



What is Metabolic Syndrome?

Metabolic syndrome is the name given to a group of risk factors that makes your chance higher for having heart disease, diabetes and stroke. This is not an actual disease, but a condition with symptoms that can be life changing. Know what to look for. Understand the importance of a healthy lifestyle. Make positive lifestyle choices now. Lower your risk for disease.

Metabolic Syndrome Risk Factors

If you have at least three of the five risk factors, you are considered to have metabolic syndrome.

Blood Pressure

130/85mmHg or above

Waist Size

Large Waist Men:

Greater than 40 inches

Large Waist Women:

Greater than 35 inches

Blood Sugar Level

Fasting Blood Sugar:

Levels greater than 100mg/dL

Triglycerides Level

Greater than 150mg/dL

HDL (High Density Lipoproteins)

Low HDL (Good

Cholesterol) Men:

Less than 40mg/dL

Low HDL (Good

Cholesterol) Women:

Less than 50mg/dL

Please note: If you are taking medicine to keep any of these risk factors at normal levels, you still have the risk factor. For example, if your blood pressure levels are normal, but you take medicine for high blood pressure, you still have high blood pressure.

Talk with your health care provider

Ask about any risk factors you might have. Your health care provider will be able to give you advice on test results, medicines and lifestyle changes that would be helpful.

Getting a yearly physical exam is also very important. It can help find any risk factors you might have. Know your family history. Many of the risk factors discussed earlier are genetic. This can increase your risk for metabolic syndrome. Inherited conditions can be very hard to reverse once you have them.

To learn more about Metabolic Syndrome visit UniveraHealthcare.com or contact our Member Care Management team between 8:00 a.m. and 5:00 p.m. EST at 1 (877) 222-1240 (TTY: 711).

This information does not replace the advice or recommendations of your health care provider.

What affects risk factors:



Family History



Lack of Exercise



Poor Nutrition



Growing Older



Smoking



Right here. For you.

Source:

American Heart Association <http://www.heart.org/en/health-topics/metabolic-syndrome>

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

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