

METABOLIC SYNDROME

What is METABOLIC SYNDROME?

▶ It is a **CLUSTER OF RISK FACTORS** that can increase your risk of having:



HEART ATTACK



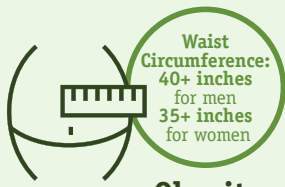
STROKE



TYPE 2 DIABETES

KNOW YOUR NUMBERS

People with metabolic syndrome have **AT LEAST 3 OF THE FOLLOWING:**



Waist Circumference:
40+ inches for men
35+ inches for women

Obesity



Greater than or equal to 150 mg/dL

HIGH Triglycerides



Less than 40 mg/dL for men
50 mg/dL for women

LOW HDL or "Good" Cholesterol



Greater than or equal to 100 mg/dL

HIGH Fasting Blood Glucose



Greater than or equal to 130 mmHg/
85 mmHg

HIGH Blood Pressure

How to PREVENT it

▶ The best ways to **PREVENT – EVEN REVERSE** – metabolic syndrome:



Commit to a regular exercise program

Lose weight



Eat better:

- Eat fewer simple carbohydrates
- Increase fiber
- Consume healthy fats



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit WMCHealthAPS.com/Heart