



# METABOLIC SYNDROME

Metabolic syndrome is a group of conditions that together raise your risk of developing heart disease, diabetes, stroke, and other serious health conditions. Metabolic syndrome is diagnosed when someone has **3 or more** of the following risk factors:

- **Abdominal obesity** (waist circumference >35in. for women or >40in. for men)
- **High blood pressure** ( $\geq 130/80$  mm Hg)
- **High fasting glucose** ( $\geq 100$  mg/dL)
- **High triglyceride levels** ( $>150$  mg/dL)
- **Low HDL levels** ( $<50$  mg/dL for women or  $<40$  mg/dL for men)

Underlying causes of metabolic syndrome include some unchangeable factors—such as genetics and age—but also many factors that can be managed or even eliminated with lifestyle changes. You can significantly reduce your risks by losing weight, increasing physical activity, eating a heart-healthy diet, avoiding tobacco, limiting alcohol, and working with your healthcare team to manage your blood glucose, cholesterol, and blood pressure. Learn more at [TotalHealth.cat.com](https://TotalHealth.cat.com)!