The five metabolic numbers

Five ordinary measurements that are read as a set. Three or more out of range together is called metabolic syndrome, and about a third of people who have it are not obese.

MY FIVE

Marker	My result	Date	Last time	Clinician's target
Waist				
Triglycerides				
HDL cholesterol				
Blood pressure				
Fasting glucose				

HOW THEY CONNECT

One explanation researchers give: extra glucose and insulin fill the liver with fat. The liver ships that fat out as triglycerides, and HDL falls as triglycerides rise. The fat settles around the organs and the waist, and blood pressure tends to follow.

QUESTIONS TO ASK

- [ ] How many of the five are out of range for me?
- [ ] Which one would you work on first?
- [ ] When should we measure again?

Sources: Standard metabolic syndrome criteria. Targets differ by sex and ethnicity, so ask for yours.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com