

About Metabolic Syndrome

What is Metabolic Syndrome?

Metabolic syndrome is a cluster of conditions that occur together, increasing your risk for heart disease, stroke and diabetes.

Having just one of these conditions contributes to your risk of serious disease. In combination, your risk is even greater.¹

- increased blood pressure
- elevated insulin levels
- excess body fat around the waist
- abnormal cholesterol levels in the blood
- higher than normal triglyceride levels in the blood

What are my risks for Metabolic Syndrome?

Your Sex: M F

Waist Circumference: _____ inches

Blood Pressure: _____ mm/Hg

Fasting Triglycerides: _____ mg/dl

Fasting Blood Glucose: _____ mg/dl

HDL Cholesterol: _____ mg/dl

What can I do to reduce my risk?

- **Lose weight.** A loss of at least 5 to 10 percent of your weight will help as a start (for instance a weight loss of 25 lbs for a person who weighs 250 lbs.)
- **Exercise** 30 to 60 minutes a day and aim for 3 to 5 days a week
- **Change your diet** to include foods low in saturated fats, lean protein, and lots of fruits and vegetables
- **Reduce your blood pressure** if high
- **Reduce your blood sugar** if high
- **Reduce your cholesterol** if high
- **Stop smoking**

This information provided is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.

¹ "What is Metabolic Syndrome?" National Heart Lung and Blood Institute http://www.nhlbi.nih.gov/health/dci/Diseases/ms/ms_what.html