Metabolic syndrome

Myth or reality?
Answer

Myth or reality?
Our patient
Currently well

- BP 123/66
- Never smoked
- BMI...>25
- Lipid profile: TC 6.3 HDL 1.3 Tg 2.2
- FH type 2 diabetes
- FH CVD, mainly in 60s
- FBG 5.7mmol
- Vital statistics: 36-24-36
Qrisk score?
What do you think?

• Low? <10%

• Medium 10-20%

• High >20%
Low...

- 3% in fact
- JBS3 verdict?
- Death at age 82 from CVE
- Phew...
As Dire Straits once said...
However...

The Bunny Of Disappointment lurks around every corner
Metabolic syndrome: under the mask

- **Central obesity** (waist ≥ 94cm for European men ≥ 80cms for European women)

- Plus 2 of:
  - ↑ Trigs ≥ 1.7 mmol/l
  - ↓ HDL < 1.03 mmol/l in men, < 1.29 mmol/l in women
  - ↑ BP ≥130/85 (YES!! 130/85!!)
  - ↑ blood glucose > 5.6mmol/l or diagnosed T2DM

International Diabetes Federation, 2004
Am I Bovvered?
Errrr...well....

• 1/4 of the world’s population affected
• Three times the risk of heart attack or stroke, twice as likely to die
• 5x risk of developing type 2 diabetes, if they don’t have it already
• Nature or nurture?
• It’s in my genes...
Well actually...

WHAT IF I TOLD YOU

DIABETES RUNS IN YOUR FAMILY
BECAUSE NOBODY RUNS IN YOUR FAMILY
So we need to stop the clock
How?

• A) Diet and exercise?

• B) Metformin

• C) A statin
How? Well this might help...
I’m off to get started...

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