

YOUR
HEALTH
COMES FIRST

METABOLIC SYNDROME CLINIC

At the Metabolic Syndrome Clinic, we treat patients dealing with obesity, diabetes, hypertension, and other chronic degenerative illnesses. Our main goal is to create awareness in our patients regarding how an unbalanced diet and bad food habits can affect our health. For doing so, we have certified specialists in various areas, such as Internal Medicine, General Medicine, Nutrition and Psychology, that work together as a team for the wellness of our patients.

Did you know that food habits, a sedentary lifestyle and genes are the detonating factors that increases the risk of developing Metabolic Syndrome?

This syndrome manifests itself when a person simultaneously presents insulin resistance, alterations in the sugar levels, arterial hypertension, obesity, high levels of triglycerides and low levels of high-density lipoproteins (good cholesterol).



How do we work with our patients?

In the Psychology area, we make sure the patients learn to identify and understand their ailing, since it is important for them to detect their emotions and keep up with their treatments with no inconvenience.

In the Nutrition area, we focus on the food habits of the patients and let them know what kind of foods are suitable for their condition and health. It is worth mentioning that each diet is personalized with all of the patients, since everyone is different.

