

Metabolic Syndrome- Enemy of Health

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INTRODUCTION

Metabolic syndrome is a problem about which people do not have much information. When the cluster of conditions like heart disease, diabetes, high blood pressure, bad cholesterol, and obesity occurs known a metabolic syndrome. Main causing reason for metabolic syndrome is modern life style.

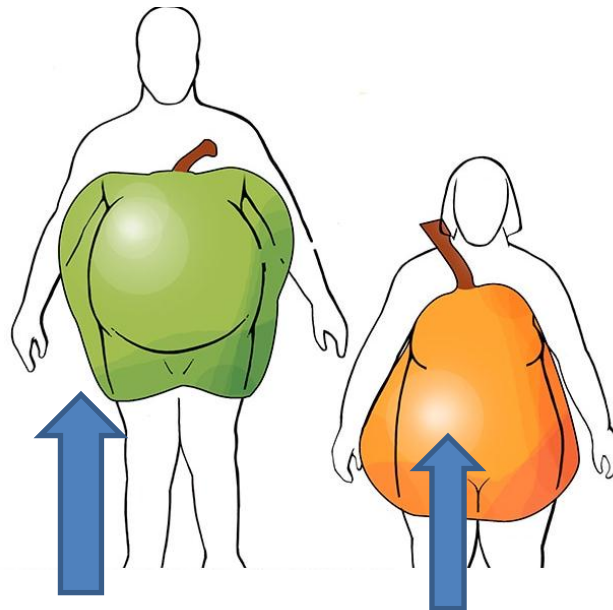
What is the Problem?

Metabolic syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke and type 2 diabetes. These conditions include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels. A **metabolic disorder** occurs when abnormal chemical reactions in your body disrupt this process. When this happens, you might have too much of some substances or too little of other ones that you need to stay healthy. There are different groups of **disorders**. Metabolic syndrome is increasingly common, and up to one-third of U.S. adults have it. If you have metabolic syndrome or any of its components, aggressive lifestyle changes can delay or even prevent the development of serious health problems. Having just one of these conditions doesn't mean you have metabolic syndrome. But it does mean you have a greater risk of serious disease. And if you develop more of these conditions, your risk of complications, such as type 2 diabetes and heart disease, rises even higher.

What are the Reasons?

In some cases Metabolic syndrome is genetic disorder which is difficult to control but in most of the cases it is controlled by life style chngement and dietary treatment.

In last few years, there are certain non-necessary changes take places in people's life style like working whole day on one desk, consumption of more junk foods, etc. These are some habits which enhance the occurrence of metabolic syndrome which are enemy to human body. Sometime people use alcohol and smoking to relieve the stress this causes increase in occurrence of metabolic syndrome.



Apple shape and Pear shape obesity

When to contact doctor-

- When weight is continuously increasing and ratio of Body Mass Index (BMI) or body fat getting disturbed.
- The formula is **BMI** = kg/m^2 where kg is a person's weight in kilograms and m^2 is their height in metre squared.
- A **BMI** of 25.0 or more is **overweight**, while the healthy range is 18.5 to 24.9. **BMI** applies to most adults 18-65 years.

Dietary treatment-

- Fiber rich food products like fresh fruits and vegetables, dry fruits, whole grain, pulses, cereals, flour with bran minimize the problems related to heart disease and reduces stroke chances.
- Fibers help to reduce bad cholesterol and LDL (Low Density Lipoprotein) and maintain blood sugar level.
- Minimum daily requirement of fiber for women is 25gm and for men is 38gm.

CONCLUSION

This is similar in men and women and increased with age. Therefore, treatment and control of metabolic syndrome and component conditions are extremely low. If the situation

- Potassium rich foods like banana, dates, orange, pulses, mushroom, tomato and curd help in maintaining blood pressure and minimize the effect of increased sodium level in body, sodium causes high blood pressure.
- Include Omega -3 rich fatty acid food items in diet like sunflower seed, chia seeds, olive oil, walnut, almonds and cod liver oil etc.

Follow active life style-

- Walk daily for about two hours and exercise regularly.
- Try every possible effort to reduce weight and exercise helps in preventing other problems.
- After works of every one hour try to walk at least 4-5 minutes and this time are careful about body posture.
- Manage the time for work, sleep, and other activities.
- Stay away from drugs and consult to doctor.

does not improve soon, will cause a further increase in the vascular disease. This calls for urgent education of the public and the medical community.