

# Metabolic Syndrome

## What is metabolic syndrome?

Metabolic syndrome is a group of risk factors that block the action of insulin in our bodies. Metabolic syndrome may cause a person to get heart disease, stroke, circulation trouble or diabetes.

## Who has metabolic syndrome?

Talk with your doctor about metabolic syndrome if you have **3 or more of these** risk factors:

\_\_\_\_\_ **Waist** over 88 cm for women or over 102 cm for men or **obesity**

\_\_\_\_\_ **Glucose** over 2.3 mmol/L fasting or history of **diabetes**.

\_\_\_\_\_ **Blood pressure** over 129 systolic or over 84 diastolic or taking medication for **high blood pressure**.

\_\_\_\_\_ **Triglycerides** over 2.3 mmol/L fasting.

\_\_\_\_\_ **HDL-cholesterol** under 1.3 mmol/L for women or under 1 mmol/L for men.

## What can be done about metabolic syndrome?

To help people who might have metabolic syndrome, the American Heart Association recommends these steps for patients and their doctors:

- Regularly **check** weight, waist size, blood pressure, blood glucose and lipid profile.
- Keep body **weight** in a healthy range (BMI between 18.5 and 25).
- Increase physical **activity** to at least 30 minutes most days.
- Treat **diabetes** to guidelines.
- Treat **cholesterol** and **triglycerides** to guidelines.
- Treat **high blood pressure** to guidelines, keeping insulin effectiveness in mind.
- Discuss taking low-dose **aspirin** to prevent blood clots.

### For more information:

- Talk with your doctor.
- Check the American Heart Association website <http://www.americanheart.org/>