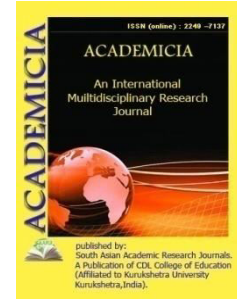




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ASSESSMENT OF THE METHODS OF THE STATE OF HYPERGLYCEMIA AT DIFFERENT BODY MASSES

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ABSTRACT

Abdominal obesity (and the closely related metabolic syndrome) is one of the most common diseases in the world. The urgency of the problem of the progression of abdominal obesity lies not only in its widespread prevalence, but also in the formation of a high risk of developing cardiovascular diseases and type 2 diabetes mellitus. The main reasons for the rapid development of obesity are considered high-calorie nutrition (which includes not only the quantity, but also the quality of food eaten), a sedentary lifestyle and a genetic predisposition. Until now, there has been a heated debate about methods for fast and high-quality weight loss.

KEYWORDS: *Metabolic Syndrome, Obesity, Diet.*

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