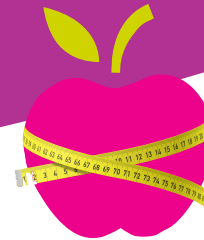


# How to beat metabolic syndrome



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>  
Metabolic Syndrome: Topic Overview. Retrieved February 24, 2015, from: <https://www.myactivehealth.com/hwcontent/content/special/tm6339spec.html#tp21221>