

Metabolic Syndrome Risk Factors
Having three or more of these is problematic

Risk Factor	Description
Large waist	A waistline that measures at least 35 inches for women and 40 inches for men
High triglyceride level	150 mg/dL or higher
Reduced “good” or HDL cholesterol	Less than 40 mg/dL in men or less than 50 mg/dL in women
Increased blood pressure	130/85 mmHg or higher
Elevated fasting blood sugar	100 mg/dL or higher

Source: www.nhlbi.nih.gov/health-topics/metabolic-syndrome

From the Expert Q&A:
“Weight Gain and Metabolic Side Effects ”
with **Stephen Marder, MD**
www.thecarlatreport.com

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