

# Care Gram

# Metabolic Syndrome

## What Is Metabolic Syndrome?

Metabolic syndrome is a group of traits and risk factors, which if not treated, can lead to stroke, type 2 diabetes, heart disease, fatty liver disease, and several cancers. Metabolic syndrome results from insulin resistance, a condition in which the body does not use insulin like it should, and abnormal fat tissue deposits and function.

You are more likely to develop metabolic syndrome if you have:

- Extra body fat in and around the stomach
- High triglycerides
- Low HDL cholesterol (good cholesterol)
- High blood pressure
- High blood sugar
- A family history of diabetes

Poor diet choices and a lack of exercise also increase your risk for metabolic syndrome.

## How Do I Know I Have Metabolic Syndrome?

You must have a least 3 of the 5 risk factors listed below to be diagnosed with metabolic syndrome.

- Waistline (measured across the belly)
  - Men – greater than 40 inches
  - Women – greater than 35 inches
- Fasting blood triglycerides greater than or equal to 150mg/dL
- Low Blood HDL (good cholesterol)
  - Men – less than 40mg/dL
  - Women – less than 50mg/dL
- Blood pressure greater than 140/90 (American Diabetes Association guidelines)
- Fasting glucose 100-125mg/dL (fasting glucose over 125 would diagnose diabetes)



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### How Is Metabolic Syndrome Treated?

Losing 5 to 10 percent of your body weight can help prevent metabolic syndrome. Exercising and eating a healthy reduced calorie diet can help you lose weight.

- Exercise 30 minutes a day, 5 times a week.
  - Choose exercise that will increase your heart rate, such as briskly walking.
  - Also include exercise to build muscle and strength. Muscle burns calories and will help you lose weight.
  - Always check with your doctor before starting any new exercise plan.
- Enjoy a healthy diet.
  - Include:
    - A variety of fruits and vegetables – make half your plate fruits and vegetables
    - Whole grains, such as whole wheat bread and brown rice – make at least half of your grains whole grain
    - Low-fat dairy foods
    - Lean meats and plant based proteins such as beans, nuts and seeds
    - Fish and seafood – aim for twice a week
    - Plenty of fluids (water is the best for your health)
  - Limit:
    - Alcohol
    - Added sugars, such as soda, candies, sugar, honey and other foods sweetened with sugar
    - Solid fat, such as butter, lard, animal fat, shortening, and stick margarine
    - Salt and foods high in sodium
    - Fried foods
- Stop smoking habits. Smoking may increase the “bad” cholesterol levels and insulin resistance. For help, contact a tobacco cessation counselor at (220) 564-7848 (QUIT).

### Follow-Up

- If you would like to know more about metabolic syndrome, contact your doctor or dietitian.
- A dietitian can help you develop a weight loss plan and healthy eating habits. Ask your doctor to refer you to a dietitian.