

# Results for Life

*Monthly tips and topics for a healthier lifestyle*



## Metabolic Syndrome: Are You at Risk?



### Understanding Metabolic Syndrome

Metabolic syndrome is a cluster of risk factors that increase your risk for heart disease and other chronic diseases such as diabetes and stroke. Your risk for these diseases increases with the number of metabolic risk factors you have. To be diagnosed with metabolic syndrome, you must have at least three of the following:

- Waist size 35 inches or greater for a woman and 40 inches or greater for a man
- Elevated blood pressure –systolic (top number) blood pressure of 130 mm Hg or higher or diastolic blood pressure of 85 mm Hg or higher
- Elevated blood sugar –fasting blood glucose of 100mg/dL or higher
- High triglycerides (a type of fat in your blood) – 150 mg/dL or higher
- Low HDL (“good”) cholesterol – less than 40 mg/dL for men or less than 50 mg/dL for women

Metabolic syndrome is becoming more common due to the increase in obesity rates among adults. More than 67% of the U.S. population is overweight or obese. Metabolic syndrome is on the rise, and it is estimated that 34% of the US population has this condition (AHA 2010). The related costs were estimated at \$147 billion in 2008. Although there are many contributing factors causing this epidemic, the fact is that we have become less active, consume higher calorie foods, and have less time in the day to spend on our health. If you have been told you have metabolic syndrome, aggressive lifestyle changes can delay or prevent

### Fit Tip of the Month

#### Exercise & Type 2 Diabetes



Development of Type 2 diabetes is strongly linked to lifestyle factors, especially diet and exercise. The good news is these very same things, a healthy diet and regular exercise, can prevent, control and possibly reverse its progression. The following are exercise tips for Type 2 diabetics.

- Always consult your physician before starting an exercise program. The ultimate goal is to expend a minimum of 1,000 calories/week for health benefits, or 2,000 calories/week for weight loss. These should be worked up to gradually over time.
  - Daily exercise is highly recommended. To reach 1,000 calories per week try three to seven days per week of low-to-moderate intensity exercise for 20 to 60 minutes (walking, water aerobics, cycling and other non-weight bearing activities are best).
  - Resistance training—two days/week, targeting major muscle groups.
  - Flexibility—stretching exercises at least two to three days/week.

**Suzanne Toon, MS Exercise Physiologist**

serious health problems.

### What Causes Metabolic Syndrome?

Although there is not agreement on a single underlying cause of metabolic syndrome, we do know obesity and a sedentary lifestyle play a big role. Other possible causes are family history (genes), an unhealthy diet, hormonal imbalance, and aging. Whatever the underlying cause, it is important to focus on the controllable (diet and exercise) vs. the uncontrollable risk factors (aging, genetic predisposition) to help in decreasing your risks.

You are more likely to have metabolic syndrome if:

- You are older. As you age, your risk increases.
- You are overweight or obese, especially if you carry a lot of weight around your waist and upper body.
- You have insulin resistance. (Insulin resistance causes cells to not respond to insulin so glucose, the sugar in your blood, cannot enter the cells. Instead, the glucose in your blood stream increases. Your body reacts by producing more insulin to help glucose enter the cells. The increased insulin raises your risk for heart disease, diabetes and stroke.)
- You have a family history of Type 2 diabetes.
- You have high blood pressure.
- You have a sedentary lifestyle.
- You are African American or Hispanic.

### What are the Symptoms?

Because medical symptoms of metabolic syndrome develop over time, many people do not notice any symptoms. Insulin resistance and inflammation are complication risks of metabolic syndrome, which are usually silent until the health risk is already present. Consistently high levels of insulin and glucose are linked to many harmful changes to the body. Damage can occur to the lining of the artery walls, which is a significant step in developing heart disease. Changes in the kidneys affect their ability to remove sodium, leading to elevated blood pressure. Triglyceride levels begin to rise, which accelerates the progression of coronary artery disease. A slowing insulin production can signal the start of Type 2 diabetes.

### Prevention

The good news is that metabolic syndrome can be prevented and steps can be taken to prevent health risks in the future by adopting healthy lifestyle habits.

**Lose Weight:** A 5-10% reduction in body weight can help address metabolic syndrome risk factors. This amount of weight loss will reduce insulin resistance and lower blood glucose. Weight loss may also lower blood pressure and triglycerides.

**Exercise:** Aerobic activity, such as walking briskly for 30-60



### Strategies for Stress Success

To view this recorded webinar, visit [www.interactivehs.com](http://www.interactivehs.com)

### Coming Soon: Cholesterol Countdown

Date: September 20, 2012  
Time: 12:00pm – 1:00pm CST

[Register Now](#)

### Recipe of the Month



### Tuscan Tuna Salad

The Mediterranean diet is known to help prevent heart disease and metabolic syndrome. A Mediterranean-eating style is a diet rich in fruits, vegetables, whole grains, nuts, beans, and seeds. It provides anti-inflammatory compounds of Omega-3 fatty acids and monounsaturated fats, as well as antioxidants, vitamins, minerals, and fiber, which may lower risk for metabolic syndrome.

When produce is at its peak, a simple salad can provide a quick, easy, and nutrient-rich dinner. Try a fresh, no-cook summer salad recipe. Turn it into a complete meal with a little protein.

minutes on most days, can promote weight loss, improve blood pressure, lower cholesterol, and decrease your risk for diabetes. Try to exercise 150 minutes per week. (Check with your health care provider before starting any exercise program.)

**Eat Healthy:** The DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet have been found to offer important health benefits. These diet plans encourage consuming foods high in fiber, such as whole grains, fruits, vegetables and legumes. Include low fat dairy, lean poultry and fish. Choose healthier fats such as olive oil, canola oil, flaxseed oil and nuts. Limit refined sugars such as table sugar, white flour, white bread, candy, cookies, crackers and sugared beverages. Check with your physician before starting a new eating plan.

**Limit Alcohol:** Alcohol should be limited to 1 drink per day for women and 2 drinks per day for men.

**Stop Smoking:** Smoking cigarettes increases insulin resistance and worsens the health consequences of metabolic syndrome.

If you think you might have metabolic syndrome, see your healthcare provider. A diagnosis can be made by measuring waist circumference, blood pressure, cholesterol, and blood glucose. If you are unable to achieve your goals with lifestyle changes alone, your doctor may need to prescribe medications to help reduce your risk factors. If metabolic syndrome is addressed properly, future serious medical complications can be avoided.

**Jane Ruppert, RD LDN CDE**  
**Director of Health Management Services**

**Resources:**

- Interactive Health Solutions: [www.interactivehs.com](http://www.interactivehs.com)
- The American Heart Association: [www.heart.org](http://www.heart.org)
- The American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)
- The National Heart Lung and Blood Institute: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

This Mediterranean-style salad spotlights albacore tuna, a fish rich in Omega-3 fatty acids.

- Makes 4 servings
- 1 (12-ounce can) albacore tuna, drained and rinsed
  - 1 (15-ounce can) small white beans, such as cannellini or Great Northern, drained and rinsed
  - 10 cherry tomatoes, quartered
  - 4 scallions, trimmed and sliced
  - 2 tablespoons extra-virgin olive oil
  - 2 tablespoons lemon juice
  - 1/4 teaspoon salt
  - Freshly ground pepper, to taste

- Salad Mix:
- 1 pound mixed greens (romaine, butter lettuce, radicchio, and arugula) or spring mix
  - 1 red or orange bell pepper, cut into matchsticks
  - 1/2 cup pitted Kalamata olives, sliced

- Preparation:
1. Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.
  2. Toss together mixed greens, sliced bell peppers and olives.
  3. Serve 1 cup of tuna salad over 2 cups of salad.

Nutrition information per serving

Calories: 296  
 Fat: 10 grams  
 Saturated fat: 1 gram  
 Cholesterol: 53 milligrams  
 Carbohydrates: 20 grams  
 Protein: 31 grams  
 Fiber: 6 grams  
 Sodium: 453 milligrams

**Chef Cheryl Bell, MS RD CDE**

## Member Website Spotlight

## About Interactive Health Solutions

**My IHI Score:** 55

IHI Score as of 3/11/2010 12:10 AM

Metric	Current Score	Points
Blood Pressure-Systolic	190	19
Blood Pressure-Diastolic	100	19
LDL Cholesterol	180	-5
Glucose	180	6
Triglycerides	500	-5
Tobacco Use	40	40

**My IHI Goal:** 22

**How to Reach My IHI Goal**

You know your IHI goal, now let us help you achieve it. Use the simulator below to discover how changes to each element will impact your overall score. Then, click the links under each slider to learn how to achieve your IHI goal.

**Current** 19 **Adjusted** 22

**19 IDEAL** Blood Pressure Systolic: Your ideal score is 138 or below. 1 point per Blood Pressure Systolic unit above your goal. Need to reduce your blood pressure?

**95 IDEAL** Blood Pressure Diastolic: Your ideal score is 88 or below. 1 point per Blood Pressure Diastolic unit above your goal. Need to reduce your blood pressure?

**-5 IDEAL** LDL Cholesterol: Your ideal score is 129 or below. 1 point per LDL Cholesterol unit above your goal. Lower your LDL cholesterol with these resources.

**6 IDEAL** Glucose: Your ideal score is 98 or below. 1 point per Glucose unit above your goal. Learn how to keep your glucose level under control.

**-5 IDEAL** Triglycerides: Your ideal score is 148 or below. 1 point per 10 Triglyceride units above your goal. Learn how lifestyle changes can impact your triglycerides.

**40 IDEAL** Tobacco Use: 40 points for using tobacco. Quit using tobacco and reduce your IHI score by 40. Learn about ways to quit successfully.

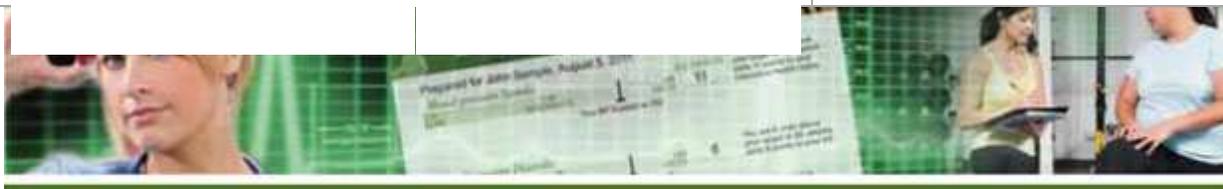
**74 Total** **36 Total**

### My Interactive Health Index (IHI) Goal

Could you use some assistance in reaching your Interactive Health Index (IHI) goal? We are here to help all our members achieve their personal goals. Visit the [My IHI Goal](#) page to access our new IHI goal simulator and see how small changes can impact your IHI score. The simulator lets you adjust the score of each of the five IHI elements to determine how each affects your goal. And, once you have decided what area to focus on, click to view the targeted resources to help you take action.

Get started now at <https://www.interactivehs.com/MyHealth/MyGoal>.

Interactive Health Solutions provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate, and reward* you as you begin a journey on the pathway to better health. We will create a personalized pathway that is unique to your health status. Our program will provide you with the specific tools and resources you need to achieve your personal health goal.



[www.interactivehs.com](http://www.interactivehs.com)

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