

Are Your Numbers Killing You?

What is Metabolic Syndrome?

Metabolic Syndrome, also called Syndrome X or Insulin Resistance Syndrome, refers to a combination of health risk factors that may include high blood pressure, elevated cholesterol levels, obesity and glucose intolerance. The underlying causes of Metabolic Syndrome are not fully understood, but researchers believe they may be caused by a combination of genetic makeup and lifestyle choices. This includes the types of food eaten and levels of physical activity. **People with Metabolic Syndrome are at an increased risk for developing heart disease, diabetes and stroke.**

Risk factors for Metabolic Syndrome:

- Waistline 40 inches plus for men or 35 inches plus for women?
- Triglyceride level above 150 mg/dl?
- Good cholesterol (HDL) less than 40 mg/dl for men or less than 50 mg/dl for women?
- Blood pressure 130/85 mmHg or higher?
- Blood sugar level greater than 100 mg/dl before eating?

If you have three or more of these risks, you are encouraged to talk with your doctor.

What Can You Do to Reduce or Eliminate Risks

Talk with your doctor about lifestyle changes:

- Decrease weight
- Increase your level of physical activity
- Eat healthy
- Lower your blood pressure
- Stop smoking



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Source: Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) – http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3_rpt.htm

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