

# Screen for metabolic syndrome



## Highlighting metabolic syndrome risk

Metabolic syndrome is a set of risk factors that indicate an increased risk for heart disease, diabetes, and stroke. According to the American Heart Association, when someone has at least 3 out of the 5 factors that contribute to metabolic syndrome, he or she has a much higher chance of developing heart disease, diabetes, stroke and other health problems.<sup>1</sup> The Quest Diagnostics MyGuide to Health Profile™, with metabolic syndrome insight, helps participants become more aware of their risks. By understanding their risk factors, participants can then make lifestyle changes to reduce or eliminate their risk for metabolic syndrome.

### Features of the MyGuide to Health Profile

- Easy-to-understand, simple scoring available for fasting programs using venipuncture and/or fingerstick collection methods
- Full-color paper and online reports
- Up to four years of historical results in paper and online
- Ability to add customized resources to the online reports to boost awareness and greater engagement in relevant programs
- A “tear-/print-out” summary page of all laboratory test values for participants to share with their personal physicians
- Availability of additional tests like Hemoglobin A1c, PSA, eGFR, Cotinine, and hsCRP
- Employers receive population-level data outlining the prevalence of metabolic syndrome within their workforce

## What does scoring mean?

Participants are given a simple score reflecting how many Metabolic Syndrome target values they passed. Participants who achieve 0–2 target values (indicated with red score) are 5 times more likely to become a diabetic, and 2 to 3 times more likely to have a cardiovascular event. Participants who achieve 3–5 target values (indicated with green score) are at lower risk.

### Metabolic Syndrome factors and targets:

Waist circumference\*:

Women: Less than or equal to 35 inches

Men: Less than or equal to 40 inches

Body mass index\*: Less than 30kg/m<sup>2</sup>

Triglycerides: Less than 150 mg/dL

Glucose: Less than 100 mg/dL

HDL cholesterol:

Women: Greater than or equal to 50 mg/dL

Men: Greater than or equal to 40 mg/dL

Blood pressure: Less than 130/85 mmHg



For more information, contact us at  
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1. American Heart Association. What is metabolic syndrome? March 25, 2021. <https://www.heart.org/en/health-topics/metabolic-syndrome/about-metabolic-syndrome> Accessed October 2, 2023. Metabolic Syndrome Testing based on 2006 ATP III NCEP, BMI based on International Diabetes Federation

\* Employers can choose to use waist circumference or BMI for scoring.