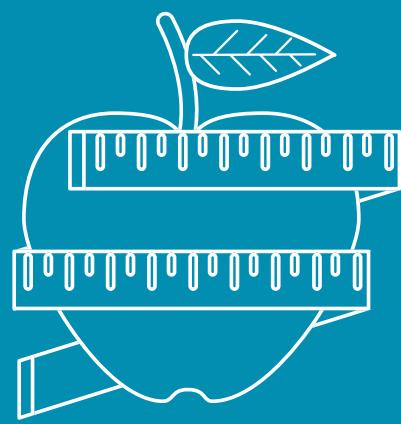
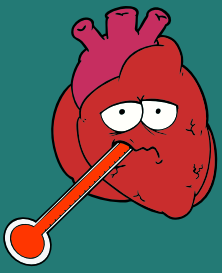


# METABOLIC SYNDROME



Increases risk of



Heart disease



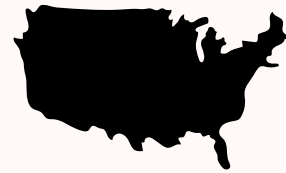
Stroke



Type 2 diabetes

## Approx. 1 out of 3

of Americans have  
metabolic syndrome



**METABOLIC SYNDROME IS  
BECOMING INCREDIBLY  
COMMON AMONG THE US  
POPULATION**

### PEOPLE WITH CENTRAL OBESITY ARE AT RISK



In men who have a  
waist circumference  
> 40 in



People at old age and  
of Mexican descent are  
at the highest risk



In women who have a  
waist circumference  
> 35 in

### OTHER RISK FACTORS



Diabetes



Obesity



Smoking



Physical  
Inactivity



Inflammatory  
diseases

PEOPLE WITH  
METABOLIC SYNDROME  
ARE

## twice

AS LIKELY TO DEVELOP  
HEART DISEASE

AND ARE

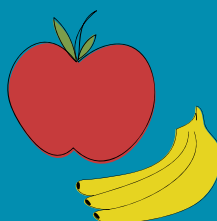
## five times more likely

TO DEVELOP  
DIABETES

### Treatment Methods



EXERCISE DAILY  
FOR 30-60  
MINUTES



EATING  
HEALTHY



HEALTHY LIFESTYLE  
AND ROUTINE  
CHECKUPS WITH  
DOCTORS



ASIAN PACIFIC  
HEALTH  
FOUNDATION