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

Books


**Articles**


Audiovisual Resources

- **Metabolic Syndrome: A Dangerous Combination of Risk Factors**
  (Michigan Medicine) 46:42 minute video
  [https://youtu.be/K50w2yEFbbQ](https://youtu.be/K50w2yEFbbQ)
  A Michigan Medicine cardiologist and gastroenterologist for a discussion about Metabolic Syndrome. Our experts will field questions from our viewers and talk about what metabolic syndrome means and how obesity, cardiovascular disease, diabetes and liver disease play a role in diagnosis.

Websites

- **American College of Cardiology: Metabolic Syndrome**
  [https://www.cardiosmart.org/Heart-Conditions/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](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.

- **MedlinePlus.gov: Metabolic Syndrome**
  [https://medlineplus.gov/metabolicsyndrome.html](https://medlineplus.gov/metabolicsyndrome.html)
  Provides links to resources on Metabolic Syndrome.

- **National Heart, Lung, and Blood Institute: Metabolic Syndrome**
  [https://www.nhlbi.nih.gov/health/health-topics/topics/ms#](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.

- **National Institute of Diabetes and Digestive Kidney Diseases (NIDDK): Insulin Resistance & Prediabetes**
  Explains insulin and insulin resistance and as well as prediabetes.
University of Michigan Resources

- University of Michigan 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/ or call (734) 998-6222 or email quitsmoking@med.umich.edu

Support Organizations

- American Diabetes Association
  http://www.diabetes.org/

- American Heart Association
  https://www.heart.org/