

Metabolic Syndrome – Top 5

Do you know your top 5 health risks and what they mean?

Metabolic Syndrome is a condition that increases your chances of developing diabetes and heart disease¹. Central obesity (waist measurement) plus two of the four risk factors listed below means you might have metabolic syndrome.

Health Risk	What Should The Number Be?	My Number	Date
Waist measurement (central obesity)	< 94 cm (37 inches) in men < 90 cm (35.5 inches) in men of Asian, Chinese, Japanese, ethnic south, central American and First Nation decent < 80 cm (31.5 inches) in women		
Triglycerides	< 1.7 mmol/L		
HDL-cholesterol	> 1.03 mmol/L in men > 1.3 mmol/L in women		
Blood pressure	< 130/85 mmHg		
Fasting blood Sugar	< 5.6 mmol/L		

¹ Genest, J. et al. (2009). Canadian Cardiovascular Society/Canadian guidelines for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease in the adult. *Canadian Journal of Cardiology*, 10 (25) 1013

Use this tool with your doctor or healthcare professional to find out if you at risk for Metabolic Syndrome.