

Learn more about

Metabolic Syndrome

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Metabolic syndrome is the name for a group of risk factors that raises your risk for heart disease and other health problems such as diabetes and stroke. Risk factors are a large waistline, high triglyceride level, low HDL, high blood pressure and high fasting blood sugar.

Websites

AuroraHealthCare.org Explore *Aurora Health Care's* website of health information for consumers. Enter "metabolic syndrome" in the search box for information on this topic.

heart.org/HEARTORG At the *American Heart Association* website, type metabolic syndrome in the search box to learn more about your risk factors, treatment options and prevention tips.

medlineplus.gov *MedlinePlus* is the National Library of Medicine's website for consumers. In addition to the basics of metabolic syndrome, you will find information on disease management, clinical trials, and current research and developments.

Local Resources

aurorahealthcare.org/services/cardiovascular *Aurora Health Care's* website has information on world-renowned heart and vascular specialists.

HeartWATCH. (Women Acting To Create Heart Health) Aurora Women's Pavilion, 8901 W. Lincoln Avenue, West Allis, WI 53227. Heart WATCH is a personalized program for women at increased risk for developing heart disease. Women experience an individualized program with one-on-one sessions with a physician, nurse practitioner, nutritionist, exercise specialist and behavioral health specialist to create a specific plan. Call 414-329-5930 for additional information.

The Karen Yontz Women's Cardiac Awareness Center. Resources for women and their families include cardiac risk assessment, nutritional and fitness evaluations, and classes. No physician referral necessary. Aurora St. Luke's Medical Center, 2900 W. Oklahoma Avenue, Milwaukee, WI 53215. Call 414-649-5767 for additional information.

Books

The DASH Diet Cookbook: Quick and Delicious Recipes for Losing Weight, Preventing Diabetes and Lowering Blood Pressure by Mariza Snyder, Lauren Clum and Anna V. Zulaica, Ulysses Press, 2012, ISBN 9781612430478, \$14.95. Easy-to-make recipes makes following the DASH (dietary approaches to stop hypertension) diet a snap.

The Everything Glycemic Index Cookbook by LeeAnn Weintraub Smith, MPH, RD, Adams Media, 2010, ISBN 9781440505843, \$16.99. Helpful tips from a registered dietician on how to prepare low-GI meals that are healthy as well as tasty.

The Everything Guide to Managing and Reversing Pre-Diabetes: Your complete plan for preventing the onset of diabetes by Gretchen Scalpi, RN, CDN, Adams Media, 2011, ISBN 9781440509858, \$10.95. Helpful tips on lifestyle changes from a registered dietitian and diabetes educator – delicious recipes.

The Low GI Handbook: The New Glucose Revolution Guide to the Long-Term Health Benefits of Low GI Eating by Jennie Brand-Miller, PhD., Thomas M.S. Wolever, MD, PhD, [et. al], De Capo Lifelong Books, 2010, ISBN 9780738213897, \$16.95. Lose weight, manage your diabetes, improve blood glucose levels, cardiovascular health, and sense of well-being with easy recipes, weekly low-GI menu ideas and the GI values for more than 900 different foods and drinks.

Books on this topic are available for checkout from the Aurora Libraries and may also be available at your public library.