

Road to **WELL**fluent™

Embrace better health.

Summertime is a great time to slow down and build healthier habits into your schedule. Want to know more? Read below.

What is Metabolic Syndrome?

Metabolic syndrome is a group of conditions that together raise your risk of coronary heart disease, diabetes, stroke, and other serious health problems. Metabolic syndrome is also called insulin resistance syndrome.

You may have metabolic syndrome if you have three or more of the following conditions.

- **A large waistline:** This is also called abdominal obesity or “having an apple shape.” Extra fat in your stomach area is a bigger risk factor for heart disease than extra fat in other parts of your body.
- **High blood pressure:** If your blood pressure rises and stays high for a long time, it can damage your heart and blood vessels. High blood pressure can also cause plaque, a waxy substance, to build up in your arteries. Plaque can cause heart and blood vessel diseases such as heart attack or stroke.
- **High blood sugar levels:** This can damage your blood vessels and raise your risk of getting blood clot. Blood clots can cause heart and blood vessel diseases.
- **High blood triglycerides:** Triglycerides are a type of fat found in your blood. High levels of triglycerides can raise your levels of LDL cholesterol, sometimes called bad cholesterol. This raises your risk of heart disease.
- **Low HDL cholesterol, sometimes called good cholesterol:** Blood cholesterol levels are important for heart health. “Good” HDL cholesterol can help remove “bad” LDL cholesterol from your blood vessels. “Bad” LDL cholesterol can cause plaque buildup in your blood vessels.

Metabolic syndrome is common in the United States. About 1 in 3 adults have metabolic syndrome. The good news is that it is largely preventable. Knowing the risk factors and making healthy lifestyle changes can help you lower your chances of developing



metabolic syndrome or the health problems it can cause.

The main goals of treating metabolic syndrome are to lower your risk of heart disease and to prevent type 2 diabetes if it hasn't already developed. If you already have type 2 diabetes, treatment can lower your risk of heart disease by controlling all your risk factors.

Heart-healthy lifestyle changes are the first line of treatment for metabolic syndrome.

To Learn more about heart healthy living go to:

[Heart-Healthy Living - What Is Heart-Healthy Living? | NHLBI, NIH](#)

Reference: [Metabolic Syndrome - What Is Metabolic Syndrome? | NHLBI, NIH](#)

Tips for a Healthy Summer

Follow these tips to help prevent chronic disease and have a #HealthySummer.

- 1. Move More, Sit Less!** - Get at least 150 minutes of aerobic physical activity every week.
- 2. Wear Sunscreen & Insect Repellent** - Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection. Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks. Tip: If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks.
- 3. Keep Cool in Extreme Heat** - Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions. Stay Cool, Stay Hydrated, Stay Informed.
- 4. Eat a Healthy Diet** = Delicious fruits and veggies make any summer meal healthier.
- 5. Rethink Your Drink!** Drink fluoridated water instead of sugary or alcoholic drinks to reduce calories and stay safe.
- 6. Don't Use Tobacco.** You can quit tobacco today! Find the free quitting support that's right for you. Call 1-800-QUIT-NOW



For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.

Source: [Tips for a Healthy Summer \(cdc.gov\)](https://www.cdc.gov/healthysummer/)

AvMed Wellness Tip:



Summer is the perfect time to focus on your health. So why not get a jump-start to a healthier you by visiting AvMed's website to complete your **Personal Health Assessment (PHA)**.

This user-friendly online tool helps you understand your current health status, identify potential health risks and set realistic improvement goals based on your specific needs. By completing this confidential questionnaire, you will receive a personalized scorecard including recommendations and resources to help you target possible health risks and opportunities to reduce healthcare costs.

To get started visit AvMed.org. Log into your account and click on **Health and Wellness** for more information.

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