

WHAT IS METABOLIC SYNDROME?



Metabolic Syndrome is a group of risk factors that markedly increases the risks of heart disease. You may have Metabolic Syndrome if you have three of the following 5 risk factors.

- Fasting blood glucose higher than 110 mg/dL
- Fasting triglyceride greater than 150 mg/dL
- Fasting HDL (good cholesterol) lower than 50 mg/dL
- Blood pressure greater than 130 over 80
- Waist circumference greater 35 inches (apple shape)

HOW WILL YOU KNOW IF YOU HAVE METABOLIC SYNDROME?

Your physician will review your medical and family history with you as well as review certain lab values. If you have results of recent blood tests, be sure to take them with you to your visit. Your physician may need to order tests, too.

WHAT CAN BE DONE TO REDUCE THE EFFECTS OF METABOLIC SYNDROME?

DIETARY GUIDELINES

The diet recommendations are similar to those from the American Heart Association and the National Cholesterol Education Program. The slight reduction in carbohydrates is replaced by more of the mono and polyunsaturated fats. The Metabolic Syndrome Diet recommendations are often referred to as the “Mediterranean Diet”.

PHYSICAL ACTIVITY RECOMMENDATIONS FOR HEALTH

The Surgeon General Report on Physical Activity and Health recommends that every American Adult should accumulate 30 minutes of more of moderate intensity physical activity over the course of most days of the week. Activities such as walking, gardening, or raking leaves may be done in 10 minutes sessions for a total of 30 minutes per day. You may find purchasing a pedometer to track your daily steps to be helpful to meet the recommended goal of 10,000 steps a day. Contact 800-732-1484 and ask to speak to the Marketing and Health Promotion Department for more information to purchase a pedometer.