

For the processing of my thesis I chose the topic "Impact of reduction weights on indicators of metabolic syndrome in obese individuals. " It is a broad topic, contains within itself issues weight loss and whole issue of metabolic syndrome X. The reduction in body weight and obesity ever been interested since his high school years, I, on behalf of the metabolic syndrome met to the study of medicine. For a long time I did not know how this syndrome grasp. Where it begins and where it ends? I knew the general obsolete Raevenově definition, also the mysterious names "deadly quartet" or "syndrome X" not corresponding but much of this syndrome. Awareness of the prevalence diseases and complications that patients have. During the study internal medicine, I saw how much it is discussed topic, and how severe the place occupies the field of internal medicine. To choose the topic of his thesis led me Thus, the desire to understand more about the etiology, pathogenetic relationship, complications and treating this syndrome.