Because metabolic syndrome involves multiple risk factors, it is important for you and your doctor to carefully monitor your health. In general, make sure that you and your doctor regularly check your weight, glucose levels, cholesterol levels, and blood pressure. Metabolic syndrome can be managed by treating and controlling underlying conditions.

Treatment involves:

- Lifestyle changes
- Medications
- Surgery

REFERENCES:


Incremental lifestyle changes can ward off syndrome X. Cleveland Clinic website. Available at: http://www.clevela... Accessed July 28, 2005.


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