

# 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

### Blood Sugar Level

Levels greater than 100mg/dL

### Triglyceride Levels

Greater than 150mg/dL

### Waist Size

*Large Waist Men:*

Greater than 40 inches

*Large Waist Women:*

Greater than 35 inches

### 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.

## What affects risk factors:



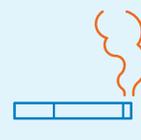
Poor nutrition



Lack of exercise



Family history



Smoking



Growing Older

## 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 managing your health visit [ExcellusBCBS.com](http://ExcellusBCBS.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).

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



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

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