Reviewer's report

Title: Far from easy and accurate - metabolic syndrome detection by general practitioners

Version: 1 Date: 10 August 2009

Reviewer: Juan J Cabre

Reviewer's report:

First to comment that this is an article about a well-known theme but that supposes an innovative approach, and it is opportune and interesting for the primary care. In fact, more than 15 years has this concept of metabolic syndrome as a risk factor cluster useful theoretically to detect the patients with high cardiovascular risk.

This reviewer wants anyway to do some considerations:

. Major compulsory revisions: none
. Minor essential revisions: these minor errata can be modified in the text

Abstract, line 10: The GPs '
Page 3, line 9: The two most recent...
Page 5, line 1: Attend a health check...
Reference #19: D'Agostino RB
Table 2; Row 14: Triglycerides

. Discretionary Revisions:

The criteria set for diagnosis of metabolic syndrome has gotten modified, in the sense of adapting it to the clinical practice. This fact is justified according to the Finnish referred strategy (using Finnish Physician's Handbook, described since 1996). As the aforementioned reference only is available in Finnish, I think that writing a very brief abstract in English would be adequate for all the readers and a good clarification for the aim of the article.

Another key point is the statistical analysis. I think it can be improved by indicating confidence intervals for example.

The development of other parts of the article is appropriate. The high index of accomplished health checks attracts my attention (1180 checkups of health on 1208 individuals that answered the patient questionnaire). This figures were probably unusual in Spain and other European countries and, for example, in Spain is lacking a code that enables to registry the metabolic syndrome.

In fact, the metabolic syndrome is poorly detected by the family doctors. The low sensitivity, being a theme largely debated of late years, contrasts with the very
little number of patients being aware of this condition, so it seems that the
aforementioned concept is still little useful.
The conclusion is adequate although no make widespread, that this concept is
little useful in Finland.

**Level of interest:** An article whose findings are important to those with closely related research interests

**Quality of written English:** Acceptable

**Statistical review:** Yes, but I do not feel adequately qualified to assess the statistics.

**Declaration of competing interests:**

I declare that I have no competing interests