METABOLIC SYNDROME

Increases risk of

Heart disease
Stroke
Type 2 diabetes

Approx. 1 out of 3 of Americans have metabolic syndrome

METABOLIC SYNDROME IS BECOMING INCREDIBLY COMMON AMONG THE US POPULATION

PEOPLE WITH CENTRAL OBESITY ARE AT RISK

In men who have a waist circumference > 40 in
People at old age and of Mexican descent are at the highest risk
In women who have a waist circumference > 35 in

OTHER RISK FACTORS

Diabetes
Obesity
Smoking
Physical Inactivity
Inflammatory diseases

PEOPLE WITH METABOLIC SYNDROME ARE

twice as likely to develop heart disease

AND ARE

five times more likely to develop diabetes

Treatment Methods

EXERCISE DAILY FOR 30-60 MINUTES
EATING HEALTHY
HEALTHY LIFESTYLE AND ROUTINE CHECKUPS WITH DOCTORS