

## What is Metabolic Syndrome?

A metabolic syndrome is a group of medical conditions that occur together. These conditions increase the risk of Type2 diabetes and Heart disease. About 30% of the city dwellers around the world suffer from Metabolic syndrome. It is important to know about Metabolic syndrome because it is a condition which can be effectively reversed by aggressive food and lifestyle changes described below.

The National Institute of Health, USA defines Metabolic Syndrome as a medical condition in which 3 or more of the following abnormalities are present:

1. Larger than a normal waistline
2. High Triglyceride levels – That would mean triglyceride levels greater than 150mg/dl or 1.6 m.mol/ Liter
3. Lower levels of good HDL- That is HDL-Cholesterol level of less than 40mg/dl (1.04 m.mol/Liter) in males and less than 50 mg/dl ( 1.3 m.mol/liter) in females.
4. Increased blood pressure- That is blood pressure greater than 130/85 mm Hg.
5. Elevated fasting blood sugar – That is blood level greater than 100mg/dl (5.6 m.mol/Liter).

Fatty liver is present in 90% of the individuals who have all the above five features of Metabolic syndrome. Presence of fatty liver worsens the Insulin Resistance. It also increases the risk of fatty liver disease, which is fast surpassing alcohol as a cause of liver scarring and failure amongst city dwellers.

## Metabolic Syndrome



- High Fasting Blood Sugar
- Abdominal Obesity
- High Blood Pressure
- High Triglycerides
- Low HDL Cholesterol