

# PALO PINTO GENERAL HOSPITAL

*PPGH's Health  
Promotion Program*

*Week 2*



## **Metabolic Syndrome**

More than one-third of U.S. adults have a combination of health problems known as metabolic syndrome that increase the risk of heart disease and diabetes.

The rate of metabolic syndrome increases dramatically with age and half of people 60 or older have metabolic syndrome.

Metabolic syndrome is a "perfect storm" of conditions that include high blood pressure, abnormal cholesterol levels, increased levels of blood sugar, and a wider waist circumference.

Metabolic syndrome is a comprehensive analysis of heart health risk and can lead to cardiovascular disease.

Obesity is considered a leading factor in metabolic syndrome, and the overall rates of both conditions are equal to each other.

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