

# THE METABOLIC SYNDROME

## The “Not-So-Good News”

- 50 million Americans have the syndrome
- It increases your risk of heart disease, stroke, and diabetes
- Eighty percent (80%) of people with type 2 diabetes have this problem

You have the metabolic syndrome if you have any **THREE** of the following:

RISK FACTOR*	PROBLEM LEVEL
<b>Large waist (Stomach)</b>	Waist Size
Men	40 in. (>102 cm) or more
Women	35 in. (>88 cm) or more
<b>High Triglycerides</b>	150 mg/dL or higher
<b>Low HDL-C (Good Cholesterol)</b>	
Men	Less than 40 mg/dL
Women	Less than 50 mg/dL
<b>High Blood Pressure</b>	130/90 or higher
<b>Diabetes or Prediabetes</b>	126 mg/dL or higher (fasting) 100 to 125 mg/dL (fasting)

\*Also count as a risk factor if you are being treated for any of these conditions.

## The “Good News”

- Modest weight loss (15 pounds or 7% of your body weight)
  - Being active (30 minutes or more at least 5 days a week), and
  - Eating healthy foods in the right amounts at the right time
- all help to lower your waist size, blood pressure, blood sugar, and cholesterol.

Medicine can help, but it can't do it alone. To stay healthy and lower your risk for the metabolic syndrome:

1) Watch your weight, 2) Be active often, and 3) Eat healthy foods

Talk to your doctor or diabetes educator for more information.