



KNOW YOUR RISK. KNOW WHAT TO DO.

Learn how to manage metabolic syndrome.

Metabolic syndrome is a group of conditions that increase your risk of heart disease, stroke and diabetes. When your health screenings show reasons for concern, you can take action to reverse the trend through a healthy lifestyle that includes diet, exercise and stress management.

Metabolic syndrome = three or more of these traits*

You may be diagnosed with metabolic syndrome if your health screenings identify three or more of the following indicators.

- › Waist measurement greater than 40 inches in men and 35 inches in women
- › Triglyceride levels at 150 mg/dl or more
- › HDL cholesterol levels below 40 mg/dl for men and below 50 mg/dl for women
- › Blood pressure of 130/85 mm Hg or higher
- › Elevated fasting blood sugar of 100 mg/dl or higher

Causes*

Metabolic syndrome is closely linked to being overweight or obese and not being physically active. It is also linked to insulin resistance. This is when your cells don't respond normally to insulin, and glucose can't enter them easily to be used for energy.

Metabolic syndrome can lead to serious illness**

With a diagnosis of metabolic syndrome, your odds of developing these conditions increase.

- › Type 2 diabetes*
- › Cardiovascular disease, which can lead to heart attack or stroke*
- › Fat accumulation in the liver, which can result in inflammation and cirrhosis
- › Kidney disease
- › Obstructive sleep apnea
- › Polycystic ovary syndrome in women
- › Dementia and cognitive decline in older adults



Obesity increases risk.

As your weight increases, so does your likelihood of developing metabolic syndrome. In fact, metabolic syndrome is present in 60% of those who are considered obese.**

Together, all the way.®



What increases your risk?

Many factors can contribute to your risk of metabolic syndrome.

These may include:

- › **Obesity and being overweight** – gaining five or more pounds per year may increase risk by up to 45%.**
- › **Lack of exercise** – if you don't get enough physical activity, you're more likely to be overweight or obese.**
- › **Race** – Mexican Americans appear to be at higher risk.*
- › **Diabetes** – during pregnancy or a family history of type 2 diabetes.*
- › **Other diseases** – cardiovascular disease, nonalcoholic fatty liver disease or polycystic ovary syndrome.*
- › **Age** – risk increases with age.*
- › **Smoking****
- › **Diet high in sugar, salt, saturated fat and trans fat****



Choose a healthy eating plan.

The Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet limit unhealthy fats and encourage you to eat fruits, vegetables, protein (such as fish and poultry), and whole grains.

Take action and take control of your health.

Healthy lifestyle choices can help improve your numbers and lower your risk of serious disease.*

- › **Get your health screenings** – talk to your health care provider about your personal and family health history.
- › **Be active** – 30+ minutes of exercise, such as brisk walking, each day.
- › **Maintain a healthy weight** – help reduce your risk of insulin resistance, high blood pressure and diabetes.
- › **Eat well** – choose nutritious whole foods prepared at home instead of processed foods.
- › **Quit smoking** – talk to your doctor if you need help.
- › **Manage stress** – take care of your health, body and mind.

If lifestyle changes aren't enough, your doctor may prescribe medications to help control your blood pressure, cholesterol or blood sugar.



Be well. Get your health screenings. Then talk to your doctor about your numbers and how you can reduce your health risks.

*Mayo Foundation for Medical Education and Research. "Metabolic syndrome."

<https://www.mayoclinic.org/diseases-conditions/metabolic-syndrome/symptoms-causes/syc-20351916> (March 06, 2018).

**WebMD. "Metabolic Syndrome." <https://www.webmd.com/heart-disease/guide/metabolic-syndrome#2> (reviewed May 2, 2018).

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