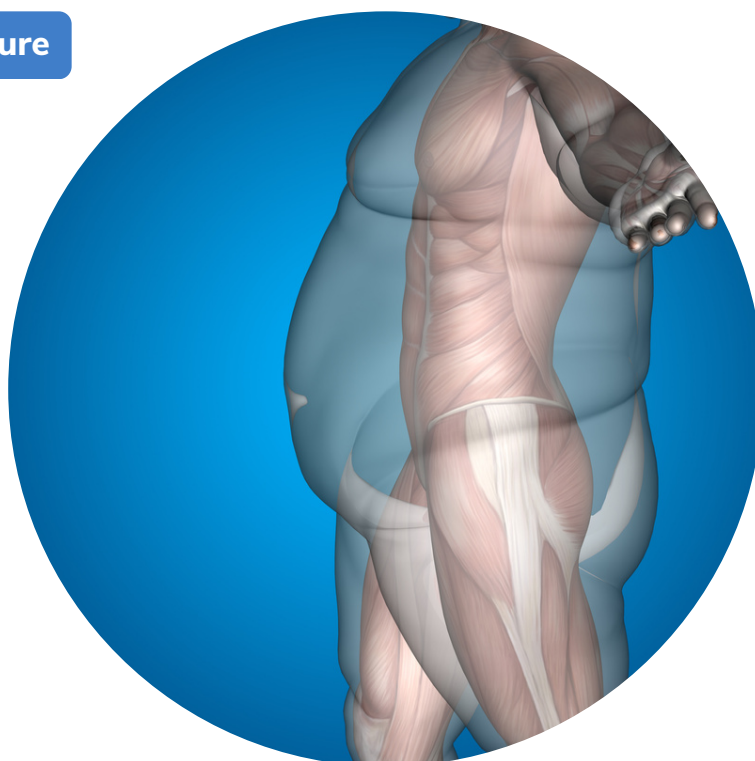


What is Metabolic Dysregulation?

Metabolic dysregulation is not a disease but a cluster of symptoms that together are risk factors for cardiovascular disease, diabetes and stroke

Symptoms of Metabolic Dysregulation



High Blood Pressure

↑ consistently
140/90mm
Hg or higher

Central Obesity

waist 94cm or more
in European men, or
90cm or more in
South Asian men



waist 80cm or more
in European and
South Asian women

High Cholesterol

↑ high LDL and
triglyceride levels
(fat in the blood)

↓ low levels of high-
density lipoprotein
cholesterol in
your blood

Blood Sugar Imbalance

an inability to control
blood sugar levels which
over time leads to insulin
resistance



Blood Clots

an increased risk of developing blood
clots, such as DVT (deep vein thrombosis)

Inflammation

a tendency to develop irritation and
swelling of body tissue (inflammation)

Risk Factors

The risk for developing metabolic imbalances increases with age.

Metabolism is defined as the bodily processes needed to maintain life. When the processes shown above are disrupted or imbalanced it can trigger a cascade leading to metabolic syndrome - an umbrella term of risk factors for individuals to be at an increased risk of disease. Risk factors include raised blood pressure, dyslipidemia (raised triglycerides and lowered high-density lipoprotein cholesterol), raised fasting glucose, insulin resistance, non-alcoholic fatty liver and central obesity (1).

Diet & Nutrition

Food is the first line of prevention against diet-induced metabolic illness

The foods we eat play an important role in supporting our long-term health and wellbeing. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach.



1. Metabolic Syndrome: Updates on Pathophysiology and Management in 2021