

bodyMIND

Your Monthly Guide to Good Health

Metabolic syndrome is characterized by simultaneous disorders of the body's metabolism. Research indicates that abdominal obesity and insulin resistance are the primary risk factors for the condition. As many as 47 million people in the United States, nearly 25% of Americans, are affected by metabolic syndrome. The components can lead to serious complications including cardiovascular disease, stroke, and diabetes. Fortunately, people can reduce or eliminate some of the components of metabolic syndrome by making lifestyle changes.

Do you have Metabolic Syndrome?

Metabolic Risk Factors

According to the National Cholesterol Education Program and the American Heart Association, metabolic syndrome is identified by the presence of three or more of the following risk factors.

Abdominal obesity – An elevated waist circumference, generally greater than 35 inches for women and 40 inches for men

Elevated triglyceride level – of 150 milligrams per deciliter (mg/dL) or higher

Reduced HDL – less than 40 mg/dL in men or less than 50 mg/dL in women

Elevated blood pressure – equal to or greater than 135/80 mm Hg

Elevated fasting blood sugar – (blood glucose) equal to or greater than 100 mg/dL

Prevention and Treatment

Regardless of whether you have metabolic syndrome, it is important to eat a healthy diet, commit to regular exercise, and schedule periodic physical examinations with a physician. For those who have metabolic syndrome, it is often possible to improve components of the condition by making the following lifestyle changes and, in some cases, taking prescription medication.

Exercise – Thirty minutes of moderate-intensity exercise on most days of the week is recommended.

Lose weight – A loss of 5 to 10 percent of body weight can reduce risk for diabetes, as well as decrease blood pressure and levels of insulin.

Consume a healthy diet – Reduce intake of saturated fat, trans fat, and cholesterol and emphasize fruits, vegetables, fish, and whole grains.

Quit smoking – Cigarette smoking leads to an increase in insulin resistance and leads to other damaging health consequences of metabolic syndrome.

If you suspect that you have one or more risk factors of metabolic syndrome, consult a physician to discuss treatment options.

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CONTROL DIABETES

...BEFORE IT CONTROLS YOU

People who have diabetes can reduce the risk of dangerous complications—such as heart disease, nerve damage, and blindness—by monitoring and managing their blood glucose levels. Make sure that you have the skills you need to effectively manage this disease.

If you are newly diagnosed with diabetes, ask your doctor about a referral to the Out-Patient Diabetic Educator at the Regional Medical Center. If you do not have a family doctor, call Pam Coleman, Employer Relations Manager, at 803-395-2527.

CONTROLE LA DIABETES

...ANTES DE QUE LE CONTROLA

Las personas que tienen la diabetes pueden reducir el riesgo de complicaciones peligrosas—como la enfermedad cardíaca, daño al nervio, y ceguera—por monitorizar y manejar sus niveles de glucosa en la sangre. Asegúrese que sabe las técnicas que necesita para manejar esta enfermedad eficazmente.

Si le diagnostican nuevamente con diabetes, pregunte a su doctor acerca de una remisión al educador diabético del paciente no internado en el centro médico regional. Si usted no tiene un médico de cabecera, Pam Coleman, at 803-395-2527, encargado de la llamada de las relaciones del patrón.

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