



Metabolic Syndrome

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What is metabolic syndrome?

Metabolic syndrome is a group of related health conditions that includes high blood pressure, high cholesterol and high blood sugar, as well as obesity. People with metabolic syndrome typically have apple-shaped bodies due to an excessive amount of belly fat.

Why is it significant?

Having metabolic syndrome greatly increases your odds of experiencing a serious disease. Someone with metabolic syndrome is at twice the risk of heart disease and five times the risk of type 2 diabetes as the average person.



What else should I be aware of?

Many of the unhealthy habits and choices that lead to metabolic syndrome arise from serious emotional challenges, often stemming from as far back as childhood. Be honest and compassionate with yourself: seek counselling if you need it. Your doctor can refer you to a counsellor.

What can I do?

- ✓ Get to know your numbers: your blood pressure, blood sugar, cholesterol levels and waist circumference.
- ✓ Engage in 30-60 minutes of physical activity daily.
- ✓ Eat fresh whole foods and avoid sugary, processed foods.
- ✓ If you're a smoker, take steps to quit immediately.
- ✓ Stress can raise your blood pressure and drive



you to emotional eating. Build stress resilience by addressing any underlying emotional issues and learning to use stress-reduction techniques.

- ✓ Contact the Canadian Diabetes Association at www.diabetes.ca/about-diabetes/what/metabolic-syndrome/ or 1-800-226-8464.
- ✓ Learn more about metabolic syndrome by going to www.makinghealthhappen.com.



Go to MakingHealthHappen.com and enter **Tm6339spec** in the search box to learn more about **Metabolic Syndrome**.

