

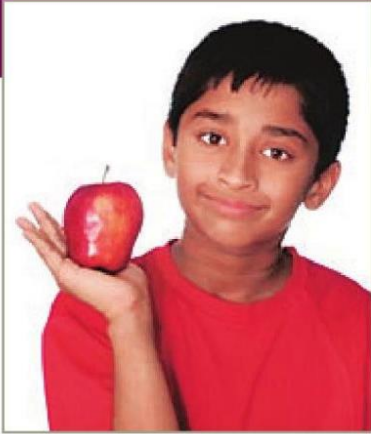
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Metabolic syndrome hits kids under 10

THE idea of high blood pressure in children under the age of 10 is almost unimaginable. But a recent study conducted by the International Diabetes Federation on over 10,000 kids in major cities of India found that 3 per cent of this group suffered from hypertension, putting them at risk of developing a problem called "metabolic syndrome" thereby increasing their predisposition to many diseases. Also known as syndrome X, metabolic syndrome is a collection of risk factors that result from an altered metabolism, leading to insulin resistance and dramatically increasing the risk of heart disease, stroke and diabetes.

A diagnosis of metabolic syndrome is made if

a person has any three of the following risk factors: a waist circumference of 35 inches for women and 40 for men; high fasting blood sugar; high level of serum triglycerides; HDL (good) cholesterol lower than 40 mg/dL for men or 50 mg/dL for women; high blood pressure. The bad news is that syndrome X is on the rise among Indians.

"Around 25-30 per cent of urban Indians have the metabolic syndrome. In comparison to other races, we are grappling with a chronic version of syndrome X," says Dr Anoop Misra, chairman, Fortis-C-DOC Hospital. We can help avert the health crisis posed by metabolic syndrome by making the right lifestyle changes.