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Sommario/riassunto

The metabolic syndrome is characterised by the presence in a particular individual of a number of metabolic risk factors that combine to put that patient at an increased risk of coronary artery disease, stroke, and diabetes. In this ground-breaking work, leading authorities in the field explain current thinking on how these risk factors may be managed, singly and in combination, enabling clinicians to formulate treatment plans that achieve better health outcomes for their patients.