



## Understanding Metabolic Syndrome

*Dr. Charles Shaffer*

There is a documentary on Youtube that covers Metabolic Syndrome that features some confusing data. As many of you know by now, metabolic syndrome (also known as insulin resistance syndrome) is not a subclass of diabetes. Although it is not considered a subclass of this condition, it is commonly found in those who are diabetic and affects approximately 16 million people in the United States alone.

Clinical and laboratory findings have found that metabolic syndrome consists of the following: central abdominal visceral obesity, increase in sympathetic nervous system activity, high blood pressure, glucose intolerance, insulin resistance, and hypertriglyceridemia. Metabolic syndrome also shows a decrease in high density lipoproteins, changes in clotting factors, and enhanced postprandial lipidemia. It is important to understand there is no national or international consensus regarding the exact definition of the syndrome,

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but multiple, consistent clinical findings can register as metabolic syndrome.

Metabolic syndrome can be corrected. However, it is more so tied to genetics. One reason why we encourage blood and laboratory work is to look for any inconsistencies. Blood work can tell a lot about an individual and give a glimpse as to what is going on with their body and health.

One of the most common observations of metabolic syndrome is the shape of your abdomen. A protruding abdomen with weight carried away from an individual's center of gravity is almost considered a prerequisite of the diagnosis. It is also associated with an increase in lipolysis and fatty acids and a decrease in adiponectin.

Metabolic syndrome is also linked to a greater increase in atherosclerosis and coronary vascular disease. Many women suffering from polycystic ovarian syndrome also have metabolic syndrome. This is one of the exact reasons why some women have a difficult time losing weight: because it is all tied together.

Studies found that this particular syndrome occurs across a wide range of ethnic groups. Middle aged men from Eastern Finland who saw a 10% weight increase were more likely to have metabolic abnormalities. The abnormalities consisted of hypertension, dyslipidemia, and coronary artery disease.

There is considerable uncertainty regarding the current treatment of metabolic syndrome. The approach depends on whether the cause or component should be treated. However, better outcomes have been reported when the individual components are treated. For example, anti-inflammatory medicines such as Aspirin have been shown to improve the mortality of patients compared to those who did not participate. This is assuming that insulin resistance is the underlying cause and is the rationale for diet modifications.

Changes in diet can have a dramatic improvement on one's overall health. The Weigh Station wants to see every patient meet their goals and become healthier. By following our advice and the plan set before you, you can achieve your goals and more. Many patients are off their medications, feel better overall, and are generally happier.

Happy fall and enjoy the cool weather. Stay active and take walks around the neighborhood or local parks. Please keep in mind we are here to help in any way we can. Do not hesitate to ask for more information, guidance, or tips! The holidays can be the most difficult time for some.

Blessings,  
Chuck Shaffer MD

# The Recipe of the Month

## *Pumpkin Goop*

### *Ingredients*

- 1 15 oz. can pumpkin\*
- 2 eggs
- 1/3 C heavy whipping cream
- 1/2 C Truvia
- 2 tsp cinnamon
- 1 scant tsp nutmeg
- 1/4 tsp ground ginger
- Pinch of cloves
- 1/4 tsp salt



### *Directions*

Preheat oven to 425 F. Dump all of the ingredients into a food processor or blender and whirl to blend. Put contents in the oven and immediately turn the oven down to 350 F. Bake until almost set in the middle, about 30 minutes. It is done once it starts to crack around the edges.

Cool and serve with whipped cream, made with heavy whipping cream, vanilla, and Truvia (limit 1 tbsp/serving).

\*Pumpkin is not Weigh Station approved for Stage 2, but Dr. Shaffer stated it was okay for the holidays as it is high in fiber.

