

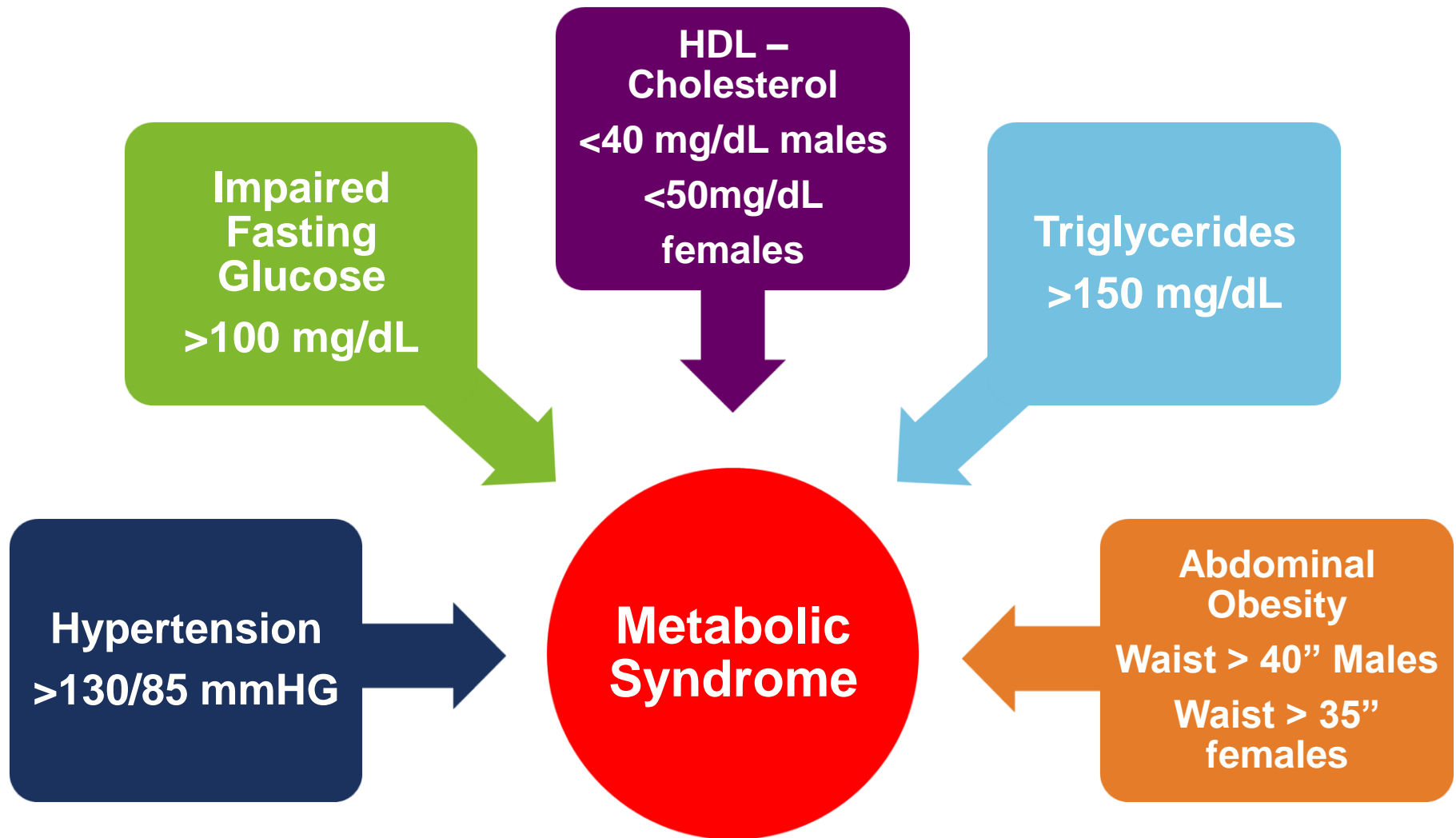
# Metabolic Syndrome

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# Metabolic Syndrome



# How is it diagnosed, and am I at risk?

- A person with 3 to 5 risk factors has metabolic syndrome
  - See your primary care physician (PCP) to have lab work to test your blood sugar, cholesterol and triglycerides
  - Get an annual physical
- Meeting any 3 of the 5 criteria also places you at risk for:
  - Diabetes
  - Heart disease
  - High blood pressure
  - Stroke

# How common is it?



# What can I do to prevent or manage Metabolic Syndrome?



# Exercise

- U.S. Surgeon General's report recommends most people get  **$\geq 30$  min. of moderate-intensity activity** on most days of the week.
- **Resistance training** can reduce insulin sensitivity for longer periods of time than cardiovascular exercise alone.



# Healthy Diet

- Fill up on fresh fruits, vegetables, whole grains, lean protein and dairy.
- Limit salt intake and saturated fats.
- Avoid skipping meals and fad diets.
- Making changes over time helps these changes become routine.





# Weight Loss

## Know your BMI

- Healthy weight range
  - 18.5-24.9% BMI
- Overweight
  - 25-29.9% BMI
- Obese
  - >30% BMI

$$\text{BMI} = 703 \times \frac{\text{weight}(\text{lbs})}{\text{height}(\text{in})^2}$$





# Effect of Weight Loss

- By losing 7% of your body weight, you can lower your risk of developing diabetes by 58%.
- When we lose weight, we feel better, making us:
  - Exercise more
  - Continue eating foods that give us energy and support our weight loss goals
  - Less depressed and better overall mood
  - More productive
  - Get better sleep

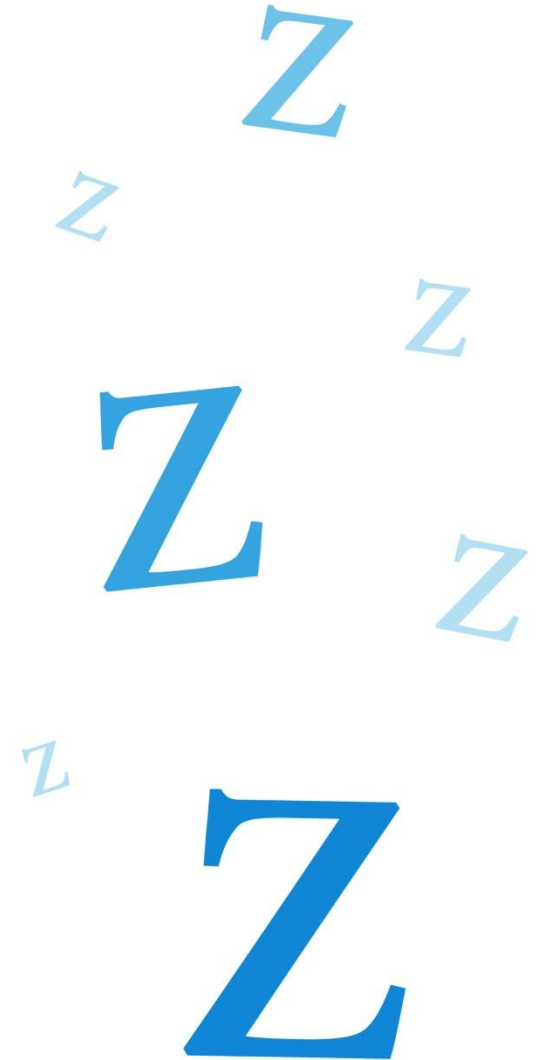
# Kick the Habit

- Every smoker is different, so finding what works for you is important.
- Make an appointment with your doctor to discuss ways you can quit smoking.
- Many health plans include stop-smoking aids with a \$0 co-pay at your pharmacy, if it is prescribed by your doctor.
  - Group, individual and phone counseling is also included in most health plans.



# Sleep

- Sleep deprivation – increased body mass, glucose intolerance, and higher blood pressure.
- Many adults get fewer than 6 hours of sleep per night.
- Adults should get between 7 and 9 hours of sleep every night.



# Primary Care Physician

- Even if you have already had a health screening at work, it is always good to be seen by a physician at least once a year for a full physical.
- If you do not have a primary care physician, I can help you find one.



# Medication

## Abnormal Fasting Glucose

- Metformin – recommended for treatment of some individuals at very high risk of developing type 2 diabetes.

## Elevated Blood Pressure

- ACE inhibitors:
  - Lisinopril, Enalapril, Benazepril
- ARBs:
  - Benicar, Diovan, Avapro

## Elevated Cholesterol

- Statin Therapy:
  - Crestor, Lipitor, Zocor, Pravachol
- Non-Statin Therapy:
  - Niacin, Fenofibrate, Gemfibrozil



# Let's Review...





# Metabolic Syndrome

- Can lead to other serious health conditions if it goes untreated or undiagnosed
- Can be prevented and managed by making important lifestyle changes, such as:
  - Exercise
  - Healthy Diet
  - Weight Loss
  - Quitting Smoking
  - Adequate Sleep
- Find out if you are at risk by seeing your primary care physician
- In some cases, medications are necessary for treatment.

# Know your numbers

- Weight and BMI
- Important Lab Work
  - If you have lab work that is out of range, ask your doctor what to do to get it back to normal.
- Keep a log of daily exercise and caloric intake



# Link Up

- Find friends or family that will support you in making healthy lifestyle changes.
- Studies show that having an exercise buddy will keep you motivated longer.
- Having people that can keep you accountable will help you make real changes that become good habits.



# Questions?

