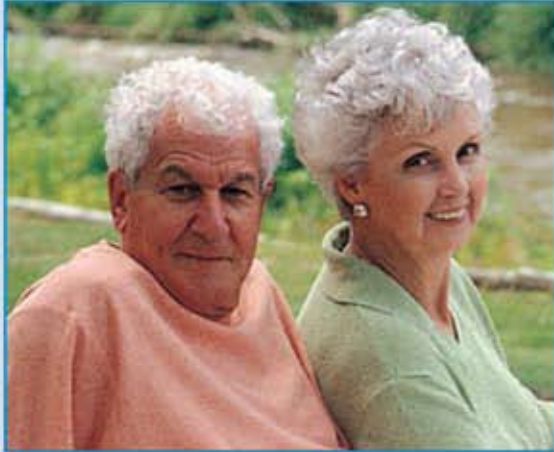


METABOLIC SYNDROME PROFILE

Detect, Assess, Guide...



The Metabolic Syndrome Profile:

- **Detects** insulin insensitivity with these markers:
 - Insulin
 - Glucose
 - HDL cholesterol
 - Triglycerides
- **Assesses** underlying factors of nitric oxide and eicosanoid cell response regulators to help reverse metabolic syndrome.
 - ADMA (asymmetric dimethylarginine): one of the most sensitive markers of insulin insensitivity
 - Fatty acids
 - Arachidonic acid (AA)
 - Eicosapentaenoic acid (EPA)
 - AA/EPA ratio
- **Guides** interventions to restore and monitor metabolic function such as:
 - Diet therapies
 - Supplement recommendations
 - Exercise programs

Obesity will be among the greatest influences on morbidity and mortality in the coming decades. A major contributor to obesity is "Metabolic Syndrome."

Metabolic Syndrome is characterized by a group of metabolic risk factors that include:

- Central obesity (increased waist-to-hip ratio due to excessive fat tissue in and around the abdomen)
- Elevated blood pressure
- Insulin resistance
- Pro-inflammatory state (elevated plasma AA/EPA ratio)
- Glucose intolerance
- Increased tendency to clot
- Inflammation

What factors contribute to Metabolic Syndrome?

- **Lifestyle** - including high dietary carbohydrate intake (especially simple sugars) and physical inactivity that leads to low lean body mass
- Individual **genetics**
- **Age** - prevalence increases with age, affecting less than 10% of people in their 20s and 40% of people in their 60s
- **Race** - particularly Hispanics and Asians
- **Obesity** - body mass index (BMI) greater than 25
- History of **diabetes**

[Source: www.mayoclinic.com]

PATIENT INFORMATION SHEET

