

# WHAT IS METABOLIC SYNDROME?

A GROUP OF CONDITIONS THAT CAN LEAD TO:



HEART DISEASE



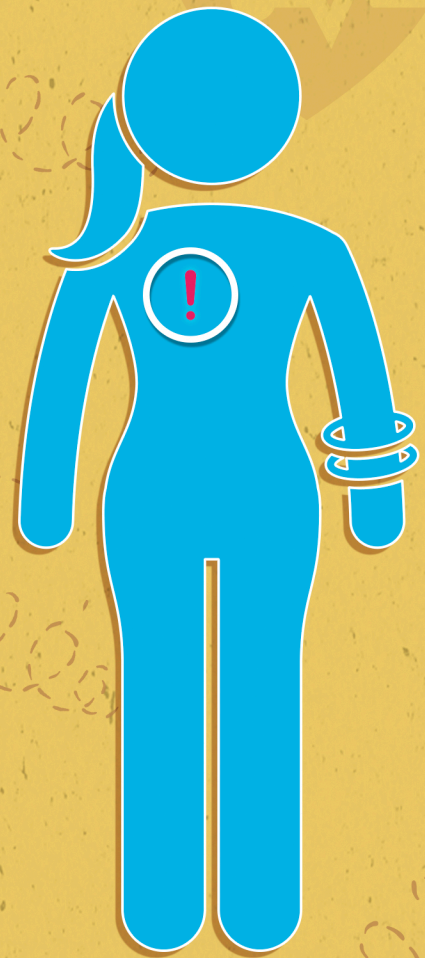
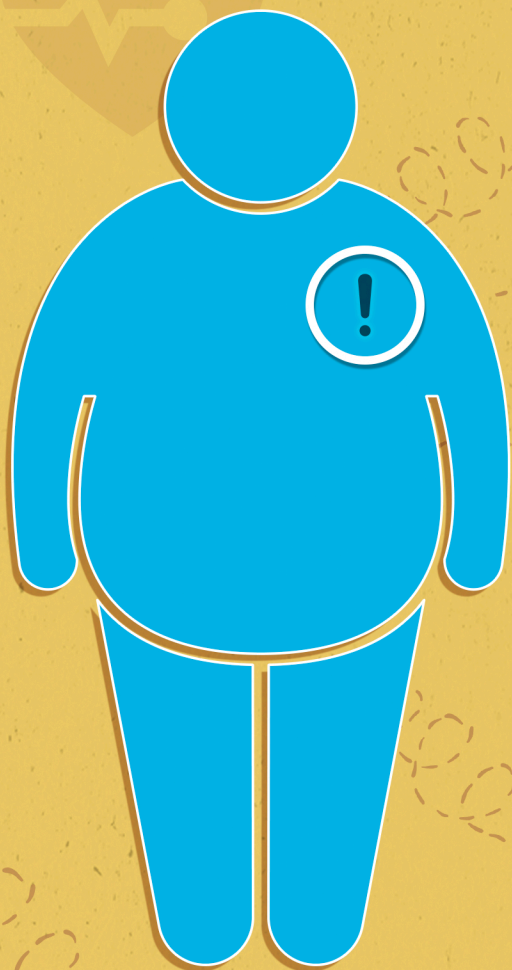
STROKE



DIABETES

AND OTHER SERIOUS HEALTH PROBLEMS

YOU HAVE METABOLIC SYNDROME IF YOU HAVE 3 OR MORE OF THESE CONDITIONS:



**HIGH BLOOD PRESSURE:**  
130/85 mmHg or higher



**HIGH BLOOD SUGAR:**  
100 mg/dL or higher



**HIGH TRIGLYCERIDES:**  
150 mg/dL or higher



**LOW HDL CHOLESTEROL (THE "GOOD" KIND):**  
Less than 40 mg/dL for men;  
50 mg/dL for women



**LARGE WAIST:**  
Greater than 40 inches for men;  
35 inches for women



PEOPLE WITH ANY BODY TYPE COULD HAVE METABOLIC SYNDROME.

## WARNING!



Most of the conditions in metabolic syndrome have **no clear symptoms**.  
You may not even know you have them.



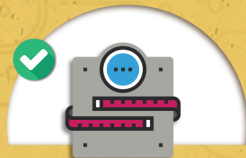
Get your cholesterol, blood sugar, triglycerides, and blood pressure **checked often**.  
Even if you take meds to control these conditions, you may still be at risk.



Your risk for metabolic syndrome may be higher depending on your age, race, sex, **family history**, and **everyday habits**. Talk to your doctor about your risk.

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## HOW TO LOWER YOUR RISK:



**LOSE WEIGHT IF YOU NEED TO**



**EXERCISE MOST DAYS**



**EAT A HEART-HEALTHY DIET**



**MANAGE STRESS**



**SEE YOUR DOCTOR REGULARLY**



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