

Metabolic Syndrome

What is Metabolic Syndrome?

Metabolic syndrome is a group of conditions occurring together that greatly increase your risk of cardiovascular disease, obesity and diabetes. You can be diagnosed with metabolic syndrome if **three or more** of the following risk factors are present.

RISK FACTOR:	MEASURE:
Elevated waist circumference	Men \geq 102 cm Women \geq 88 cm
Elevated triglycerides	\geq 1.7 mmol/L
Reduced HDL Cholesterol	Men $<$ 1 mmol/L Women $<$ 1.3 mmol/L
Elevated Blood Pressure	Systolic Blood Pressure \geq 130 mmHg and/or Diastolic \geq 85 mmHg
Elevated Fasting Glucose	\geq 5.6 mmol/L

What causes Metabolic Syndrome?

Insulin Resistance:

Can be genetic or lifestyle related. Insulin regulates your body's blood glucose by allowing the glucose in your blood stream to be absorbed into muscles and organs and used as fuel. People who are insulin resistant do not respond well to a rise in blood glucose and therefore have elevated blood glucose levels, putting them at a greater risk of health complications such as Obesity and Diabetes

Lifestyle Factors:

A sedentary lifestyle accompanied by a poor diet can lead to many health complications including Metabolic Syndrome. Regular exercise is important in regulating blood glucose, triglyceride levels and a healthy weight circumference.

What can you do?

Consult your GP if you have any queries about your current health status. Maintaining a healthy lifestyle and diet are the two most important factors when combating Metabolic Syndrome.

Changes in diet:

Enjoy a wide variety of nutritious foods, including;

- Fruit and vegetable, wholegrain cereals, breads and pasta
- Lean meat and fish
- Low fat dairy products
- Limit foods with added salt and/or sugar
- Limit alcohol



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