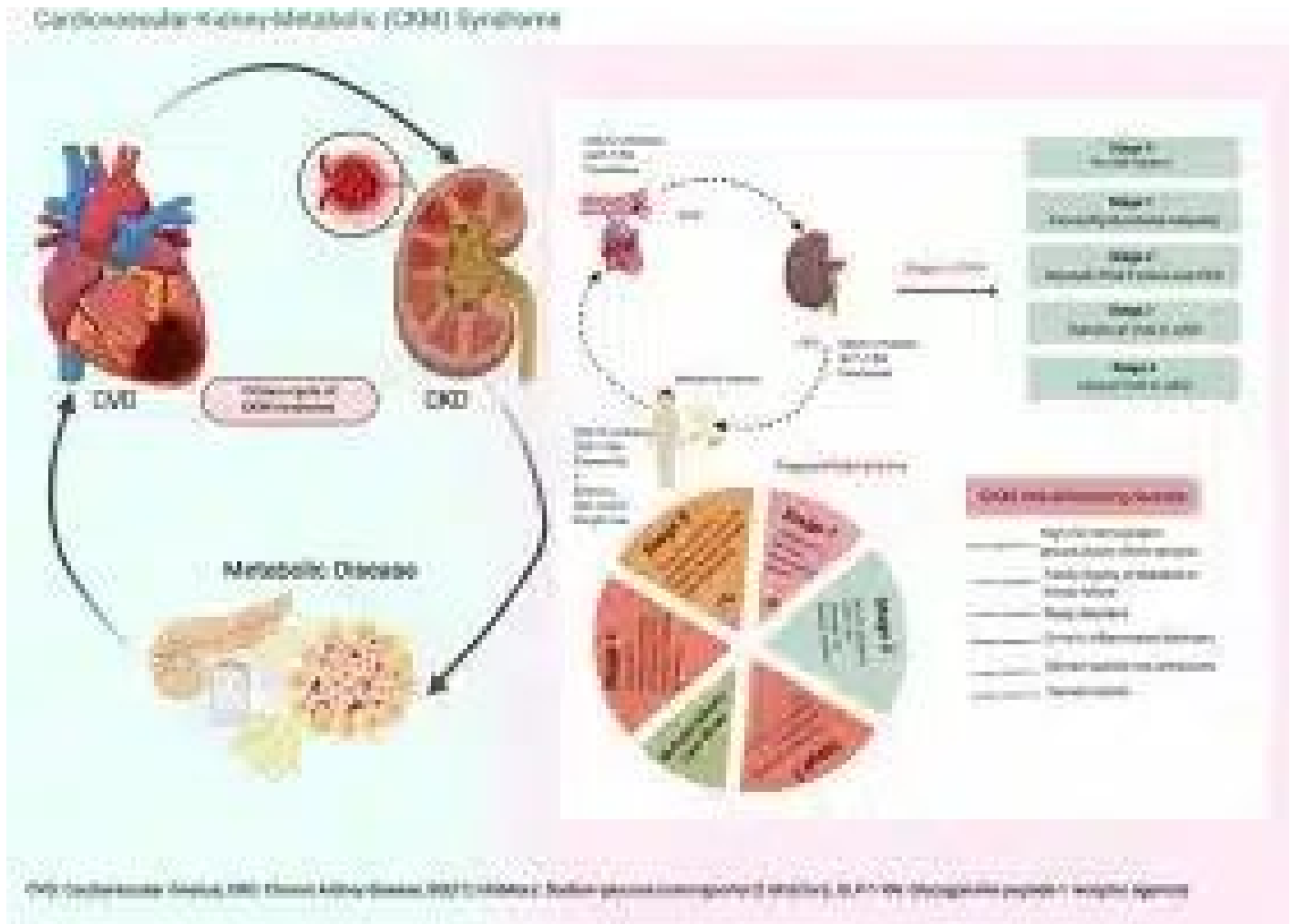


# Cardiovascular Kidney Metabolic Syndrome

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## About Cardiovascular Kidney Metabolic Syndrome:

- It is defined as a health disorder attributable to **connections among obesity, diabetes, chronic kidney disease (CKD), and cardiovascular disease (CVD)**, including heart failure, atrial fibrillation, coronary heart disease, stroke, and peripheral artery disease.
- Metabolic means getting energy from food. **Obesity and Type 2** diabetes are metabolic conditions. Each of the four conditions in CKM syndrome can lead to or worsen one another.
- Cause:**
  - Extra adipose tissue** (body fat) or body fat that's abnormal causes CKM syndrome.
  - This type of tissue releases substances that inflame and damage tissues in your heart, kidneys and arteries.
  - Inflammation makes insulin less effective. It also encourages plaque and kidney damage to develop.

- **Symptoms:** Chest pain, Shortness of breath, Syncope (passing out), Swelling in your legs, feet, hands or ankles etc.
  - **Treatment:** At an early stage, you may only need to **make some lifestyle changes**, like getting more physical activity. If you're at a middle stage, you may need to take medicines to manage blood pressure, cholesterol and blood sugar.
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## Q1: What is Diabetes?

It is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. It is a Non-Communicable Disease (NCD).

**News:** [The CKM syndrome as the price of modernity](#)

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