



Welcome to WISE PHARMACY Online

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The 5 Early Warning Signs of Metabolic Syndrome

Metabolic syndrome is a critical turning point for your health. This cluster of conditions includes any 3 of the following: central obesity ("apple" body), low HDL "good" cholesterol, and/or high blood pressure, blood sugar, or triglycerides. A diagnosis of metabolic syndrome is a red flag that you're more likely to develop type 2 diabetes or heart disease—or both. At this crucial point, healthcare providers often recommend lifestyle changes (healthy eating, exercise, stress management, nutritional and medical food support) to help manage or reverse metabolic syndrome and the risk to more serious diseases.

You can also reduce your risk to metabolic syndrome. There's no need to wait for a metabolic syndrome diagnosis to take action. Simply pay attention to the warning signs. Any single risk factor above—especially belly fat—is an obvious signal that you could be on your way to metabolic syndrome. But there are also 5 other early warnings that may mean you're at greater risk:

1. Do you crave or eat a lot of carbohydrates (fast foods, sugary treats)?
2. Do you get little exercise?
3. Have you noticed a progressive weight gain ("spare tire")?
4. Do you have a family history of high blood pressure, type 2 diabetes, or early heart disease?
5. Have you experienced a decline in energy or increased stress?

It's never too early to protect your future health. Set up an appointment today so we can discuss how you can reduce your risk to chronic illnesses.



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| Day | From | To |
|-----|--------|--------|
| Mon | 09:00 | 06:00 |
| Tue | 09:00 | 06:00 |
| Wed | 09:00 | 06:00 |
| Thu | 09:00 | 06:00 |
| Fri | 09:00 | 06:00 |
| Sat | CLOSED | CLOSED |
| Sun | CLOSED | CLOSED |