

Metabolic Syndrome (MetS)



Why is it important to identify MetS?

- MetS is associated with an elevated risk of:
 - Type 2 Diabetes (5x)
 - Cardiovascular disease (2x)
 - Cerebrovascular accident (2-4x)
 - Myocardial infarction (3-4x)
 - All cause mortality
- Other systemic effects include:
 - Renal, hepatic, skin, cardiovascular

Source: American Heart Association "What is Metabolic Syndrome" (2015)

Kaur J. 2014. A Comprehensive Review on Metabolic Syndrome. Cardiology Research and Practice. 2014: 1-21.



What is MetS?

Clinical Definition

Modified NCEP ATP III Guidelines

- Presence of 3 out of 5 of the following:

Blood glucose	≥100 (or taking hypoglycemic)
HDL	<40 (men) or < 35 (women)
Triglycerides	≥ 150 (or taking lipid lowering agents)
Waist circumference	>40 in (men) or > 35 in (women)
Blood pressure	≥ 130/85 (or taking anti-hypertensive)

Source: American Heart Association. "What is Metabolic Syndrome" (2015)



Evidence-Based Treatment of MetS: Overview

- Routine monitoring of metabolic parameters
 - Body weight, abdominal circumference
 - Blood pressure
 - Blood glucose and lipids
- Interventions that target lifestyle modifications
 - Weight loss (5-10%)
 - Nutrition
 - Physical activity
- Evidence-based treatment guidelines for management of:
 - Dyslipidemia
 - Hypertension
 - Diabetes Type 2

Source: American Heart Association "What is Metabolic Syndrome" (2015)



Step 4. Treat to Target Metrics?

- How would these metrics be different than the metrics found in your Diabetes, Obesity & CVD CP's?
- What would your Numerator/Denominator calculations be for MetS?

