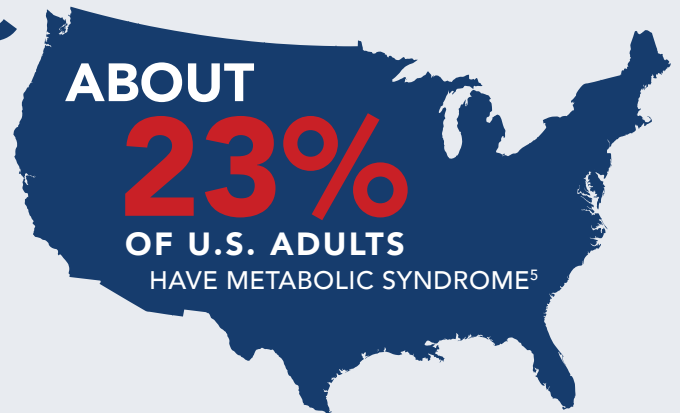


# METABOLIC **SYNDROME** AFFECTS YOUR HEALTH

## WHAT IS **METABOLIC SYNDROME?**<sup>1</sup>

a group of risk factors that raises your risk for:



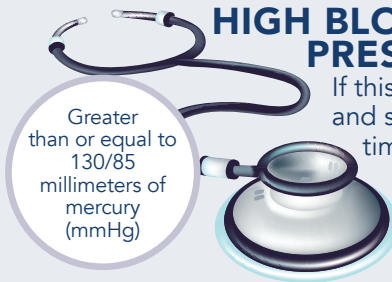
## METABOLIC **RISK FACTORS** You must have at least 3 metabolic risk factors to be diagnosed with metabolic syndrome<sup>2</sup>



### **OBESITY**<sup>1,2</sup>

Excess fat in the stomach area is a greater risk factor for heart disease

Waist circumference of 40+ inches in men, and 35+ inches in women



### **HIGH BLOOD PRESSURE**<sup>1,2</sup>

If this pressure rises and stays high over time, it can damage your heart and lead to plaque buildup

Greater than or equal to 130/85 millimeters of mercury (mmHg)



### **HIGH FASTING BLOOD SUGAR**<sup>1,2</sup>

Mildly high blood sugar may be an early sign of diabetes

Greater than or equal to 100 mg/dL



### **HIGH TRIGLYCERIDE LEVEL**<sup>1,2</sup>

Triglycerides are a type of fat found in the blood

Greater than or equal to 150 milligrams per deciliter of blood (mg/dL)



### **LOW HDL CHOLESTEROL LEVEL**<sup>1,2</sup>

HDL sometimes is called "good" cholesterol. A low HDL cholesterol level raises your risk for heart disease

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

## **PREVENTION**<sup>3,4</sup>



#### REFERENCES:

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