

# 5 facts about metabolic syndrome

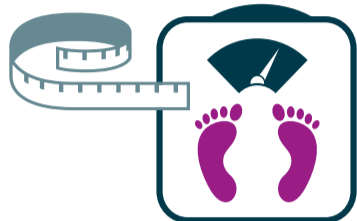


## 1

### Metabolic syndrome is a cluster of risk factors

Diagnosis is based on an individual having at least three of five metabolic risk factors:

- central obesity
- raised blood pressure (or on antihypertensives)
- raised triglycerides
- lowered high-density lipoprotein cholesterol (or on cholesterol medications)
- raised fasting glucose.

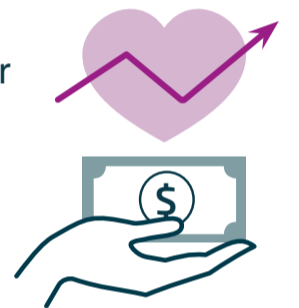
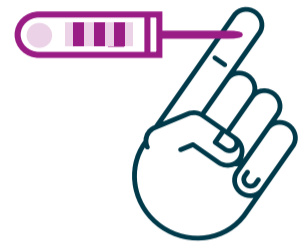


## 2

### Metabolic syndrome increases risk of morbidity and mortality

People with metabolic syndrome are:

- twice as likely to develop cardiovascular disease and stroke
- three to six times more likely to develop diabetes
- at an increased risk of a number of common cancers
- have a 1.5-fold increase in all-cause mortality
- have double the healthcare utilisation and costs.



## 3

### Metabolic syndrome is a hidden condition—many of your clients may have it

Physiotherapists are ideally placed to:

- implement preventative lifestyle interventions
- detect the condition early in otherwise healthy individuals
- identify metabolic syndrome and intervene (or refer) before it's too late.



## 4

### Lifestyle programs can reverse metabolic syndrome

Intervention programs comprising diet and exercise:

- reduce the prevalence of metabolic syndrome by 40 per cent
- reduce waist circumference, blood pressure, cholesterol and fasting glucose
- increase fitness.

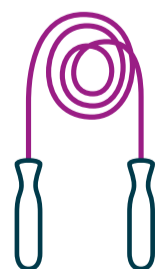


## 5

### Supervised, combined exercise programs appear to be best

Metabolic syndrome is most effectively reversed by including:

- exercise programs supervised by healthcare professionals
- both aerobic and strengthening exercises (eg, circuit class exercise).



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