



# Effective Health Care

## Cardiometabolic Protection in Metabolic Syndrome Nomination Summary Document

### Results of Topic Selection Process & Next Steps

- Cardiometabolic protection in metabolic syndrome does not fit within the domain of the Effective Health Care (EHC) Program because it addresses guideline development. No further activity will be undertaken on this topic by the EHC program.

### Topic Description

**Nominator:** Individual

**Nomination Summary:** This nomination is about global risk reduction guidelines for cardiometabolic protection in metabolic syndrome. The nominator is concerned about how metabolic syndrome is a major health problem and clinicians are eager to see a standard treatment guideline for cardioprotection. The nominator asserts that there must be a unified pathophysiological mechanism linking various aspects of metabolic syndrome on a molecular level and until this is discovered, clinical uncertainty will remain. The nominator wishes to see a panel of experts define the best strategy to treat metabolic syndrome based on mega trials, RCTs, etc.

**Key Questions from Nominator:**

1. What are the key player molecules in metabolic syndrome? Is it insulin resistance or obesity-related unknown molecular disturbances or does recombinant human adiponectin have potential future positive impacts on amelioration of insulin resistance and obesity of metabolic syndrome?
2. Can we achieve good results via treating separately every component of metabolic syndrome and how can we advocate innovative biomedical research to target harmful molecules thought to mediate metabolic syndrome (e.g., endothelins, cytokines, chemokins) or targeting misfolding of mitochondrial proteins or suggested erratic insulin production from beta cells?

### Considerations

- The topic does not meet EHC Program appropriateness criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)

- The nominator is interested in global risk reduction guidelines for cardiometabolic protection in metabolic syndrome. This topic does not fall within the domain of the EHC Program; however, it will be forwarded to the US Preventive Services Task Force (USPSTF) for their consideration.