Other names:
- Cardiometabolic syndrome
- Dysmetabolic syndrome
- Hypertriglyceridemic waist
- Insulin resistance syndrome
- Obesity syndrome
- Syndrome X

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at http://www.umcvc.org/mardigian-wellness-resource-center and online Information guides at http://infoguides.med.umich.edu/home

Brochures, Fact sheets


- National Heart, Lung and Blood Institute (NHLBI).
  - What Is Metabolic Syndrome? A printable version of this fact sheet is available online at: http://www.nhlbi.nih.gov/health/health-topics/topics/ms/
  - How is Metabolic Syndrome Treated? Access and print from: http://www.nhlbi.nih.gov/health/health-topics/topics/ms/treatment.html
Books


Articles


Audiovisual Resources

• Online Video If I Had - A Family Member with Metabolic Syndrome by Dr. Larry Sperling, MD, Emory University. Video may be accessed at: If I Had - A Family Member with Metabolic Syndrome

Websites

• American College of Cardiology: Metabolic Syndrome https://www.cardiosmart.org/Heart-Conditions/Metabolic-Syndrome
This site includes sections on understanding your condition, questions to ask your Doctor, and patient responsibilities. Also included is information on support and research.

• American Heart Association: Metabolic Syndrome http://www.heart.org/HEARTORG/Conditions/More/MetabolicSyndrome/Metabolic-Syndrome_UCM_002080_SubHomePage.jsp
This site explains Metabolic Syndrome along with information on risk factors, symptoms, diagnosis, prevention and treatment.

• National Heart, Lung, and Blood Institute: Explore Metabolic Syndrome? https://www.nhlbi.nih.gov/health/health-topics/topics/ms#
This site provides information on metabolic syndrome including causes, risks, symptoms, diagnosis, treatment and prevention.
University of Michigan Resources

- **University of Michigan Metabolic Fitness Program**
  [http://www.umcvc.org/metabolic-fitness-program](http://www.umcvc.org/metabolic-fitness-program)
  This program has a multidisciplinary team of cardiovascular experts focused on helping patients reverse their metabolic syndrome through support, education and comprehensive care. A physician referral is required for this program, to schedule an appointment call 734.998.5679.

- **University of Michigan Tobacco Consultation Service**
  Group and individual quit-smoking programs. For more information access: [http://hr.umich.edu/mhealthy/programs/tobacco/](http://hr.umich.edu/mhealthy/programs/tobacco/) or call (734) 998-6222 or email quitsmoking@med.umich.edu

Support Organizations

- **American Diabetes Association**

- **American Heart Association**
  [http://www.heart.org/HEARTORG/](http://www.heart.org/HEARTORG/)