



# PREVENTING METABOLIC SYNDROME

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# OBJECTIVES

01.

Learn what metabolic syndrome is and how it is diagnosed

02.

Discuss metabolic syndrome's impact on an individual's health

03.

Identify risk factors and symptoms

04.

Review healthy lifestyle changes for prevention and management of metabolic syndrome

# WHAT IS METABOLIC SYNDROME?

Clusters of conditions that increase the risk of:

- Heart Disease
- Type 2 Diabetes
- Other health problems

<b>Metabolic Syndrome is diagnosed when a person has 3 or more metabolic risk factors</b>	<b>METABOLIC RISK FACTORS</b>
	<b>Abdominal Obesity</b> Waist Circumference > 40 inches men Waist Circumference > 35 inches women
	<b>High Triglyceride Level</b> Triglycerides $\geq$ 150 mg/dL
	<b>Low HDL Cholesterol Level</b> HDL < 40 mg/dL men HDL < 50 mg/dL women
	<b>High Blood Pressure</b> Systolic BP $\geq$ 130 mm Hg Diastolic BP $\geq$ 85 mm Hg
	<b>Elevated Blood Glucose</b> Fasting Glucose $\geq$ 100 mg/dL

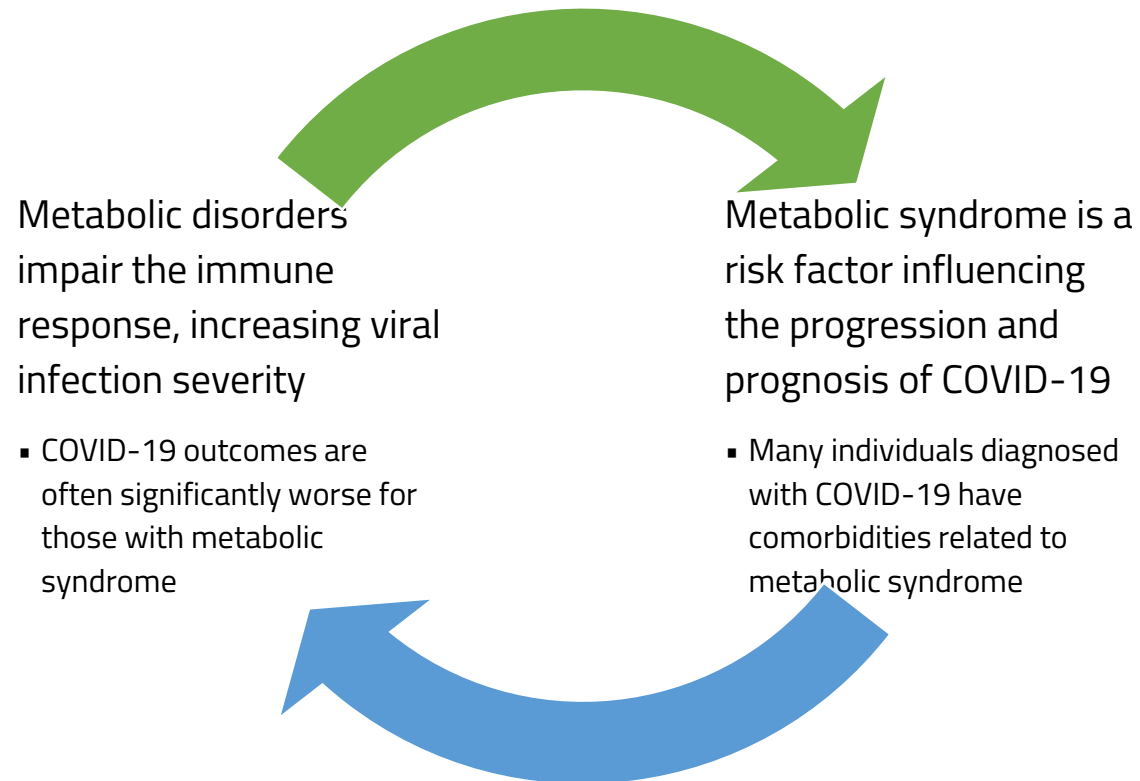
# WHY DOES IT MATTER?

Metabolic Syndrome increases your risk for:

- Heart Disease
- Type 2 Diabetes
- Stroke
- Kidney Disease
- Blood Clots
- Poor Circulation
- Viral Infections
  - Influenza
  - COVID-19



# METABOLIC SYNDROME AND COVID-19



# METABOLIC SYNDROME AND IMMUNITY

01.

Obesity and its co-morbidities (metabolic syndrome, Type 2 Diabetes, and heart disease) are major health problems worldwide

02.

Research has found that metabolic syndrome causes a substantial negative impact on the immune system

- Insulin resistance
- Chronic inflammation

03.

Those who are immunocompromised are at an increased risk of serious illnesses

# ARE YOU AT RISK FOR METABOLIC SYNDROME?

01.

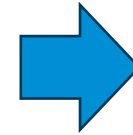
23% of adult Americans are estimated to have metabolic syndrome

02.

Factors that can increase the risk of developing metabolic syndrome include

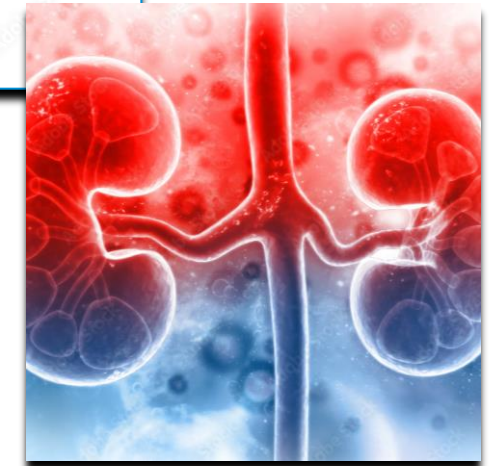
03.

- Age
- Race
- Obesity
- Diabetes (Type 2, gestational)
- Cardiovascular disease
- Liver disease
- PCOS



# WHAT ARE THE SYMPTOMS?

- Metabolic Syndrome typically has no signs or symptoms
- May experience symptoms of:
  - High blood pressure
  - High blood sugar
- If left untreated, complications can develop
  - Arteriosclerosis
  - Poor kidney function
  - Insulin resistance
  - Polycystic ovarian syndrome
  - Acanthosis nigricans





# PREVENTION AND TREATMENT

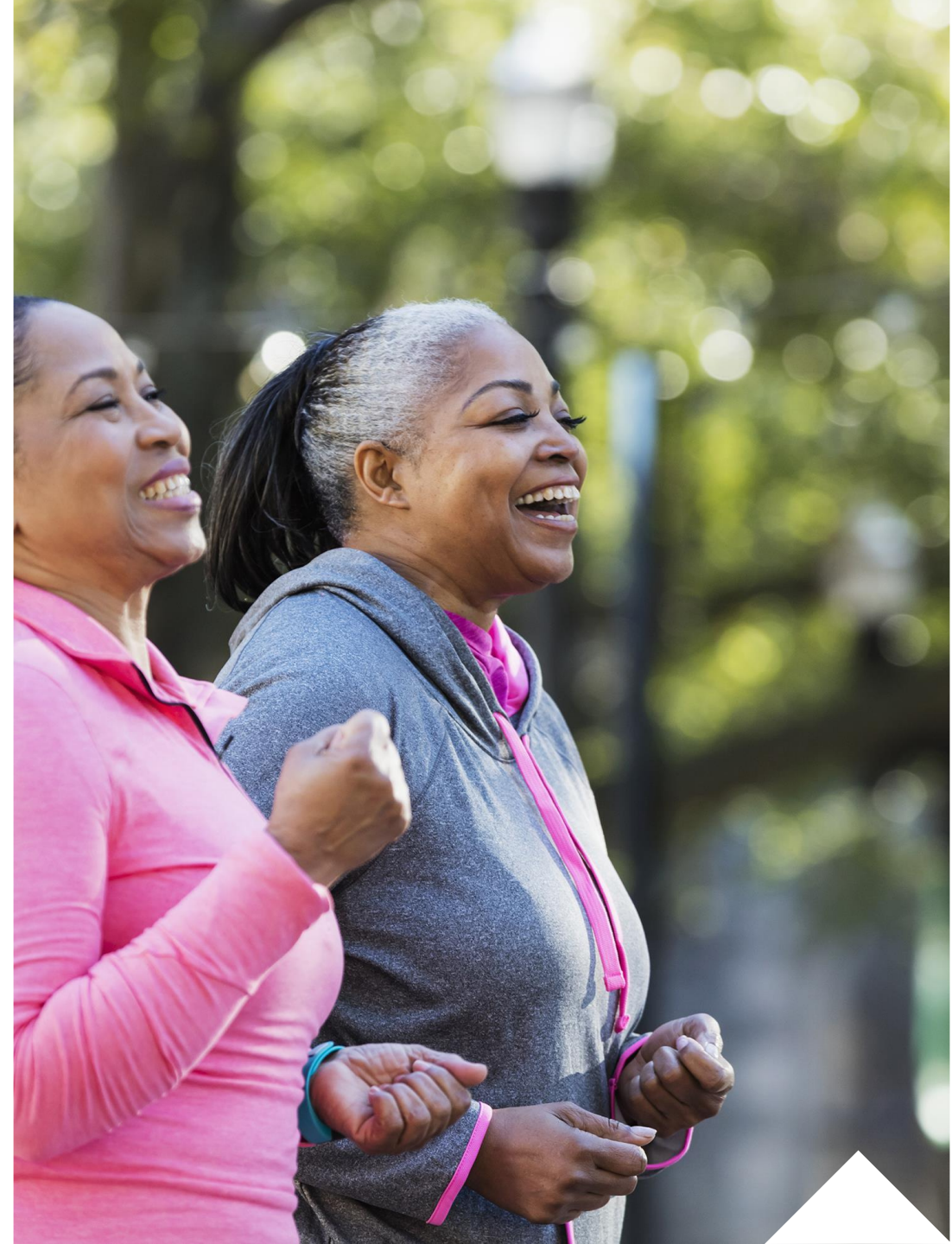
- Know your numbers
  - Blood sugar
  - Blood pressure
  - Cholesterol
  - Body Weight
- Heart Healthy Lifestyle Changes
  - Aim for a healthy weight
  - Eat heart healthy foods
  - Get regular physical activity
  - Manage stress
  - Quit smoking

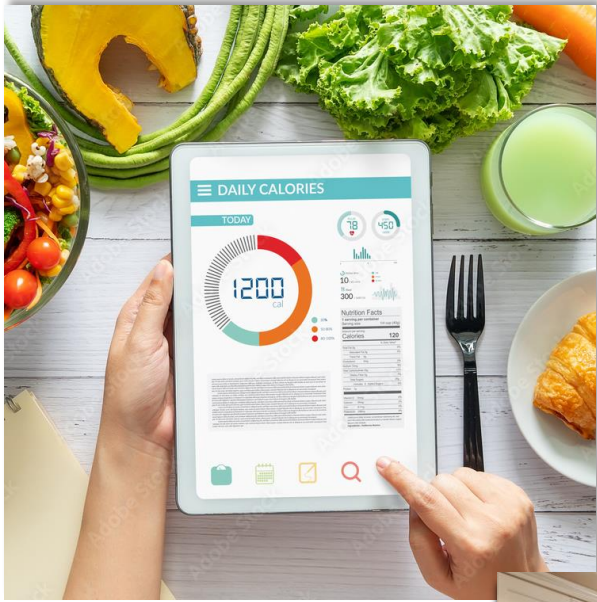
Do you know  
YOUR numbers?



# AIM FOR A HEALTHY WEIGHT

- Healthy weight for adults
  - Body Mass Index(BMI) = 18.5 – 24.9
  - Health benefits shown from losing just 5-10% of your initial weight
- Energy Balance
  - If energy in = energy out, weight stays the same
  - If energy in > energy out, weight gain
  - If energy in < energy out, weight loss
- Safe weight loss is 1-2 pounds per week





# KEEPING THE WEIGHT OFF

- Know your triggers
- Long-term effort
- Learn from others
- Build a social support network
- Plan healthy ways to motivate
- Hold yourself accountable
- Plan for setbacks





# HEART HEALTHY EATING

- Eat a balanced, healthy diet
- Emphasize:
  - Fruits, vegetables, whole grains, fat-free/low-fat dairy, lean meats, poultry, fish, beans, eggs, nuts
- Limit
  - Trans/Saturated fat, cholesterol, sodium, added sugars, alcohol
- Be mindful of your daily caloric needs when making food choices



# IMPROVING YOUR EATING HABITS

- Reflect
  - Specify your eating habits (good & bad)
  - Identify triggers for unhealthy eating
- Replace
  - Unhealthy eating habits with healthy habits
- Reinforce
  - New, healthier eating habits

# REGULAR PHYSICAL ACTIVITY

- Regular physical activity is important for good health
- Weekly physical activity recommendations:
- Weight Maintenance (weekly)
  - 150 minutes of **moderate** aerobic activity or 75 minutes of **vigorous** aerobic activity
- Weight Loss (weekly)
  - 300 minutes of **moderate** aerobic activity





# PREPARE FOR EXERCISE SUCCESS

- Dress for success
- Make the time
- Keep reasonable expectations of yourself
- Make it fun!
- Track and celebrate your success



# MANAGE STRESS

- Stress can contribute to high blood pressure and other cardiovascular risks
- Healthy stress reducing activities:
  - Practice relaxation techniques
  - Take control of you schedule
  - Connect with friends and family
  - Seek help from a professional
  - Get enough sleep





# SUPPORT SERVICES

## **Employee Assistance Program**

Magellan Ascend

866-580-9046

[www.MagellanAscend.com](http://www.MagellanAscend.com)

## **Additional Resources**

National Suicide Hotline

9-8-8

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Services are available 24 hours a day, 7 days a week to provide assistance.**

# QUIT SMOKING

- Smoking is the leading cause of preventable death and disease in the United States
- Smoking causes 1 of every 3 cardiovascular disease deaths
- Secondhand smoke is harmful to those exposed to it
- Quitting smoking will improve overall health and reduce the risk for many other health issues



NO SMOKING

# QUIT TIPS



- Consider nicotine replacement therapy
- Avoid triggers
- Delay cravings
- Keep your mouth busy with healthy snacks
- Be active
- Practice relaxation techniques
- Find support
- Remind yourself of “Your Why”
- Employee Assistance Program (EAP)
  - Magellan Ascend: 1-800-580-9046
  - QuitLines: 1-800-QUITNOW
  - National Cancer Institute Quitline: 1-877-44U-QUIT

# LIVING WITH METABOLIC SYNDROME

- Living with metabolic syndrome is all about managing risk
  - Healthy lifestyle changes can help control your risk for:
    - Cardiovascular disease
    - Diabetes
- Your doctor may recommend medications if lifestyle modifications are not enough



# SUMMARY

- Metabolic syndrome is described as a cluster of risk factors that increase the likelihood of chronic disease and viral illness

- Knowing your numbers can help you identify areas of risk

- Making healthy lifestyle changes helps to prevent and manage metabolic syndrome

- If lifestyle changes are not enough, consult your doctor for a treatment plan

# QUESTIONS

- Contact us!
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  - Millennium Health and Fitness Website
    - <https://www.millenniumhealthandfitness.com/>

