

Metabolic Syndrome: Are you at risk?

Metabolic syndrome is a cluster of metabolic disorders. When presented together, patients have a significantly higher risk for future diagnosis of cardiovascular disease, diabetes and stroke.

A diagnosis of Metabolic Syndrome can be made when a person has at least three of the following measurements:

1

Waist Circumference

Waist Circumference **>40 (men) or >35 (women)**

Waist Circumference: _____

2

Triglycerides

Triglyceride Level **>150**

Triglyceride Level: _____

3

Cholesterol

HDL Cholesterol **<40**

HDL Cholesterol Reading: _____

4

Blood Pressure

Systolic Blood Pressure (top number) **>130** or Diastolic Blood Pressure (bottom number) **>85**

Systolic Blood Pressure: _____

Diastolic Blood Pressure: _____

5

Blood Sugar

Fasting Blood Sugar **>100**

Fasting Blood Sugar: _____

Have a conversation with your primary care provider if you have at least three of the above measurements. ConnectCare3's Chronic Disease Management & Prevention program can assist you with improving these numbers. Reach out to [877-223-2350](tel:877-223-2350) to start working with the Chronic Disease Management & Prevention team.