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Cardiometabolic Syndrome Prevention: The Role of Dietary Approaches to Stop Hypertension (DASH), Reduced Salt Intake, and Physician Advice as a Lifestyle Change on Hypertension Patients in Adult

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Objectives: Cardiometabolic syndrome (CMS) is a combination of metabolic dysfunctions mainly characterized by insulin resistance, impaired glucose tolerance, hypertension, and central adiposity. Currently, around 25% of the world's adults are suffering from this syndrome. Hypertension accounts for a large percentage of deaths (12.8% of hypertension in 7.5 million deaths). Thus, hypertension needs to be controlled to reduce the enormous impact in the future and also to prevent CMS. Nowadays, lifestyle changes must be developed to control and reduce the level of drug dosage required to control hypertension. This study aims to identify the forms of lifestyle changes (e.i., DASH, reduced salt intake, and physician advice) that affect the reduction in hypertension in adults and CMS.

Methods: Articles from 2010-2021 were collected from an electronic database. Then eleven selected articles were reviewed to answer the purpose of this study. Selected articles are from reputable articles.

Results: Based on the literature study conducted, there is a high correlation between the various lifestyle modifications to the reduction in blood pressure. The first lifestyle change is The Dietary Approaches to Stop Hypertension (DASH). Three of the eleven studies conducted made DASH as a form of lifestyle changes that strongly supports the reduction in blood pressure. The DASH diet is low in total and saturated fat, red meat, sugar, sugary drinks, and refined carbohydrates, but high in fruits, vegetables, whole grains, fish, poultry, and low-fat dairy products. Another form of lifestyle change identified from literature searches is reduced salt intake. Physician advice (weight loss, exercise, medications) is another form of lifestyle change in individuals with diabetes were more likely to receive advice.

Conclusions: From the literature search conducted, there are three forms of lifestyle changes that are very significant in influencing the maintenance of blood pressure and CMS. The three things are DASH, Reduced salt intake, and physician advice.