

8th Indo Global summit and Expo on
Vaccines, Therapeutics & Healthcare
November 02-04, 2015 HICC, Hyderabad, India

Case study on metabolic syndrome

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Metabolic syndrome is a cluster of at least three-five medical conditions like abdominal obesity, elevated blood pressure, elevated plasma glucose, high serum triglycerides and low HDL levels. In the present study, a 32 year old obese female patient presented to the emergency with complaints of fever, chills, rigor and nausea since 5 days. By our case study, we observed that she has a history of hypertension since 3 years and is on tablet Amlorin 5 mg, diabetes mellitus (type 2) since a year and on tablet Glycomet 500 mg. On investigating the patient's family, we came across an interesting point that she is an alcoholic since 5 years. On examination, the patient's blood pressure was 140/85 mmHg and Glucometer measured FBS and RBS values were 203 mg/dl and 246 mg/dl respectively. The liver enzymes were high and the blood work showed severe thrombocytopenia with high ESR (erythrocyte sedimentation rate). Lipid profile showed marked increase in the total cholesterol, LDL, VLDL and TG. Ultrasound of abdomen detected fatty liver. On detailed study the patient was diagnosed with metabolic syndrome with alcoholic and thrombocytopenia. She was given a therapy of antidiabetics (Tab-Glycomet, Inj. Human Actrapid), Antihypertensives (Tab Telma-40), Anti-hyperlipidemics (Rosuvastatin+Fenofibrate), analgesics, antibiotics, vitamins and mineral supplements. Caripill (a new ayurvedic drug approved by AYUSH in 2015) was mainly administered for thrombocytopenia. She was monitored on regular basis, an intense counselling was given to quit alcoholism and treated for its withdrawal. She was discharged with subsided symptoms and supplemented with essential drugs. Patient was advised to review regularly.

Biography

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