



ARNOLD PALMER HOSPITAL
For Children
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Dysmetabolic syndrome is a cluster of conditions — increased blood pressure, a high blood sugar level, excess body fat around the waist and abnormal cholesterol levels — that occur together, increasing your risk of heart disease, stroke and diabetes.

Symptoms

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

- **Obesity**, with your body fat concentrated around your waist (having an "apple shape"). For a metabolic syndrome diagnosis, obesity is defined by having a waist circumference of 40 inches (102 centimeters or cm) or more for men and 35 inches (89 cm) or more for women, although waist circumference cutoff points can vary by race.
- **Increased blood pressure**, meaning a systolic (top number) blood pressure measurement of 130 millimeters of mercury (mm Hg) or more or a diastolic (bottom number) blood pressure measurement of 85 mm Hg or more.
- **High blood sugar level**, with a fasting blood glucose test result of 100 milligrams per deciliter (mg/dL), or 5.6 millimoles per liter (mmol/L), or more.
- **High cholesterol**, with a level of the blood fat called triglycerides of 150 mg/dL (1.7 mmol/L) or more and a level of high-density lipoprotein (HDL) cholesterol — the "good" cholesterol — of less than 40 mg/dL (1.04 mmol/L) for men or less than 50 mg/dL (1.3 mmol/L) for women.
- 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.

Treatments and drugs

Tackling one of the risk factors of metabolic syndrome is tough — taking on all of them might seem overwhelming. But aggressive lifestyle changes and, in some cases, medication can improve all of metabolic syndrome components. Getting more physical activity, losing weight and quitting smoking help reduce blood pressure and improve cholesterol and blood sugar levels. These changes are key to reducing your risk.

- **Exercise.** Doctors recommend getting 30 or more minutes of moderate-intensity exercise, such as brisk walking, every day.
- **Lose weight.** Losing as little as 5 to 10 percent of your body weight can reduce insulin levels and blood pressure and decrease your risk of diabetes.
- **Eat healthy.** The Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet, like many healthy-eating plans, limit unhealthy fats and emphasize fruits, vegetables, fish and whole grains. Both of these dietary approaches have been found to offer important health benefits — in addition to weight loss — for people who have components of metabolic syndrome. Ask your doctor for guidance before starting a new eating plan.
- **Stop smoking.** Smoking cigarettes increases insulin resistance and worsens the health consequences of metabolic syndrome.