

Ambient Air and Noise Effect on Cardiovascular Health Risk and Lifestyle Intervention to Attenuate It (METSGREEN)

NCT07111208

Status	RECRUITING
Phase	Not Applicable
Sponsor	Regina Grazuleviciene
Enrollment	180 participants

Key Eligibility Criteria

Inclusion (5)

- Age 45-64 years
- Residence in Kaunas City
- Presence of metabolic disorder indicators (e.g., increased waist circumference and/or elevated blood pressure)
- Willingness to participate and provide written informed consent
- Agreement to wear a wristband sensor continuously for 7 days

Exclusion (6)

- Unstable angina or cardiomyopathy
- Blood pressure $\geq 160/110$ mmHg
- Neurological diseases or limited mobility
- Presence of a cardiac pacemaker
- Pregnancy
- ... and 1 more (see full listing online)

Locations (2 total)

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