

Lifestyle Risk Factors

Processed foods, sugar,
refined carbohydrate



Physical inactivity



Stress

Inadequate
sleep



Genetic Risk Factors



METABOLIC SYNDROME

HYPERINSULINEMIA
INSULIN RESISTANCE

DIAGNOSTIC CRITERIA

≥3 of the following:

Waist Circumference (indicating visceral obesity)

Men ≥ 90cm (Europids ≥94cm) Women ≥ 80cm
(If BMI >30kg/m² most will have waist > criteria)

Raised Triglycerides

>150mg/dL (1.7 mmol/L)

Reduced HDL-cholesterol

Men <40mg/dL (1.03 mmol/L) Women <50mg/dL (1.29 mmol/L)

Raised Blood Pressure

Systolic ≥130 mmHg Diastolic ≥ 85 mmHg
(or on treatment)

Raised Fasting Plasma Glucose

≥100mg/dL (5.6 mmol/L)

(Most people with T2DM have diagnostic criteria for metabolic syndrome)

Associated Conditions

Type 2 Diabetes

Pre-diabetes

Obesity

Hypertension

Heart Disease

Stroke

Non-Alcoholic Fatty Liver Disease

Hyperuricemia

Some Cancers

Dementia (Alzheimer's and Vascular)

Inflammation (& associated conditions)

Polycystic Ovarian Syndrome

Thrombosis (e.g. DVT)

Kidney Disease

Depression & Anxiety

PREVENTION/TREATMENT/REVERSAL

NUTRITION: EAT REAL FOOD. Avoid Processed Food. Avoid Sugar and Refined Carbohydrate.

Eat Vegetables (non starchy), enjoy Healthy Fats (e.g. olive oil) and Fish/Dairy/Meat/Eggs/Nuts

PHYSICAL ACTIVITY: Reduce sitting. Weekly Physical Activity of 150mins moderate or 75mins of vigorous, & muscle strengthening twice

SLEEP: Most people should aim for approximately 7.5 hours/night

STRESS: Take steps to reduce chronic stress