

# METABOLIC SYNDROME

## *Metabolic Syndrome - What is it?*

- ◆ A clustering of **metabolic risk factors** that accelerate the onset of diabetes, heart disease, stroke and certain cancers.
- ◆ Also known as Syndrome X, cardiometabolic syndrome or dysmetabolic syndrome.

## *Facts About Heart Disease and Diabetes*

- ◆ Heart disease is the #1 cause of death in the United States.
- ◆ Diabetes increases the risk of heart disease.
- ◆ Diabetes and/or pre-diabetes affects 40% of American adults.
- ◆ Diabetes can also cause stroke, kidney disease, blindness, nerve damage, and amputations.

### *Good News*

**Metabolic risk factors can be reduced with healthy lifestyle behaviors.**

**Your doctor may be able to help you reduce risk factors with medical treatment.**

## **What Are The Risk Factors?**

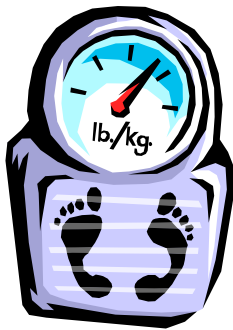
- ▶ **Elevated Waist Circumference** - Shaped like an apple  
Waist size over 40 inches in men  
35 inches in women
- ▶ **Triglycerides** over 150 mg/dl
- ▶ **Blood Pressure** at or above 130/85 mmHg
- ▶ **HDL cholesterol** less than 40 mg/dl (men)  
50 mg/dl (women)
- ▶ **Fasting blood sugar** at or above 100 mg/dl

**3 of these 5 risk factors = Metabolic Syndrome**

## **Persons Most Likely to Have These Risk Factors**

Family History of:

- ▶ Heart disease
- ▶ High Blood Pressure
- ▶ Diabetes



Overweight around the middle

Sedentary or Inactive

Over age 40

History of pre-diabetes or “borderline” diabetes

History of diabetes during pregnancy

Polycystic ovarian disease

## **How To Reduce Or Eliminate These Risk Factors**

- ▶ Regular Physical Activity - 5 times a week for 30 minutes
- ▶ Meal Planning - Healthy low-fat diet
- ▶ Medications - Control Lipids and Blood Pressure
- ▶ Weight Loss
- ▶ Stop Smoking
- ▶ Weight Management to achieve a healthy body weight

**U.P. Diabetes Outreach Network**  
*Strengthening Diabetes Care in Upper Michigan since 1985*  
(906) 228-9203  
[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)

