

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE
REPUBLIC OF KAZAKHSTAN

MINISTRY OF HEALTHCARE OF THE REPUBLIC OF KAZAKHSTAN

KHOJA AKHMET YASSAWI INTERNATIONAL KAZAKH-TURKISH
UNIVERSITY

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**MODERN ASPECTS OF THE CONTROL OF METABOLIC
SYNDROME IN OUTPATIENT CONDITIONS**

Teaching manual

Turkestan
2025

UDC 616-036.22
LBC 51.9
N95

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N95 Modern aspects of the control of metabolic syndrome in outpatient conditions: Teaching manual // Nuskabayeva G.O. // Turkistan: Khoja Akhmet Yassawi International Kazakh-Turkish University, 2025. – 101 pages.

ISBN 978—601-339-452-7

The purpose of this manual is to present up-to-date information on metabolic syndrome, including its epidemiological features, pathogenesis, clinical manifestations, approaches to treatment and prevention. Special attention is given to issues of quality of life, treatment adherence, as well as the use of digital technologies and telemedicine in outpatient practice. The material presented may be useful for medical university students, general practitioners, internists, cardiologists, and endocrinologists, as well as for all specialists interested in the problem of metabolic syndrome and its impact on public health.

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Approved and permitted for publication in typographic form by the Senate of the Khoja Akhmet Yassawi International Kazakh-Turkish University (Protocol of the meeting №2 from 26.09.2025 year)

Approved and authorized for typographic publication by the RSE on REM “National Research center for Health Development named after Salidat Kairbekova” (No. __ dated “__” November 2025).

Recommended by the EMA of the REMC as a textbook for students in the “Healthcare” training program, Protocol No. __ dated “__” _____ 2025.

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ISBN 978—601-339-452-7