

# Metabolic Syndrome

## INFORMATION GUIDE



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

- American Academy of Family Physicians. **Metabolic Syndrome**  
<https://familydoctor.org/condition/metabolic-syndrome/>
- American Heart Association. **What Is Metabolic Syndrome**  
<https://tinyurl.com/y7cmu4nu>

### Books

- Fisher, Helen V. and Cynthia Thompson. **The Mediterranean Heart Diet: Why It Works and How to Reap the Health Benefits, With Recipes to Get You Started.** Cambridge, MA: Perseus Publishing, 2001.
- Hart, Cheryle and Grossman. **The Insulin-Resistance Diet--Revised and Updated: How to Turn Off Your Body's Fat-Making Machine.** New York: NY: McGraw Hill, 2008.

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- Isaacs, Scott and Vagnini, Fred. **Overcoming Metabolic Syndrome.** Omaha, NE: Addicus Books, 2006.
- Lieberman, Layne. **Beyond the Mediterranean Diet: European Secrets of the Super-Healthy.** WorldRD LLC, 2013.
- Ornish, Dean. **The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health.** New York: Ballantine Books, 2008.
- Reaven, Gerald, Strom, Terry Kirsten, and Fox, Barry. **Syndrome X: The Silent Killer: The New Heart Disease Risk.** New York, NY: Simon & Shuster, 2001.

### Articles

- Ervin RB. “Prevalence of metabolic syndrome among adults 20 years of age and over, by sex, age, race and ethnicity, and body mass index”: United States, 2003–2006. *National Health Statistics Reports*; no 13. Hyattsville, MD: National Center for Health Statistics. 2009.  
<http://www.cdc.gov/nchs/data/nhsr/nhsr013.pdf>
- Rubenfire M, Mollo L, Krishnan S, Finkel S, Weintraub M, Gracik T, Kohn D, Oral EA. “The metabolic fitness program: lifestyle modification for the metabolic syndrome using the resources of cardiac rehabilitation.” *J Cardiopulm Rehabil Prev.* 2011 Sep-Oct;31(5):282-9.  
[http://www.med.umich.edu/cvc/services/site\\_metfit/The\\_Metabolic\\_Fitness\\_Program\\_LIFESTYLE.pdf](http://www.med.umich.edu/cvc/services/site_metfit/The_Metabolic_Fitness_Program_LIFESTYLE.pdf)
- Walden, P.;Jiang,Q.;Jackson,E.A.;Oral,E.A.;Weintraub,M.S.;Rubenfire,M. “Assessing the incremental benefit of an extended duration lifestyle intervention for the components of the metabolic syndrome” *Diabetes Metab.Syndr.Obes.*, 2016, 9, 177-184, New Zealand  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4898037/>

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### Audiovisual Resources

- **Metabolic Syndrome: A Dangerous Combination of Risk Factors**  
(Michigan Medicine) 46:42 minute video  
<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>  
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>  
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#>  
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**  
<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>  
Explains insulin and insulin resistance and as well as prediabetes.

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### 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](mailto:quitsmoking@med.umich.edu)

### Support Organizations

- **American Diabetes Association**  
<http://www.diabetes.org/>
- **American Heart Association**  
<https://www.heart.org/>

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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