

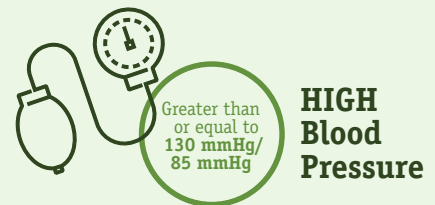
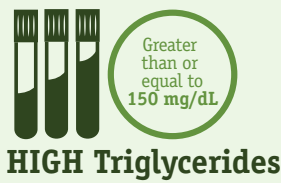
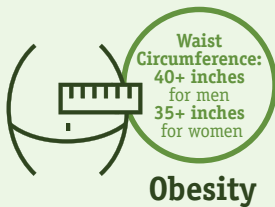
## What is METABOLIC SYNDROME?

► It is a **CLUSTER OF RISK FACTORS** that can increase your risk of having:



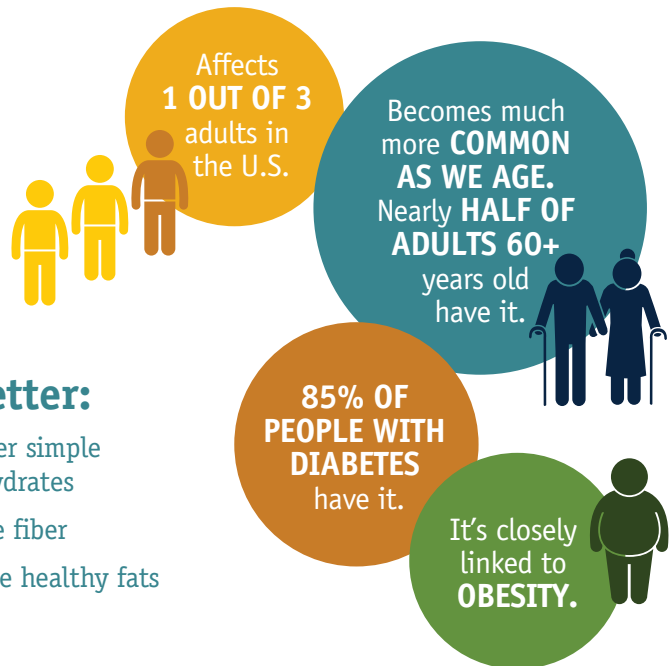
## KNOW YOUR NUMBERS

People with metabolic syndrome have **AT LEAST 3 OF THE FOLLOWING:**



## How to PREVENT it

► The best ways to **PREVENT – EVEN REVERSE** – metabolic syndrome:



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

► For more information, visit [CardioSmart.org/MetabolicSyndrome](http://CardioSmart.org/MetabolicSyndrome)

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