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Metabolic Syndrome

Patient name: _____ Admission: _____

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- I. The client/caregiver can define metabolic syndrome.**
- Metabolic syndrome is the cluster of metabolic risk factors that increase the risk of coronary artery disease.
 - The American Heart Association and the National Heart, Lung, and Blood Institute suggest the following perimeters for the diagnosis of metabolic syndrome. They include the following:
 - Obesity, including a waist circumference more than 40 inches for men and 35 inches for women.
 - Blood pressure of 130/85 mm Hg or higher.
 - Triglyceride level of 150 mg/dl or higher.
 - HDL level below 40 mg/dl in men and 50 mg/dl in women.
 - Fasting serum glucose level of 100 mg/dl.
- II. The client/caregiver can list objective methods used to evaluate for this syndrome during a physical examination.**
- BMI is the body mass index, which compares a person's weight to their height to give an estimate of body fat.
 - Waist circumference is a reflection of body fat distribution. Fat that is distributed in large amounts around the waist is often called an apple-shaped body type. This body type is at the greatest risk for cardiovascular disease.
 - Skinfold measurements are usually taken at the triceps, and biceps areas. This also helps to establish the body fat percentage of an individual.
 - Measure blood pressure and pulse.
 - Assess for shortness of breath and/or edema.

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- III. The client/caregiver can discuss laboratory diagnostic tests the physician may use to evaluate for the presence of metabolic syndrome.**
- Total cholesterol and LDL and HDL levels
 - Serum triglycerides
 - Blood glucose level
- IV. The client/caregiver can list additional testing the physician may use to evaluate for damage to the cardiovascular system by the metabolic syndrome.**
- Electrocardiogram (ECG)
 - Stress test
 - Echocardiography
 - Cardiac catheterization
 - Chest x-ray
- V. The client/caregiver can list resources included in this book for the metabolic syndrome.**
- Diabetes mellitus teaching guide
 - The hypertension teaching guide
 - Coronary artery disease teaching guide
 - Nutrition teaching guides
 - Weight-loss diet
 - Cardiovascular-related diets: low-fat, low-cholesterol, and low-sodium diets
 - Diabetes mellitus diet

RESOURCES

National Cholesterol Education Program (NCEP)
www.nhlbi.nih.gov/about/ncep

National Heart, Lung, and Blood Institute
www.nhlbi.nih

American Heart Association
www.americanheart.org

National Institutes of Health
www.nih.gov

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American Dietetic Association
www.eatright.org

American Diabetes Association
www.diabetes.org

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