

Transcript

Metabolic syndrome is a silent, but life-threatening condition because it can lead to heart disease, a heart attack or stroke, diabetes, circulatory problems, and kidney disease. All of which can have extremely serious complications. In fact, if you have metabolic syndrome you have two times the risk of developing one or more of these conditions.

Having metabolic syndrome means you have several risk factors for cardiovascular disease. Having these risk factors at the same time, especially if they are unmanaged, can damage your blood vessels anywhere in your vascular system. This damage is what leads to heart attack, stroke, and other circulation problems.

The good news is that metabolic syndrome can be treated and even prevented. The first step is to know if you have it.

There are five major risk factors for metabolic syndrome. Obesity, which is defined as a waistline of 40 inches or more for men, and 35 inches or more for women. This is the most common one. High blood pressure, which is blood pressure of 130 over 85 millimeters of mercury, or higher. A high triglyceride level of 150 milligrams per deciliter, or above. A high fasting blood glucose level of 100 milligrams per deciliter, or above. And a low high density lipoprotein, or HDL level, below 40 milligrams per deciliter for men, or below 50 milligrams per deciliter for women. Metabolic syndrome occurs when you have three, any three, of these risk factors.

The number of people who have metabolic syndrome is rising. Know your risk factors and make a plan with your healthcare provider to manage them. This plan will include lifestyle changes. The good news is that the lifestyle changes that help manage one risk factor help manage them all.

Making healthy food choices, exercising, losing weight, and taking medications, if needed, all lead to big health rewards. Making these changes isn't easy. It's natural to feel overwhelmed. Make one change at a time and build on each success.

Don't ignore your health. Take charge of it!