

Metabolic Syndrome Risk Factors

3, 4 or 5 risk factors = Metabolic Syndrome

*** Please reference these ranges when reviewing your lab results**

**You are at risk if your
BLOOD PRESSURE is...**

Greater than or equal to 130/85
(Either number)

**You are at risk if your WAIST
CIRCUMFERENCE is...**

Greater than or equal to 40 inches for Men
Greater than or equal to 35 inches for
Women
(Measured at the umbilicus)

**You are at risk if your
FASTING GLUCOSE is...**

Greater than or equal to 100 mg/dL

**You are at risk if your
TRIGLYCERIDES are...**

Greater than or equal to 150 mg/dL

**You are at risk if your HDL
CHOLESTEROL is...**

Less than 40 mg/dL for Men
Less than 50 mg/dL for Women