



Understanding Metabolic Syndrome

Overview

Metabolic syndrome is a name given to a group of risk factors that makes your chance of having heart disease or diabetes higher. People with metabolic syndrome are two times more likely to have heart disease. They are five times as likely to have diabetes. Being overweight and doing little or no exercise may lead to insulin resistance. This means the insulin your body produces does not work the way it should. These things play a part in developing metabolic syndrome.

How does your doctor or health care provider know you may have metabolic syndrome?

Doctors may say you have metabolic syndrome when three or more of the following are found:

- Your blood pressure is equal to or higher than 130/85 mmHg (or you are on medicine to treat high blood pressure)
- Your fasting blood sugar is equal to or higher than 100 mg/dL. (A fasting blood sugar is when you have blood taken before you eat food or drink liquids - except water)
- You have a large waist. This is the measure around your belly,
 - Men - 40 inches or more
 - Women - 35 inches or more
- You have low HDL cholesterol (for men, under 40 mg/dL; for women, under 50 mg/dL) - this is the "good" cholesterol
- Your triglyceride numbers are equal to or higher than 150 mg/dL (or you are on medicine to treat high Triglycerides)

Treatment of metabolic syndrome

Losing weight, increasing your activity, eating more fruits, vegetables, fish and whole grain foods are things you can do to lower your risk.

Know your numbers. Work with your doctor or health care provider to check and lower your blood pressure, blood sugar and LDL cholesterol.

Together, you and your doctor or health care provider can make your health better and lower the risk of metabolic syndrome.

Lipid results- what your numbers should be:

- LDL cholesterol: 70 - 130 mg/dL (lower numbers are better)
- HDL cholesterol: greater than 40 - 60 mg/dL (higher numbers are better)
- Total cholesterol: less than 200 mg/dL (lower numbers are better)
- Triglycerides: 10 - 150 mg/dL (lower numbers are better)

Levels of blood pressure (BP) for adults age 18 years and older

BP Category	Systolic (mm Hg) (Upper BP number)		Diastolic (mm Hg) (Lower BP number)
Normal*	less than 120	and	less than 80
Prehypertension	120–139	or	80–89

Hypertension			
Stage 1	140–159	or	90–99
Stage 2	160 or higher	or	100 or higher

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By A11y Updated at 11:15 am, Mar 23, 2018