Press Release

Indian males at a risk for developing Metabolic Syndrome due to fault lifestyle

Healthy eating and timely assessment of vital statistics are some preventive measures

New Delhi, 27 August 2017: Statistics indicate that people with metabolic syndrome (MS) are at a three times higher risk for heart attack and stroke. They are also at a five-fold risk of developing Type II diabetes. According to the IMA, the urban male is likely to develop MS largely due to faulty lifestyle. Abdominal or central obesity is a common occurrence in India and such individuals have thin limbs but fat around the abdomen.

A person is said to have MS when along with Waist Circumference of more than 90 cm (men), 80 cm (women), any two of following five are present: triglycerides of more than 150 mg/dl, HDL Cholesterol less than 40 mg (male) and 50 mg (female), fasting sugar (glucose) of more than 100 mg or presence of Diabetes and Hypertension of more than 130 mm Hg systolic or 85 diastolic.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement, said, “Increasing inactivity and a diet consisting of processed food are some primary reasons for MS. MS refers to a cluster of conditions namely increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels. When these occur together, the chances of heart disease, stroke, and diabetes automatically increase. MS is also linked to insulin resistance. In this condition, the cells don’t respond normally to insulin, and glucose can’t enter the cells as easily. This makes the glucose levels in blood rise despite the body’s attempt to control it by churning out more and more insulin.”

Some risk factors for MS include age, race, obesity and weight around the abdomen, diabetes, and other conditions such as cardiovascular disease, nonalcoholic fatty liver disease or polycystic ovary syndrome.

Adding further, Dr Aggarwal, said, “The best way to prevent the risk of MS is to make aggressive lifestyle changes such as diet and exercise. If these do not work, the doctor might prescribe medications to help control your blood pressure, cholesterol levels, and blood glucose. Studies have indicated that individuals who consume a vegetarian diet have a lower risk for developing MS than those who do not.”
Here are some tips to prevent MS.

- Exercise for about 30 to 60 minutes every day. Make a slow start but ensure that your continue physical activity thereafter.
- Eat a healthy diet rich in fruits and vegetables, lean protein, whole grains, and low fat dairy. Go easy on saturated fats, trans fat, cholesterol, and salt.
- Those who are overweight should lose weight and people with a normal weight should aim at maintaining the same.
- Quit smoking right away.
- Schedule regular checkups with your doctor to assess your blood pressure, cholesterol, and blood sugar.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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