

INTERNAL MEDICINE

[in 8059413 ROLE OF PHYSICAL ACTIVITY IN HEALTH PROMOTION]

Course ID: MED/09

ECTS: 5

2nd Year: 1st semester

Teacher: PROF. TESAURO Manfredi

Objectives: The incidence of cardiovascular disease coronary heart disease and type 2 diabetes mellitus has been well defined in patients with the metabolic syndrome (at least 3 of the following: abdominal adiposity, low HDL cholesterol, high triglycerides, hypertension, and impaired fasting glucose).

Our goal is to study the underlying mechanisms of vascular and metabolic complications in obesity-related metabolic syndrome.

In this course the main objective will be to study the role of combined diet and physical activity in the prevention of cardiovascular diseases related to these clinical conditions.

Program:

Cardiovascular diseases

Atherosclerosis. Endothelial function

Adipokines/gut hormones and atherosclerosis

Hypertension.

Thyroid disorders

Obesity. Metabolic Syndrome, Insulin resistance.

Obesity, hyperinsulinemia and cancer

Hyperlipidemia, Type 2 Diabetes

Textbooks

Cecil Textbook of Medicine PDF reviews and papers PowerPoint presentations

Exam method: oral exam