

Stay Away From Metabolic Syndrome

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Metabolic Syndrome has five features. They are waist size (more than 35" in women and more than 40" in men), Blood Pressure (top number 130 or more and bottom number 85 or more), Triglycerides (a fasting level of 150 or more), Blood Sugar (a fasting level of 110 or more) and HDL (good) Cholesterol (women less than 50 and men less than 40). If you have at least three of these features, then you probably have Metabolic Syndrome and you are at an increased risk of heart disease, diabetes and several other medical conditions that would put your health and quality of life at risk.

The three primary causes of Metabolic Syndrome, putting genetics aside, are: eating too much of the wrong foods, drinking sugary drinks and not getting enough exercise. When you eat too much of the wrong foods and drink sugary beverages and don't get enough exercise, the systems in your body cannot effectively handle the processing of fats and sugars and you become insulin resistant. Insulin is a hormone that assists blood sugar into your bloodstream and muscles to be burned as energy and into your fat cells where it is stored. When you are insulin resistant, this cannot happen and, consequently, your blood sugar levels rise and the other side effects of Metabolic Syndrome will then follow.

What you need to do right away is see your doctor so you can design a program for you to lose excess weight, decrease the intake of carbohydrates, stop the consumption of all foods and beverages high in sugar content and get you started on an exercise program. If one of the side effects you have is high triglycerides, you should add fatty fish to your diet or take a Fish Oil supplement. Again, genetics aside, Metabolic Syndrome is responsive to lifestyle changes. Make these changes and you will improve your quality of life.

Personally, I have my blood work done on a semi-annual basis. Being a gastric bypass patient, I am prone to occasional problems caused by foods passing through the digestive system before the vitamins and nutrients can be absorbed. By knowing all my blood levels, I am often able to make dietary changes to avoid a problem where taking medication may be the only solution. I urge everyone to take Metabolic Syndrome very seriously. It is estimated that 25% of American adults have it. Don't become a statistic and if you already are, please do something about it. It will make a positive impact on your life.

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