Metabolic Syndrome

Presented by Valery Peters, RN-BSN
Metabolic Syndrome

- Hypertension >130/85 mmHg
- Impaired Fasting Glucose >100 mg/dL
- HDL – Cholesterol <40 mg/dL males <50 mg/dL females
- Triglycerides >150 mg/dL
- Abdominal Obesity Waist > 40” Males Waist > 35” females
How is it diagnosed, and am I at risk?

- A person with 3 to 5 risk factors has metabolic syndrome
  - See your primary care physician (PCP) to have lab work to test your blood sugar, cholesterol and triglycerides
  - Get an annual physical
- Meeting any 3 of the 5 criteria also places you at risk for:
  - Diabetes
  - Heart disease
  - High blood pressure
  - Stroke
How common is it?
What can I do to prevent or manage Metabolic Syndrome?
Exercise

- U.S. Surgeon General’s report recommends most people get $\geq 30$ min. of moderate-intensity activity on most days of the week.

- **Resistance training** can reduce insulin sensitivity for longer periods of time than cardiovascular exercise alone.
Healthy Diet

• Fill up on fresh fruits, vegetables, whole grains, lean protein and dairy.
• Limit salt intake and saturated fats.
• Avoid skipping meals and fad diets.
• Making changes over time helps these changes become routine.
Weight Loss

Know your BMI

• Healthy weight range
  • 18.5-24.9% BMI

• Overweight
  • 25-29.9% BMI

• Obese
  • >30% BMI

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\text{BMI} = 703 \times \frac{\text{weight (lbs)}}{\text{height (in)}}
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Effect of Weight Loss

• By losing 7% of your body weight, you can lower your risk of developing diabetes by 58%.

• When we lose weight, we feel better, making us:
  • Exercise more
  • Continue eating foods that give us energy and support our weight loss goals
  • Less depressed and better overall mood
  • More productive
  • Get better sleep
Kick the Habit

• Every smoker is different, so finding what works for you is important.
• Make an appointment with your doctor to discuss ways you can quit smoking.
• Many health plans include stop-smoking aids with a $0 co-pay at your pharmacy, if it is prescribed by your doctor.
  • Group, individual and phone counseling is also included in most health plans.
Sleep

- Sleep deprivation – increased body mass, glucose intolerance, and higher blood pressure.
- Many adults get fewer than 6 hours of sleep per night.
- Adults should get between 7 and 9 hours of sleep every night.
Primary Care Physician

- Even if you have already had a health screening at work, it is always good to be seen by a physician at least once a year for a full physical.

- If you do not have a primary care physician, I can help you find one.
Medication

Abnormal Fasting Glucose
- Metformin – recommended for treatment of some individuals at very high risk of developing type 2 diabetes.

Elevated Blood Pressure
- ACE inhibitors:
  - Lisinopril, Enalapril, Benazepril
- ARBs:
  - Benicar, Diovan, Avapro

Elevated Cholesterol
- Statin Therapy:
  - Crestor, Lipitor, Zocor, Pravachol
- Non-Statin Therapy:
  - Niacin, Fenofibrate, Gemfibrozil
Let’s Review…
Metabolic Syndrome

- Can lead to other serious health conditions if it goes untreated or undiagnosed
- Can be prevented and managed by making important lifestyle changes, such as:
  - Exercise
  - Healthy Diet
  - Weight Loss
  - Quitting Smoking
  - Adequate Sleep
- Find out if you are at risk by seeing your primary care physician
- In some cases, medications are necessary for treatment.
Know your numbers

- Weight and BMI
- Important Lab Work
  - If you have lab work that is out of range, ask your doctor what to do to get it back to normal.
- Keep a log of daily exercise and caloric intake
Link Up

• Find friends or family that will support you in making healthy lifestyle changes.

• Studies show that having an exercise buddy will keep you motivated longer.

• Having people that can keep you accountable will help you make real changes that become good habits.
Questions?