

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

Control the risk factors, decrease your risk for cardiovascular disease...

Do You Have Metabolic Syndrome?

Metabolic syndrome is a serious health condition that increases one's risk of diseases related to fatty build-up in artery walls leading to heart attacks, stroke, peripheral vascular disease, etc. Some of the underlying causes of this syndrome include, overweight or obesity, insulin resistance, physical inactivity and/or genetic factors.

In recent years, metabolic syndrome has become much more common in the United States with an estimated 20 to 25 percent of adult Americans having it.

The syndrome is associated with central obesity and insulin resistance. Obesity contributes to hypertension, high cholesterol, low HDL ("good") cholesterol and high blood sugar. Abdominal obesity especially correlates with metabolic factors.

In insulin resistance, the body can't use insulin efficiently. That's a problem because the body needs insulin to convert sugar and starch into energy for daily life. If the body can't do this,

diabetes can result. Insulin resistance can be inherited or acquired due to excess body fat or physical inactivity.

The most current and widely used criteria identify this syndrome by the presence of three or more of these metabolic risk factors:

- Central obesity: this is measured by waist circumference of more than 40 inches for men and 35 inches for women
- Fasting blood triglycerides are 150 mg/dl or more or taking medicine for high triglycerides.
- Low HDL ("good") cholesterol levels or taking medicine for low HDL cholesterol: less than 40 mg/dl for men and 50 mg/dl for women
- Elevated blood pressure of 130/85 mm Hg or higher or taking medicine for high blood pressure
- Fasting glucose (blood sugar) of 100 mg/dl or more or taking medicine for high blood glucose



People who have metabolic syndrome can reduce their risk for cardiovascular disease and type 2 diabetes by controlling risk factors. This is best achieved by losing weight and increasing physical activity.

Support Group Meeting



Our next gastric banding support group meeting is Thursday, April 21 at 7 pm. Plan to attend!

WEIGHT LOSS SURGERY SEMINARS

Do you have a friend or family member interested in getting information on weight loss surgery? Recommend they attend a free informational seminar where they can get plenty of information, meet the surgeons and ask any question they want in a friendly stress-free environment.

Surgical Associates hold free seminars twice a month, one on a Saturday and one on a weekday. This month, seminars are on the 2nd and 21st. Call 703-717-4250 for more seminar dates or to register.

WARNING SIGNS

Warning Signs of Heart Attack

Some heart attacks are sudden and intense, but most start slowly with mild pain or discomfort with one or more of these symptoms:

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Other signs including cold sweat, nausea or lightheadedness



Warning Signs of Stroke

Learn to recognize a stroke. Time lost is brain lost.

- Sudden weakness or numbness of the face, arm or leg,
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Call 9-1-1 ... Get to a hospital immediately if you have signs of a heart attack or stroke!