

(代謝 症候群) ( : metabolic syndrome) 2  
가 .  
(IR) 가 2 가 가 .  
1988 (Gerald Reaven)  
'X'(metabolic  
syndrome X), 'X '(syndrome X), '  
'(insulin resistance syndrome), '  
) . 1998 '(cardio-metabolic syndrome), '  
'(Reaven's syndrome), ' '(CHAOS,  
'(IR syndrome) ' '(

가, , 가 , (lipid metabolism) (痛風) .

(NCEP) .  
• : 102cm( 90cm), 88cm( 85cm)  
• 150mg/dℓ  
• : 40mg/dℓ, 50mg/dℓ  
• : 110mg/dℓ  
• : 130㎱Hg 85㎱Hg  
5가 가 3가 .

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Last update: **2020/11/29 14:09**

