

How to beat metabolic syndrome



Have you put on extra weight around the middle?
Are you eating too much, or finding it hard to stay active?

You may be at risk for metabolic syndrome, a group of conditions that can lead to heart disease, diabetes and stroke.

Do you have at least 3 of these signs?

Large waistline

Women: 35 inches or more
Men: 40 inches or more

High level of triglycerides*

(a type of fat found in the blood)
150 mg/dL or higher

Low levels of HDL cholesterol*

("good" cholesterol)
Men: Less than 40 mg/dL
Women: Less than 50 mg/dL

High blood pressure*

130/85 mm Hg or higher

High fasting blood sugar*

100 mg/dL or higher

See your doctor to learn if you have the signs of metabolic syndrome.

*If you need medicine for this condition, that is also a sign to watch for. Other signs include insulin resistance, family history, ethnicity and older age.



Ready to get healthy again?

1. Think about losing some weight.

Weight loss helps reduce all the risk factors for metabolic syndrome.

2. Focus on getting more active.

Regular exercise can help keep your heart and lungs healthy.

3. Consider eating a heart-healthy diet.

Eat plenty of fruits and veggies, whole grains, fat-free or low-fat dairy and protein foods.

4. Try to quit smoking.

Smoking can increase your risk for heart disease and stroke by 2 to 4 times.

5. Talk with your doctor.

If lifestyle changes aren't enough, your doctor may prescribe medicines that can help.



Sources:

What is Metabolic Syndrome? Retrieved February 24, 2015, from: <http://www.nhlbi.nih.gov/health/health-topics/topics/ms>
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