

# Do you have **Metabolic Syndrome?**

## Metabolic Risk Factors

You can have any one of these risk factors by itself, but they tend to occur together. You must have at least three of the following metabolic risk factors to be diagnosed with metabolic syndrome.

- **A large waistline.** A waist measurement of 35 inches or more for women or 40 inches or more for men is a metabolic risk factor.
- **A high triglyceride level** A triglyceride level of 150 mg/dL or higher (is a metabolic risk factor.
- **A low HDL cholesterol level** HDL sometimes is called "good" cholesterol. An HDL cholesterol level of less than 50 mg/dL for women and less than 40 mg/dL for men is a metabolic risk factor.
- **High blood pressure** A blood pressure of 130/85 mmHg or higher is a metabolic risk factor.
- **High fasting blood sugar** A fasting blood sugar greater than 100 mg/dL.(A1C5.6) is a risk factor.



Your risk for heart disease, diabetes, and stroke increases with the number of metabolic risk factors you have. *In general, a person who has metabolic syndrome is twice as likely to develop heart disease and five times as likely to develop diabetes as someone who doesn't have metabolic syndrome.*



*Having even one risk factor raises your risk for heart disease.*

Additional risks of having metabolic syndrome are closely linked to:

- **Lack of physical activity**
- **Insulin resistance**
- **Genetics**
- **Older age**

Your doctor will diagnose metabolic syndrome based on the results of a physical exam and blood tests.



**Lifestyle changes can prevent or delay metabolic syndrome. A healthy lifestyle is a lifelong commitment.**



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## Signs and symptoms

These risk factors can increase your risk for health problems even if they're only moderately raised (borderline-high risk factors).

Most of the metabolic risk factors have no signs or symptoms, although a large waistline is a visible sign. Symptoms of high blood sugar often include increased thirst; increased urination, especially at night; fatigue (tiredness); and blurred vision.

High blood pressure usually has no signs or symptoms. However, some people in the early stages of high blood pressure may have dull headaches, dizzy spells, or more nosebleeds than usual.

## Treatment:

Your doctor will recommend lifestyle changes or medicines to help reduce your blood pressure, LDL cholesterol, and blood sugar:

- 1) **Lose weight. The goal is to lose between 7% and 10% of your current weight.** You will probably need to eat 500 - 1,000 fewer calories per day. **The long-range target is to lower your body mass index (BMI) to less than 25.** BMI measures your weight in relation to your height and gives an estimate of your total body fat.
- 2) **Get 30 minutes of moderate intensity exercise, such as walking, 5 - 7 days per week.** Physical activity can help keep your heart and lungs healthy. The good news is that even modest amounts of physical activity are good for your health.
- 3) **Lower your cholesterol** using weight loss, exercise, and cholesterol lowering medicines, if needed.
- 4) **Lower your blood pressure** using weight loss, exercise, and medicine, if needed.
- 5) **People who smoke should quit.** Smoking can raise your risk for heart disease and heart attack. Talk with your doctor about programs and products that can help you quit smoking. Also, try to avoid secondhand smoke.

*Make realistic short- and long-term goals for yourself when you begin to make healthy lifestyle changes.*

Follow up with your doctor. Make sure to schedule routine doctor visits to keep track of your cholesterol, blood pressure, and blood sugar levels.

**Talk to your IHS  
or nurse for  
more information!**



### How Is Metabolic Syndrome Diagnosed?

Your doctor will diagnose metabolic syndrome based on the results of a physical exam and blood tests. You must have at least three of the five metabolic risk factors to be diagnosed with metabolic syndrome.