

WINNING THE BATTLE AGAINST SYNDROME X

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Overview

- ▣ What is it?
- ▣ Who gets it?
- ▣ How do you get it?
- ▣ Does it cause complications?
- ▣ Can I prevent it?
- ▣ Who can help me?

What is it?

- ▣ Metabolic syndrome, also known as Syndrome X is the name for a group of risk factors linked to overweight and obesity.
- ▣ The factors occur together and increase the risk for cardiovascular disease, stroke, and type 2 diabetes.

Four Factors

1. High Blood Pressure
2. Elevated Insulin Levels
3. Excess Body Fat (especially around the waist)
4. Abnormal Cholesterol Levels

Who does it effect?

- ▣ Approximately 20%-30% of the population in industrialized countries have metabolic syndrome.
- ▣ Metabolic syndrome is estimated to affect 50-75 million people in the United States.

Furthermore

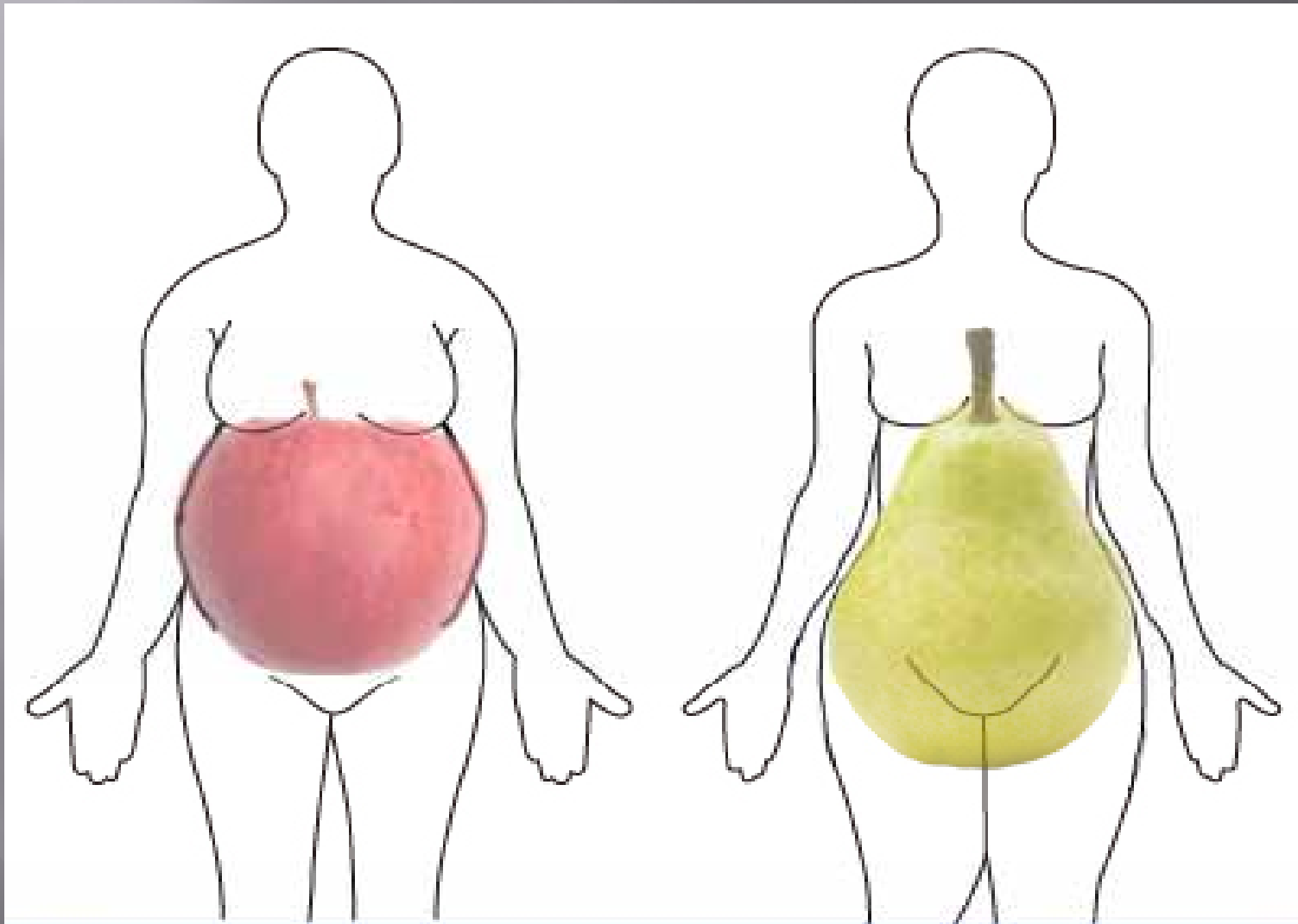
Metabolic syndrome is present in...

about 5% of people with normal body weight

22% of those who are overweight

60% of those considered obese

Body Shape



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Complications

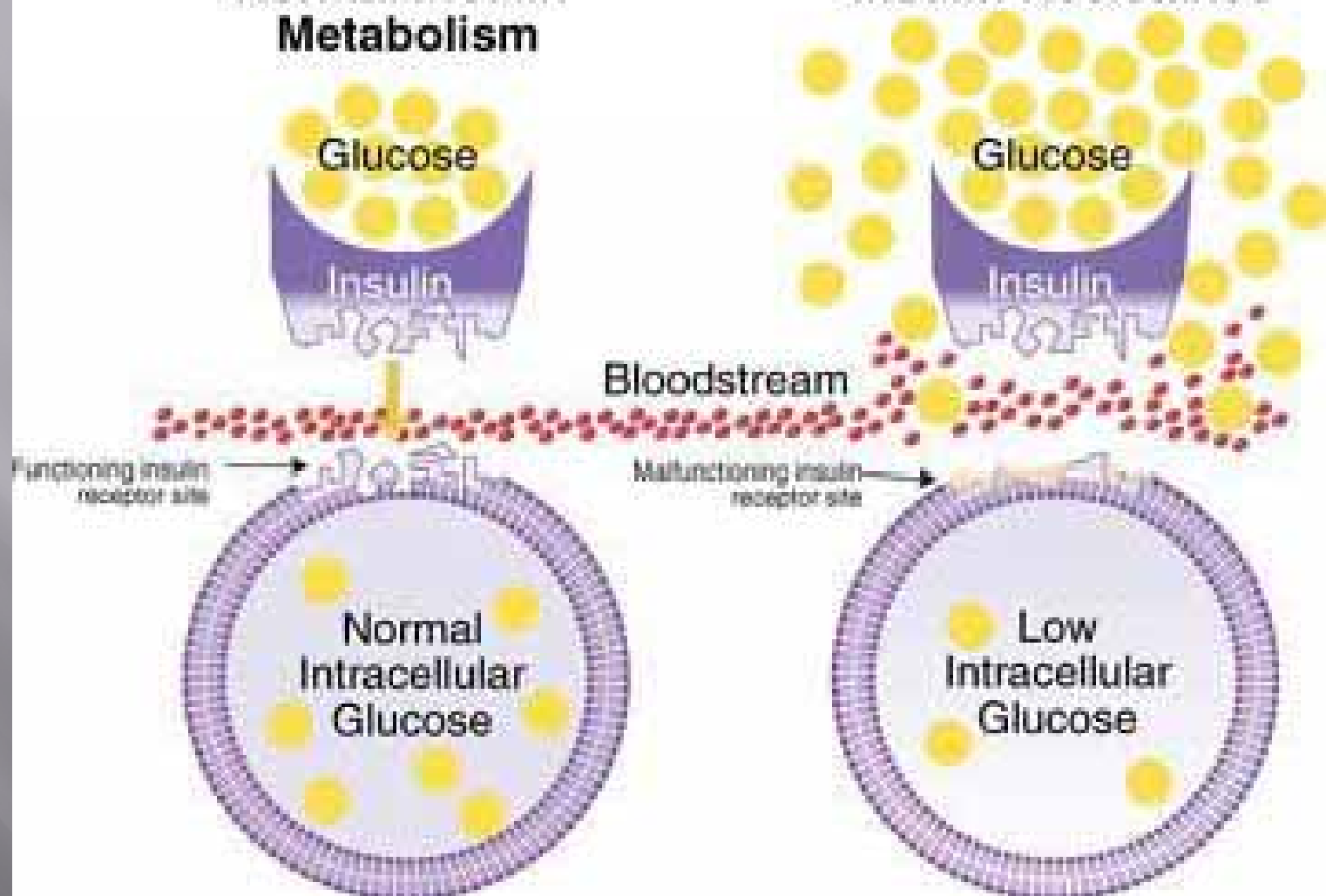
- ▣ If untreated, Metabolic Syndrome can lead to...
 - Cardiovascular Disease
 - ▣ Number one cause of death in the US
 - Diabetes
 - ▣ Number seven cause of death in the US

How?

- ▣ The likely cause of Metabolic Syndrome is resistance to insulin.
 - Glucose fails to enter cells, and more insulin is released.
 - ▣ Raises triglyceride and blood fat levels
 - ▣ Interferes with kidney function, leading to higher blood pressure

Normal Insulin Metabolism

Insulin Resistance



Risk Factors

- ▣ The risk of Metabolic Syndrome increases if...
 - You are Hispanic or Asian
 - Are over the age of 40
 - Have a BMI over 25 (excess abdominal fat)
 - Have a family history of Diabetes

How Can I Lower My Risk?

- ▣ Focus on factors you can control
- ▣ You can't control your age, race, or family history
- ▣ You CAN control your BMI by losing weight
- ▣ Improve your eating habits and be more active!

Lose Weight

- ▣ Losing just 5% to 10% of your body weight can...
 - reduce insulin levels
 - Decrease blood pressure
 - Lower cholesterol
 - Decrease your risk of diabetes

- ▣ Example: A 200 pound person would need to lose just 10-20 pounds to see clinical improvement

Eat a Heart Healthy Diet

- ▣ Focus on eating whole grains, lean meats, legumes, fruits, vegetables, and low fat dairy
- ▣ Limit the amount of processed foods you eat
- ▣ Watch your intake of
 - Saturated fat
 - Trans fat
 - Cholesterol

Improve Your Insulin Resistance

- ▣ **Eat fiber-rich foods**
- ▣ **Stop smoking**

Exercise

▣ ACSM Recommendations

- ▣ Do moderately intense cardio 30 minutes a day, five days a week

OR

- ▣ Do vigorously intense cardio 20 minutes a day, 3 days a week

AND

- ▣ Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

Be more active!

- ▣ Take the stairs
- ▣ Park farther away
- ▣ Stand on your toes
- ▣ Exercise while watching TV
- ▣ Exercise on your lunch hour
- ▣ Exercise at your desk

Exercise at your desk

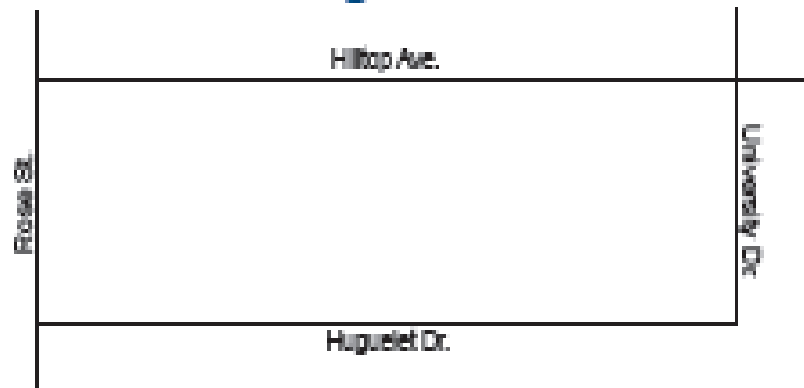
- ▣ Do one-legged squats (hold onto a wall or table for support)
- ▣ Stand with one leg straight and try to kick your buttocks with the other
- ▣ Sitting in your chair, lift one leg off the seat, extend it out straight, hold for 2 seconds; then lower your foot (stop short of the floor) and hold for several seconds

Exercise at your desk

- ▣ Place both hands on your chair arms and slowly lift your bottom off the chair
- ▣ Place your hands on the desk and hang on. Slowly push your chair back until your head is between your arms and you're looking at the floor. Then slowly pull yourself back in
- ▣ Desk pushups

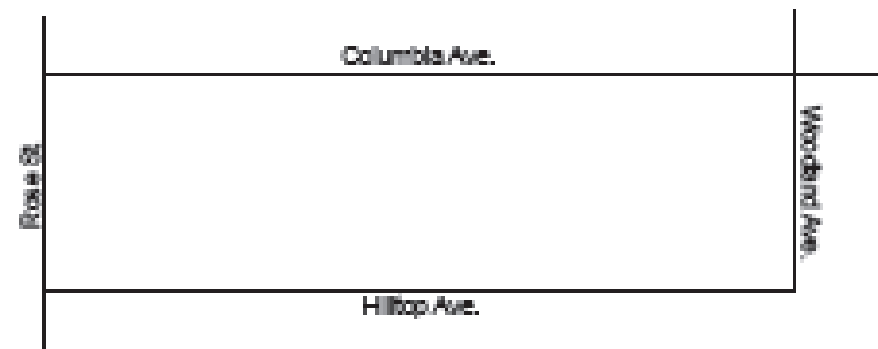
Walking Routes

Route 1: Huguelet Drive



0.5 miles
approximately 1,000 steps

Route 2: Library



1 mile
approximately 2,000 steps

[Walking Routes](#)

What we offer...



- ▣ Exercise Orientation
 - Are you unfamiliar with the machines? We can help.

- ▣ Exercise Prescription
 - Do you have specific goals but you are unsure of how to reach them? We can help.

How can we help?

- ▣ BMI Calculator
- ▣ Nutrition Consults
- ▣ Weight Loss Matters
- ▣ Wellness On Wheels
Dec 8th, 2010
8:00am – 12:00pm
UK Neurology, KNI Conference Room, 1st floor, KY
Clinic

Review

1. Your health is in your hands!
2. Healthful eating habits and exercise will help you lose weight, improve cholesterol, lower blood pressure and improve insulin sensitivity
3. We are here to help!

Questions?