

# EFFECTS OF LIFESTYLE MODIFICATION ON CARDIAC RISK FACTORS ASSOCIATED WITH METABOLIC SYNDROME: SYSTEMATIC REVIEW AND META-ANALYSIS

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The metabolic syndrome, also called insulin resistance syndrome or syndrome X, is a highrisk state for diabetes and cardiovascular disease. It has been identified as a target for lifestyle modification to reduce risk of cardiovascular disease; however, the effects of lifestyle modification are still uncertain.

To assess the effects of lifestyle modification such as diet and exercise on the cardiac risk factors associated with the metabolic syndrome in subjects with the metabolic syndrome, we conducted a systematic review of randomized clinical trials (RCT) and a meta-analysis. Overall estimates were examined using a fixed-effects model, a random-effects model, and Bayesian model with non-informative priors (MCMC).

In the analysis, since the definition of metabolic syndrome has been chronologically varied, special attention has been paid to reduce the effect of longitudinally different definitions of it. Details will be shown in the presentation.