McMinn Clinic

Metabolic Syndrome

What is Metabolic Syndrome? It is a complex syndrome of excessive weight (especially around the middle), inflammation, insulin resistance, increased blood sugar, hypertension, and lipid abnormalities (esp. high triglycerides and/or low HDL).

Consequences- this condition is pro-inflammatory, and results in insulin resistance, weight gain, pre-diabetes, pre-heart disease, pre-stroke, and mid-abdominal (visceral) obesity.

How to diagnose- There are 5 criteria for the diagnosis of Metabolic Syndrome.
If you have 3 out of 5 of the following criteria, then you have Metabolic Syndrome.

1. Abdominal Obesity
   - Waist circumference greater than 40" in men
   - Waist circumference greater than 35" in women
2. High Triglycerides- over 150 (some say 100)
3. Low HDL
   Less than 40 in men
   Less than 50 in women
4. High Blood Pressure- 130/85 or greater
5. High Fasting Blood Sugar- 100 or greater

The following conditions also suggest metabolic syndrome:

-Fasting insulin level greater than 10
-Elevated C-Reactive Protein
-Triglyceride/ HDL ratio > 4
-HB A1c > 5.5

Treatment Options for Metabolic Syndrome

-Low Glycemic Diet- low sugar, low carb, low processed food, high fiber.
-Exercise (2/3 cardio and 1/3 strength)
-Metformin (insulin sensitizer)
-Other natural insulin sensitizers such as berberine, chromium, or cinnamon.
-Testosterone may help in men.
-UltraMeal by Metagenics may help with insulin signaling.

Other possible helpful options: niacin, alpha lipoic acid, co-Q 10, bioflavonoids, omega 3 (fish oil), and thyroid optimization.

Important: *This handout provides educational information to support your wellness journey. It is not personalized medical advice. It is not intended to diagnose or treat any disease. Treatment should always be individualized. Please consult your healthcare provider before starting or stopping supplements, medications, or other therapies. Your doctor can help you determine what's right for your unique situation.*