

Clinical Picture of Metabolic Syndrome

Symptom	Men	Women
Increased triglycerides	> 150 mg/dL	> 150 mg/dL
Increased waist circumference	≥ 40 inches	≥ 35 inches
Reduced HDL	≤ 40 mg/dL	≤ 50 mg/dL
Hypertension	≥ 130/85 mm Hg	≥ 130/85 mm Hg
Increased fasting blood glucose	≥ 100 mg/dL	≥ 100 mg/dL

According to American Heart Association criteria, at least three symptoms must be present for a patient to be diagnosed with metabolic syndrome.