

# A focus on **Metabolic Syndrome**

## A snapshot of your health in **five simple numbers**

Metabolic Syndrome refers to a cluster of factors that helps identify your risk for future illness. It is determined by evaluating five measurements:

- Blood pressure
- Waist circumference
- HDL cholesterol level
- Triglycerides level
- Fasting glucose level

Screening for Metabolic Syndrome is simple and can be accomplished in a matter of minutes by a health care professional. All that is required is a blood pressure cuff, a tape measure, and a blood specimen.

And the results are simple to calculate, too. If you are classified "At Risk" in at least three of the categories, you have Metabolic Syndrome, which means you are at a high risk for developing diabetes, heart disease and stroke. However, programs focused on weight loss, diet changes, and physical activity can help persons with Metabolic Syndrome reduce their risk for chronic health problems and improve their numbers.

### Waist Circumference

#### Normal

less than 40 inches (men)  
less than 35 inches (women)

#### At Risk

greater than 40 inches  
greater than 35 inches

### Fasting Glucose Level

#### Normal

less than 100 mg/dL

#### At Risk

greater than 100 mg/dL

### Blood Pressure

#### Normal

less than 130mm Hg systolic (higher number)  
less than 85 mm Hg diastolic (lower number)

#### At Risk

greater than 130 mmHg systolic  
greater than 85 mm Hg diastolic

### HDL Cholesterol Level

#### Normal

greater than 40 mg/dL (men)  
greater than 50 mg/dL (women)

#### At Risk

less than 40 mg/dL  
less than 50 mg/dL

### Triglycerides Level

#### Normal

less than 150 mg/dL

#### At Risk

greater than 150 mg/dL



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