



Preventive Primary Care ~ Select

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Metabolic Syndrome

Also known as “pre-diabetes,” Metabolic Syndrome is a set of findings that puts a person at increased risk for

Type-II diabetes, kidney disease, and heart disease. It is well known that “apple” shaped people have more heart attacks than “pear” shaped people, and in the past 20 years we have learned a great deal about why that is true. Apples (people who hold their fat around the waist) have fat that is more active than fat stored on the hips, legs, etc. That belly fat significantly increased risk of cholesterol problems, high blood pressure, diabetes and heart disease.

If you have 3 or more of the 5 factors below, you have the metabolic syndrome. In general, the more positive factors, the greater your risk of diabetes, heart disease, sleep apnea and even sudden death.

Diagnosis of the Metabolic Syndrome

Presence of three or more of the following:

- **Waist circumference**
 - Men** >40 inches
 - Women** >35 inches
- **Triglycerides** ≥150 mg/dL
- **HDL-C**
 - Men** <40 mg/dL
 - Women** <50 mg/dL
- **Blood pressure** ≥130/85
- **Fasting glucose** ≥100 mg/dL