Obesity and the Metabolic Syndrome

Jocelyn Brownson

Obesity can cause other conditions within what we call the metabolic syndrome. Metabolic syndrome is a set of conditions including:

- high blood pressure
- excess fat around waist
- high/abnormal cholesterol levels
- high triglycerides
- high blood glucose levels

***The more of these symptoms one has makes them more at risk for cardiovascular diseases, cancer, and death.***

Obesity is a disorder involving excess amount of body fat. It increases the risk of diseases such as heart disease, diabetes, high blood pressure, and cancer.

Minimize your risk?
Proper diet, physical activity, and maintaining a healthy weight are the best ways to diminish and lower your risks of cardiovascular disease.