

WHAT IS METABOLIC SYNDROME?

A GROUP OF CONDITIONS THAT CAN LEAD TO:



HEART DISEASE



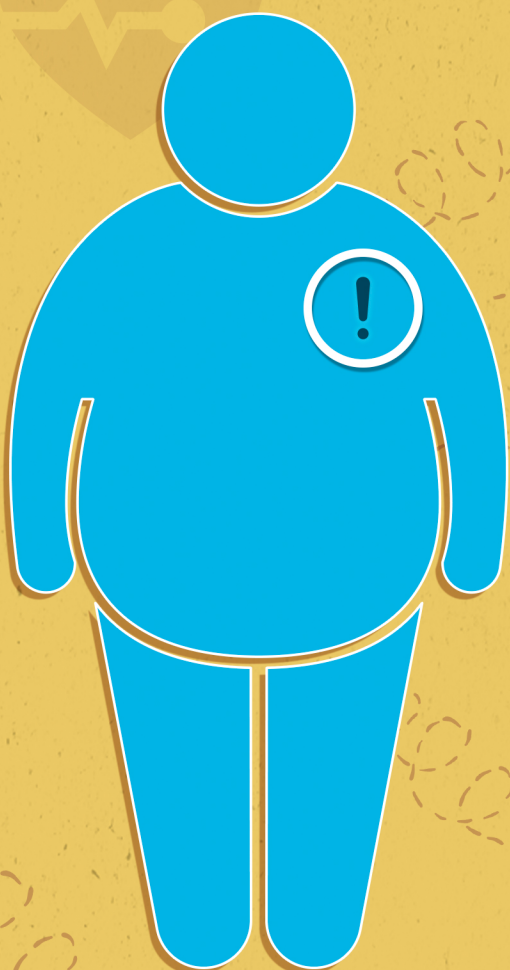
STROKE



DIABETES

AND OTHER SERIOUS HEALTH PROBLEMS

YOU HAVE METABOLIC SYNDROME IF YOU HAVE 3 OR MORE OF THESE CONDITIONS:



HIGH BLOOD PRESSURE:
130/85 mmHg or higher



HIGH BLOOD SUGAR:
100 mg/dL or higher



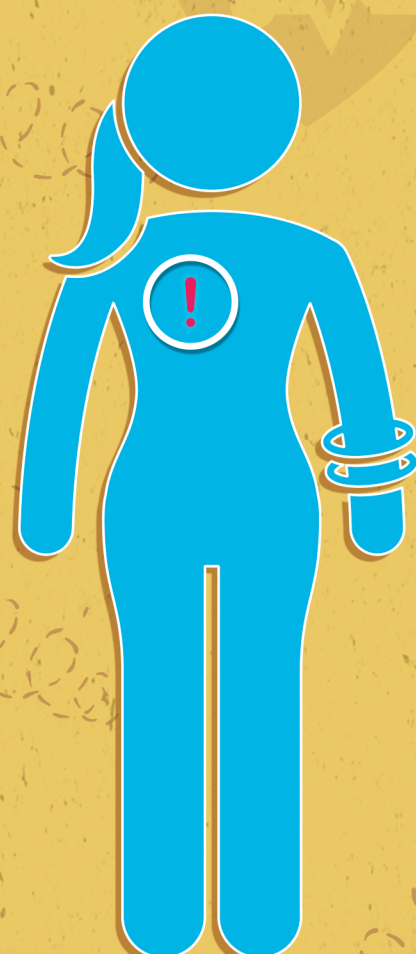
HIGH TRIGLYCERIDES:
150 mg/dL or higher



LOW HDL CHOLESTEROL (THE "GOOD" KIND):
Less than 40 mg/dL for men;
50 mg/dL for women



LARGE WAIST:
Greater than 40 inches for men;
35 inches for women



PEOPLE WITH ANY BODY TYPE COULD HAVE METABOLIC SYNDROME.

WARNING!



Most of the conditions in metabolic syndrome have **no clear symptoms**.
You may not even know you have them.

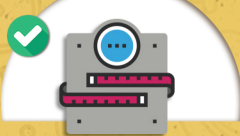


Get your cholesterol, blood sugar, triglycerides, and blood pressure **checked often**.
Even if you take meds to control these conditions, you may still be at risk.



Your risk for metabolic syndrome may be higher depending on your age, race, sex, family history, and everyday habits. Talk to your doctor about your risk.

HOW TO LOWER YOUR RISK:



LOSE WEIGHT IF YOU NEED TO



EXERCISE MOST DAYS



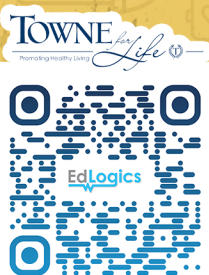
EAT A HEART-HEALTHY DIET



MANAGE STRESS



SEE YOUR DOCTOR REGULARLY



Register today for more health resources.

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Still need to sign up?

Go to myedlogics.com/towne/account/register and follow the instructions.