

Understanding metabolic syndrome



You may have heard about a health condition called metabolic syndrome. People with metabolic syndrome have a group of risk factors that together raise their risk of developing heart disease, diabetes or stroke.

Each of these conditions raises your risk for future disease. But having more than one can raise your risk of serious health problems even more.

- **Being overweight**, particularly if you have a larger waistline
- **High blood pressure**, which can harden or weaken your arteries
- **Abnormal cholesterol or triglyceride levels**, indicating higher amounts of fat in your blood
- **High fasting blood sugar**, an early sign of diabetes

The conditions that make up metabolic syndrome are closely linked to excess body weight and a lack of physical activity.

If you have any of these risk factors, you can reduce your future risks by working with your health care provider and adopting healthy lifestyle changes focused on nutrition and exercise.

apple vs. pear body shapes

Most people with metabolic syndrome have apple-shaped bodies. They have a wider waist and carry extra weight around their abdomen.

People with pear-shaped bodies carry more weight around their hips and have a narrower waist. They tend to have a lower risk for metabolic syndrome.