

- Diabetes / Blood pressure / Obesity

How to cure metabolic syndrome?

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Metabolic syndrome is the medical term for a triad of symptoms: Diabetes, high blood pressure and obesity.



We know this combination is always serious because it raises the odds of you getting coronary heart disease, suffering a stroke, and other conditions that affect the blood vessels.

Diabetes, high blood pressure and obesity can damage your blood vessels, but having all three of them together is particularly dangerous.

What are the symptoms?

Metabolic syndrome could be present if you have three or more of the following symptoms: High blood pressure that's consistently 140/90mmHg or higher.

You are very overweight or have a lot of fat around your waist. You have high blood sugar levels, which signify insulin resistance.

Blood tests reveal high triglyceride levels (fat in the blood) and low levels of HDL (the good cholesterol) in your blood. This can lead to atherosclerosis where arteries become clogged with fats such as cholesterol.

Can it be prevented?

Making some lifestyle changes can have a profound effect on metabolic syndrome. Changes that may help are stopping smoking, cutting down on alcohol, losing weight, exercising regularly, eating a healthy, balanced diet to help keep your blood pressure, cholesterol and blood sugar levels under control