

THINK PINK! of a single campaign day promoting women metabolic diseases prevention

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Preventing metabolic diseases is of utmost importance: such diseases as obesity, type 2 diabetes, cardiovascular disease and metabolic syndrome, have reached epidemic proportions worldwide and pose significant health risks. They require long-term management and can lead to severe cardiovascular complications like heart disease, stroke, and kidney problems. By focusing on prevention, individuals can minimize the risk of developing these conditions and maintain better health. Furthermore these diseases place a substantial economic burden on healthcare systems, individuals, and society as a whole. The costs associated with medical treatments, hospitalizations, medications, and lost productivity due to these conditions are enormous. Early prevention efforts can interrupt or delay the progression of these diseases and help individuals maintain better health in the long run.

On June 15th 2023, as part of the "Benessere Rosa" campaign promoted by the General Manager of the AO Ospedali dei Colli in Naples, the "Misuriamoci la Vita" campaign day preventing metabolic disease was held, exclusively reserved to women. On that day 2 trained MD's internists (one performing nutritional asset and the other performing US liver scans) in association with a trained nurse, performed nutritional and Dismetabolico exams concerning patient anamnesis, measurement of anthropometric measurements such as BMI, waist-hip- ratio; all the women filled in the FINDRISC questionnaire to scan on the risk of

type 2 diabetes and a questionnaire on eating habits; subsequently liver US were performed to evaluate the degree of liver steatosis. A dysmetabolic and nutritional consultation was given to each woman beside a leaflet containing indications for correct nutritional habits and physical activities. We visited 62 women aged between 58+7 yrs, with a BMI 32+7kg/sm, w/h ratio 0.92+ 0.3 . The liver US scans showed the presence of steatosis in 63% of the people and more precisely, 12% of these had mild steatosis, 43% medium and 20% severe. 17 out of 62 (27%) were at high risk to develop type 2 diabetes mellitus. Great was the final satisfaction questionnaire of each of the participants who requested to be followed at the nutritional dysmetabolic clinic of the hospital; furthermore they complimented the initiative which they hope will be repeated in the future. Metabolic diseases are major public health concerns due to their high prevalence and associated complications. By adopting healthy behaviors, individuals can significantly reduce their chances of developing metabolic diseases. By prioritizing prevention, public health initiatives can help reduce the burden of these diseases on communities and improve overall population health. Strategies such as health education campaigns, community interventions, and policy changes can promote healthier lifestyles and create environments that support healthy choices.