

## What is METABOLIC SYNDROME?

► It is a **CLUSTER OF RISK FACTORS** that can increase your risk of having:



**HEART ATTACK**



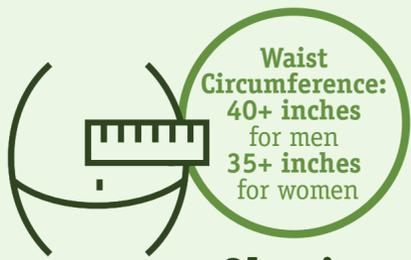
**STROKE**



**TYPE 2 DIABETES**

## KNOW YOUR NUMBERS

People with metabolic syndrome have **AT LEAST 3 OF THE FOLLOWING:**



Waist Circumference:  
40+ inches for men  
35+ inches for women

**Obesity**



Greater than or equal to 150 mg/dL

**HIGH Triglycerides**



Less than 40 mg/dL for men  
50 mg/dL for women

**LOW HDL or "Good" Cholesterol**



Greater than or equal to 100 mg/dL

**HIGH Fasting Blood Glucose**

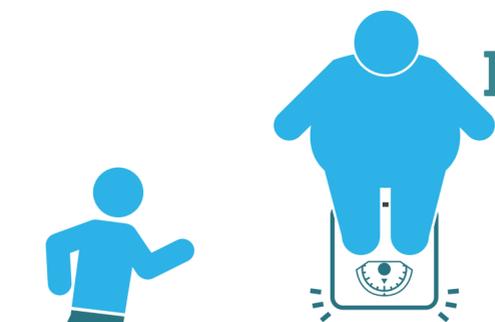


Greater than or equal to 130 mmHg/85 mmHg

**HIGH Blood Pressure**

## How to PREVENT it

► The best ways to **PREVENT – EVEN REVERSE** – metabolic syndrome:



**Lose weight**



**Commit to a regular exercise program**



**Eat better:**

- Eat fewer simple carbohydrates
- Increase fiber
- Consume healthy fats



Affects **1 OUT OF 3** adults in the U.S.

Becomes much more **COMMON AS WE AGE.** Nearly **HALF OF ADULTS 60+** years old have it.



**85% OF PEOPLE WITH DIABETES** have it.

It's closely linked to **OBESITY.**



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

► For more information, visit [CardioSmart.org/MetabolicSyndrome](http://CardioSmart.org/MetabolicSyndrome)