



CONTROLLING METABOLIC SYNDROME

Metabolic syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke and diabetes. The conditions — high blood pressure, high blood sugar, excess body fat around the waist, and unhealthy cholesterol levels — can combine to set the stage for serious health problems.

YOU CAN BE DIAGNOSED WITH METABOLIC SYNDROME IF YOU HAVE THREE OR MORE OF THE FOLLOWING:

- A waistline of 40 inches or more for men and 35 inches or more for women (measured across the belly)
- A blood pressure of 130/85 or higher, or if you are taking blood pressure medications
- A triglyceride level above 150 mg/dl
- A fasting blood glucose (sugar) level greater than 100 mg/dl, or if you are taking glucose-lowering medications
- A high-density lipoprotein level (HDL) less than 40 mg/dl (men) or under 50 mg/dl (women)

Having just one of these disorders doesn't mean you have metabolic syndrome, but any one of these conditions can increase your risk of serious disease. If more than one of these risk factors occur in combination, your chances of having serious health difficulties are even greater.

HOW COMMON IS METABOLIC SYNDROME?

Metabolic syndrome is becoming more and more common. Approximately 32 percent of the population in the U.S. has metabolic syndrome. Around 25 percent of adults in Europe and Latin America are estimated to have the condition, and rates are rising in developing East Asian countries.

The prevalence of metabolic syndrome increases with age, and about 40 percent of people over 60 are affected. But the good news is that it can be controlled, largely with changes to your lifestyle.

WHAT IS THE BEST WAY TO CONTROL METABOLIC SYNDROME?

Diet and exercise are key to controlling metabolic syndrome. The recommended approach is specific attention to nutrition and weight management, along with a structured fitness plan that includes consistent daily exercise. Your doctor can talk to you about what type and level of exercise is best for you.

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