How to beat metabolic syndrome

Have you put on extra weight around the middle? Are you eating too much, or finding it hard to stay active? **You may be at risk for metabolic syndrome**, a group of conditions that can lead to heart disease, diabetes and stroke.

Do you have at least 3 of these signs?

**Large waistline**
Women: 35 inches or more  
Men: 40 inches or more

**High level of triglycerides**
(a type of fat found in the blood)
150 mg/dL or higher

**Low levels of HDL cholesterol**
(“good” cholesterol)
Men: Less than 40 mg/dL  
Women: Less than 50 mg/dL

**High blood pressure**
130/85 mm Hg or higher

**High fasting blood sugar**
100 mg/dL or higher

See your doctor to learn if you have the signs of metabolic syndrome.

*If you need medicine for this condition, that is also a sign to watch for. Other signs include insulin resistance, family history, ethnicity and older age.

Ready to get healthy again?

1. **Think about losing some weight.**  
   Weight loss helps reduce all the risk factors for metabolic syndrome.

2. **Focus on getting more active.**  
   Regular exercise can help keep your heart and lungs healthy.

3. **Consider eating a heart-healthy diet.**
   Eat plenty of fruits and veggies, whole grains, fat-free or low-fat dairy and protein foods.

4. **Try to quit smoking.**
   Smoking can increase your risk for heart disease and stroke by 2 to 4 times.

5. **Talk with your doctor.**
   If lifestyle changes aren’t enough, your doctor may prescribe medicines that can help.

Sources:
What is Metabolic Syndrome? Retrieved February 24, 2015, from: http://www.nhlbi.nih.gov/health/health-topics/topics/ms