

# **CURRICULUM / CONTENT**

## **The Scientific Osteopathic Approach To Patients With The Metabolic Syndrome**

### **1. Introduction**

### **2. Diagnostic Criteria**

### **3. Pathophysiology of the Metabolic Syndrome**

### **4. Neurohormonal Activation**

*4.1. Hypertension*

*4.2. Endocrine and Immune Properties of Adipocytes*

*4.3. Hypothalamic – Pituitary – Adrenal (HPA) Axis Activity*

*4.4. Cortisol*

### **5. Overview**

### **6. Genetic factors**

### **7. MetS Associated Conditions (Beside the Consequences of the MetS)**

*7.1. Polycystic Ovarian Syndrome*

*7.2. Perimenopause*

### **8. Treatment**

*8.1. Diet*

8.1.1. Diet and Fat

8.1.2. Microbiome

8.1.3. Fiber

*8.2. Chronic Stress Management*

*8.3. Osteopathic Approach*

8.3.1. The Digestive Tract

8.3.2. The Pancreas

8.3.3. The Liver

8.3.4. The Diaphragm

8.3.5. The Hypothalamus Region

8.3.6. The Upper Cervical Region

8.3.7. The Thoracic Region

### **Bibliography**

**ANNEX: The Perceived Stress Questionnaire (PSQ)**

**ANNEX: Depression Questionnaire (Patient Health Questionnaire (PHQ-9))**

### **Acknowledgment**