

Fast Facts...

Metabolic Syndrome - A Modern Day Epidemic



- **What is Metabolic Syndrome?** Metabolic Syndrome is diagnosed when a patient has three or more of the following five American Heart Association criteria:
 - Abdominal obesity (waist circumference ≥ 102 cm in men, and ≥ 88 cm in women)
 - Hypertriglyceridaemia (≥ 1.70 mmol/litre)
 - Low HDL (≤ 1.03 mmol/litre in men and ≤ 1.29 mmol/litre in women)
 - Hypertension ($\geq 130/85$ mmHg)
 - Elevated fasting glucose (≥ 5.6 mmol/litre)
- **Metabolic Syndrome seriously increases cardiovascular risk.** The components of Metabolic Syndrome are some of the most dangerous cardiovascular risk factors. In combination, they increase a patient's risk of heart disease by around 500%.¹
- **The prevalence of Metabolic Syndrome is soaring.** There are currently over five million people in Australia, and in excess of one million people in New Zealand, who satisfy the criteria for Metabolic Syndrome.²
- **Diabetes is Australia's fastest growing chronic disease.** Every single day, 275 Australians are diagnosed with diabetes, contributing to an estimated 3.2 million Australians who live with diabetes or pre-diabetes. Alarmingly, it is thought that for each person diagnosed, there is another that remains undiagnosed. Diabetes is currently ranked as the sixth leading cause of death in Australia.
- **Killing ourselves with excess.** Due to our modern diets and lifestyles, cardiovascular disease and type 2 diabetes are epidemic in the Western world, typically afflicting 50-65% of adult populations. These diseases are rare or nonexistent in hunter-gatherers and other less Westernised populations, highlighting the negative impact modern diets and lifestyles are having on our health.¹

• References

¹ Cordain L et al. Origins and evolution of the Western diet: health implications for the 21st century. Am J Clin Nutr. 2005 Feb;81(2):341-54.

² Diabetes Australia; Viewed Feb 2008 <http://www.diabetesaustralia.com.au/Understanding-Diabetes/Diabetes-in-Australia/>

Focus On... Metabolic Syndrome



Modern day life provides all the essential ingredients for the alarming rise of cardiovascular disease, type 2 diabetes and neurological diseases we are currently witnessing in Australia and New Zealand. The long-term effects of chronic stress, poor diet, inactivity and toxicity all combine to contribute to Metabolic Syndrome.

A Vicious Cycle

Metabolic Syndrome aetiology is driven by visceral obesity, insulin resistance, inflammation and increased free fatty acids in the body. These factors serve to perpetuate each other in complex ways to ultimately manifest in cardiovascular disease and other chronic diseases. For example, high circulating insulin promotes visceral fat storage, which in turn releases inflammatory mediators that interfere with insulin activity in the liver and muscle, contributing to altered fat metabolism and poor blood sugar regulation. Breaking the cycle involves directly addressing these key factors (see Figure 1).

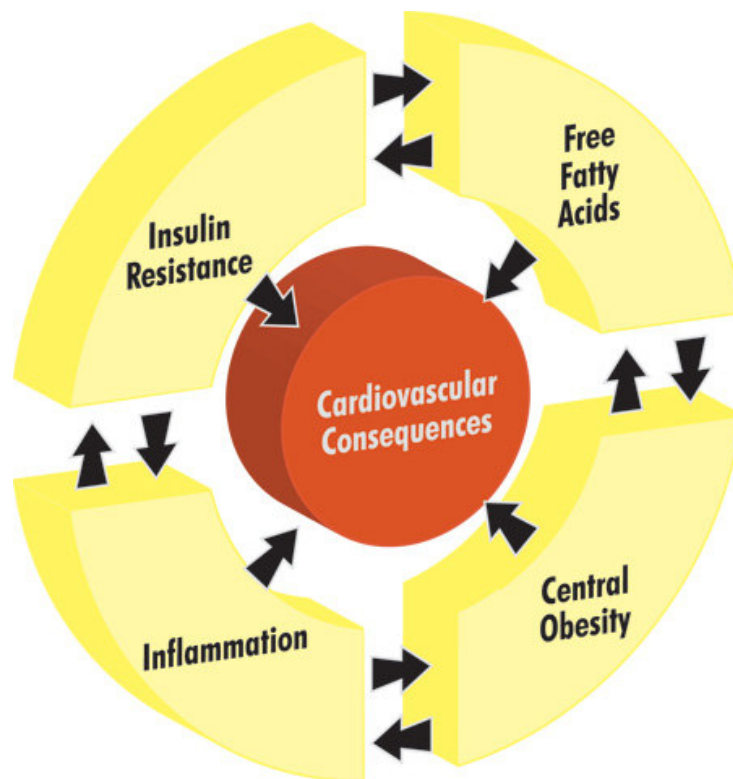


Figure 1: Key Factors to Address in Managing Metabolic Syndrome.

Address Insulin Resistance with Diet and Lifestyle First and Foremost

Insulin resistance is the core underpinning pathophysiological process driving the progression of Metabolic Syndrome. Therapeutically, therefore, this must be addressed first, through exercise and dietary interventions.

As a naturopath, Dagmar uses the KetoSlim program which is a clinically proven, scientifically advanced program for rapid and lasting fat loss. As a carbohydrate controlled dietary program incorporating moderate exercise and nutritional supplementation, the KetoSlim program encourages the body to use fat as the primary source of fuel by restricting dietary carbohydrates. Studies and clinical experience have demonstrated that it is possible to achieve ½ - 1 kg of fat loss weekly, while maintaining lean muscle to promote the healthiest body composition. This dietary program will help to address the issue of overweight/obesity, as well as helping with other aspects of Metabolic Syndrome, such as insulin resistance and increased free fatty acids.

Improve Insulin Sensitivity with Natural Medicines

In combination with these dietary and lifestyle strategies, insulin sensitivity may be effectively enhanced with the supplementation of specific herbal and nutritional formulas.

These formulas help to improve insulin sensitivity, reduce inflammation and help normalise blood glucose, triglyceride and cholesterol levels. Containing a synergistic blend of herbal extracts with chromium, this formula is shown to effectively inhibit the inflammatory signals that interfere with insulin activity. Clinical studies highlight the effectiveness of this formula to help patients with inflammation and impaired blood glucose control.

Other special blends of herbs improve glucose and lipid metabolism. These are combined with specific nutrients to provide adrenal support and provide nutrition required for energy production as a valuable support to Metabolic Syndrome patients who commonly suffer from fatigue and adrenal exhaustion as a consequence of their metabolic imbalances.

Ensure you Support Cardiovascular Health...

As Metabolic Syndrome carries a significantly increased risk for cardiovascular disease, particular attention and support is given to all patients with the syndrome. The formulas used act to reduce sympathetic nervous system activation, improve insulin function, balance vascular smooth muscle contraction and protect against oxidative damage. These functions normalise blood pressure and prevent longer term pathological change in the cardiovascular system.

Metabolic Syndrome – Take a Long Term View

Due to the complexity of this condition, treating patients with Metabolic Syndrome requires significant commitment on the part of the patient. Successful treatment often requires ongoing support and a comprehensive approach, including clinically effective dietary strategies, exercise and specific nutritional support to restore healthy metabolism in the short term, and to provide preventative health care in the longer term. The rewards for this commitment and effort are, however, substantial, so if you suffer from Metabolic Syndrome take action to start changing your life today!