

METABOLIC SYNDROME

Metabolic syndrome is a cluster of conditions — increased blood pressure, elevated insulin levels, excess body fat around the waist or abnormal cholesterol levels — that occur together, increasing your risk of heart disease, stroke and diabetes.

Having just one of these conditions isn't diagnosed as metabolic syndrome, but it does contribute to your risk of serious disease. If more than one of these conditions occur in combination, your risk is even greater.

If you have metabolic syndrome or any of the components of metabolic syndrome, aggressive lifestyle changes can delay or even prevent the development of serious health problems.

Symptoms Include:

Having metabolic syndrome means you have three or more disorders related to your metabolism at the same time, including:

- Obesity, particularly around your waist (having an “apple shape”)
- A systolic (top number) blood pressure measurement higher than 120 millimeters of mercury (mm Hg) or a diastolic (bottom number) blood pressure measurement higher than 80 mm Hg
- An elevated level of the blood fat called triglycerides and a low level of high-density lipoprotein (HDL) cholesterol — the “good” cholesterol
- Resistance to insulin, a hormone that helps to regulate the amount of sugar in your body

Having one component of metabolic syndrome means you're more likely to have others. And the more components you have, the greater are the risks to your health.

Would you like to make changes to IMPROVE your health?

Contact a FirstLine Therapy Representative at Comprehensive Center for Women's Medicine. Take the first step to improving your health and your quality of life.

Comprehensive Center for Women's Medicine

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