

5 things to know about metabolic health

Run time - :29

ANCHOR LEDE:

Any health care provider can rattle off the usual keys to a happy, long life. But Doctor Philip Ovadia [oh-VAY-dee-ah] wants you to dig deeper and look into five characteristics that may save your life. He's talking about metabolic health, or when the body properly uses food. Tim Ditman of OSF HealthCare has more.

~~~

Conversely, the metabolic syndrome puts you at higher risk for heart disease and other issues.

Here are the five things you need to measure:

- Waist circumference
- Blood pressure
- Fasting blood glucose level
- HDL cholesterol
- Triglycerides

### **\*\*\*SOUNDBITE\*\*\***

**Dr. Philip Ovadia, OSF HealthCare cardiothoracic surgeon**

**"Most of the chronic conditions people suffer from today can be tied back to the metabolic syndrome and underlying problems with their metabolic health." (:13)**

I'm Tim Ditman.

~~~

ANCHOR TAG:

Visit the OSF HealthCare Newsroom for specifics of each of the five markers, plus tips to avoid the metabolic syndrome.