

## An app for the early diagnosis of metabolic syndrome

**LOCATION:** Cordova

**DURATION:** 1'48"

**SUMMARY:** Metabolic syndrome is a disease which increases the likelihood of suffering from cardiac illnesses or diabetes and it affects 25% of the population, mostly men. It can be caused by obesity, a bad diet and sedentarism. A study conducted in Cordova allows to detect the illness early in future patients through an app.

### VTR:

Cordovan scientists have developed a way to quickly and noninvasively identify the named metabolic syndrome. A disease which increases the likelihood of suffering from cardiac illnesses or diabetes. Two years of work have led to an application which analyses body performance hoping to detect the illness early in future patients.

**FRANCISCO FUENTES**  
Reina Sofia Hospital Doctor

*"Metabolic syndrome has become a serious problem for our health system because its prevalence is, unfortunately, on the rise. We've managed to predict the likelihood of developing a metabolic syndrome without using any bloody, invasive or analytical methods."*

**MANUEL ROMERO**  
Cordoba Town Hall  
Occupational Nurse

*"Metabolic syndrome is a complex state of health which stands out because it groups various cardiovascular risk factors such as high blood pressure, obesity, high blood sugar, hdl cholesterol, which is good, low, and high triglyceride levels."*

A syndrome which currently a quarter of the population suffers from and which this application can detect through different variables.

**MANUEL VAQUERO**  
UCO Public Health Teacher

*"From the app we can check our arterial tension, we can measure our waist size, and with these two parameters, playing with probability, we can determine if someone is going to suffer from metabolic syndrome in the future."*

Although the study influenced the working population, the method can be applied to any health care context through this newly available app.

**MANUEL ROMERO**  
Cordoba Town Hall  
Occupational Nurse

*"It makes it easier to get results and the interpretation of the test, the trial, in any context, in any environment, now not just in primary healthcare or in occupational health, but also in hospitals, in prison health, colleges, schools, universities."*

This diagnostic method will be exported to other countries, and interest has already been shown from the United States.

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