Results of PriSMe, a French cohort study investigating multidisciplinary care on the one-year improvement of metabolic syndrome

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Methods

Among the 83 patients followed and analysed, 76.2% were female, the mean (SD) age was 61.2 years (9.4), and over half were retired (63.0%). The mean (SD) weight (35.3 kg) and waist circumference (102 cm) were 76.0 ± 9.7 kg and 88 ± 6.7 cm. The mean (SD) BMI was 32.5 ± 4.2 kg/m². Among the 63 patients followed and analysed, 76.2% were female, the mean (SD) age was 61.2 years (9.4), and over half were retired (63.0%). The mean (SD) weight (35.3 kg) and waist circumference (102 cm) were 76.0 ± 9.7 kg and 88 ± 6.7 cm. The mean (SD) BMI was 32.5 ± 4.2 kg/m².

Abstract

Background: The metabolic syndrome (MetS) is associated with a high risk of cardiovascular or metabolic diseases. Multidisciplinary management with lifestyle intervention of this syndrome consists of multidisciplinary intervention that includes nutritional, behavioural, physical, medical, and mental health care. A major intervention in specific thermal institutions (spa therapy) may be prescribed and reimbursed. This may favour the motivation for the initiation of such an intervention being to the context and the motivation of patients who undertake such treatment.

Objectives

The objective of the PriSMe study is to determine the maximal effect of multidisciplinary management initiated during spa therapy on metabolic syndrome at one year.

Results

Conclusions