

METABOLIC SYNDROME

What Is Metabolic Syndrome?

Metabolic syndrome is not a disease but a group of metabolic disorders. When a person has multiple risk factors, he/she may be diagnosed with metabolic syndrome. Persons with metabolic syndrome have a higher risk of developing heart disease, diabetes, and stroke.

Risk Factors for Metabolic Syndrome

Some risk factors include obesity, diabetes, physical inactivity, genetics and aging.

Diagnosis of Metabolic Syndrome

To be diagnosed with metabolic syndrome, a person has to have 3 or more of the following risk factors:

- Excess abdominal fat – waistline 40 inches or above for men (35 inches or above for Asian men), and 35 inches or above for women (31 inches or above for Asian women)
- High Triglyceride level – 150 mg/dL or above
- Low HDL cholesterol (good cholesterol) – 40 mg/dL or below for men, and 50 mg/dL or below for women
- High blood pressure – 130/85 mm Hg or above
- High fasting blood sugar – 100 mg/dL or above



Prevention and Treatment of Metabolic Syndrome

Metabolic syndrome is a serious condition but can be treated. You can greatly reduce your risks by making some lifestyle changes:

- Maintain a healthy weight: Follow your healthcare provider's instructions to lose extra weight.
- Increase your physical activity: Include at least 150 minutes of moderate intensity physical activity into your weekly routine. You can break up your exercise into a few short, 10-minute sessions throughout the day to reach your goal. Consult your healthcare provider or physical therapist for appropriate exercise.
- Eat a heart-healthy diet: include more whole grains, vegetables, fruits, low-fat or fat-free dairy products, lean meats and fish. Avoid processed food, (partially) hydrogenated vegetable oils, excessive salt and added sugar. Consult a registered dietitian for a more personalized diet.
- Quit smoking
- Work with your healthcare provider to monitor and manage blood glucose, blood cholesterol, and blood pressure.

For more information:

http://www.heart.org/HEARTORG/Conditions/More/MetabolicSyndrome/Metabolic-Syndrome_UCM_002080_SubHomePage.jsp# (English)

http://zh.heart.org/dheart/HEARTORG/Conditions/What-Is-Metabolic-Syndrome_UCM_308871_Article.jsp#.WEYUS_eQm6hc (Chinese)