

Metabolic syndrome



If you have 3 of the 5 traits listed below, you may be at risk for metabolic syndrome:

- ✓ Waist circumference more than 35 inches for a female, 40 inches for a male.
- ✓ Triglycerides more than 150
- ✓ HDL cholesterol less than 50 for a female, less than 40 for a male.
- ✓ Blood pressure higher than 140/90
- ✓ Blood sugar fasting (haven't eaten for 8 plus hours) over 100, or blood sugar over 140 at any time



Metabolic Syndrome leads to insulin resistance, which means that your body does not use insulin the way it should, and may result in you becoming diabetic. Insulin resistance causes blood vessel damage and inflammation. It can be measured by

Triglycerides divided by HDL

If this number is higher than 3.5 it indicates insulin resistance.



Damaged and inflamed blood vessels can lead to stroke and or heart attack.



Not everyone who is overweight has metabolic syndrome or insulin resistance.



Exercise and weight loss are the most effective ways to prevent or reverse metabolic syndrome, even more effective than medication.



Weight loss of 5 to 7 percent of your total weight (e.g., 10-14 pounds for a 200 pound person) can be enough to reverse metabolic syndrome.



The way to lose weight is to burn more calories than you consume. To do that:

Exercise: Increase the time you spend doing something you enjoy, such as walking, biking, dancing, gardening, etc. Work up to at least 150 minutes per week.

Diet: Incorporate the suggestions made by Mollie Katzen to:

Say yes to:

Vegetables

Fruits

Whole grains

Nuts

Beans and Legumes

Reduce: Saturated fat (animal fat and some other fats)

Say no to:

Trans fats (look at labels to identify them)