Symptoms of Metabolic Syndrome

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En Español (Spanish Version)

Metabolic syndrome is not just one disease or disorder, but rather a group of disorders of the body’s metabolism. Because of this, you must be aware of the symptoms for these underlying disorders. Also, many of these symptoms are only detectable through tests that your doctor may do. Be sure to get regular check-ups.

Some symptoms of metabolic syndrome include:

- **Obesity** —Extra fat tissue is found in the waist area and upper body. Symptoms related to obesity may include the following:
  - Sleep apnea
  - Aches and pain in joint or back
  - Heartburn
  - Easily tired
  - Shortness of breath
  - Reduced exercise tolerance
  - Chest pain or discomfort (may indicate heart disease)

- **Diabetes** —Symptoms may include:
  - Frequent urination
  - Thirst
  - Weight loss or weight gain
  - Blurred vision

REFERENCES:


