



Syndrome X: The Silent Killer

Do you have a family history of Diabetes? Do you have un-wanted pounds to lose? Is your Cholesterol high? Do you know your insulin level?

Answers to these questions can help identify patients at risk for Syndrome X. Syndrome X is not a particular illness, but is a precursor to developing diabetes. Syndrome X (Metabolic Syndrome) is described as the silent killer because it is something that can sneak up on you over the years if you do not take a proactive approach to your health. Having Syndrome X puts you at a greater risk for developing hypertension, heart disease, fatty liver, immune system dysfunction, cancer, stroke, polycystic ovarian disease, female endocrine disorders, and low testosterone in men.

The 4 Warning Signs:

- Obesity (esp. in the abdomen)
- High Blood Pressure
- High Triglycerides & Cholesterol (low HDL & high LDL)
- Insulin Resistance (high baseline levels of insulin and abnormally high insulin levels following a meal)

Obesity, high blood pressure, and high triglycerides are commonly cited by people as areas of concern. However, many forget to monitor the most silent sign: insulin resistance!

What Role Does Insulin Play?

Insulin is a chemical messenger for cells. It permits cells to use glucose (sugar) for energy. Insu-

lin helps control the metabolism of fats and carbohydrates. Insulin is like a “key,” opening the door to the cell and allowing glucose to enter. Genetics, certain medical conditions, medications, being overweight, or inactivity can all cause your cells to alter to the point where the “key” no longer fits. When this happens, insulin is no longer allowed to open the door to the cell and is called insulin resistance. If there is no glucose in the cell, the body



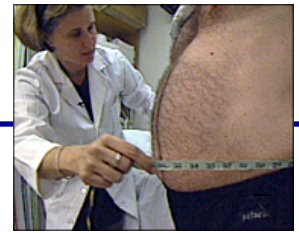
has a difficult time metabolizing fats and carbohydrates.

Your brain cells interpret this lack of glucose as starvation. The brain signals that you are still hungry because glucose is not allowed to enter the cell. Therefore, you eat more to satisfy your “hunger.” This process becomes a vicious cycle and worsens obesity.

How Do You Know You Have Syndrome X?

Syndrome X can be established by analyzing:

- Insulin blood test for both fasting and two hours after a meal.
- Fasting glucose level.
- Fasting lipid profile.



- A body composition analysis.
- Waist circumference.
- Family history.

I recommend monitoring these blood tests yearly to help identify warning signs. I also recommend periodically monitoring and recording your blood pressure.

Prevention:

Type II Diabetes can be looked at as a disease of lifestyle. It usually begins after age 30 and is exacerbated by signs of Syndrome X. Syndrome X can manifest by certain lifestyle habits such as inactivity, smoking, excessive drinking, and a diet rich in starches (corn, rice, bread, potatoes) and fats.

The most important point to remember is that excess insulin begins to harm the body before you develop obesity or diabetes. It is at this stage, that intervention is most effective to help prevent diabetes.

Through diet, exercise, supplements, and managing hormone imbalances, treatment and prevention can be achieved. **For more information please call the office concerning our approach to treating Diabetes and Syndrome X.**

—Varsha Rathod, M.D.

20.8 million children and adults have Diabetes.

6.2 million children and adults are un-diagnosed.

54 million people are at risk for developing Diabetes.

American Diabetes Association



Preventive Medicine, Varsha Rathod, M.D.

Weight Loss Tools

Body Composition Analysis (BCA)

Most people use the scale to measure body mass; however, this is a broad determination of an individual's total body mass. I recommend BCA as a tool to assess the composition of the body's water, fat, and lean muscle mass.

This kind of data helps me to better understand the nature and location of excess weight. I then can formulate and evaluate a manageable plan for weight reduction.



The Fat Flush Plan

I use this approach to treat patients with weight related issues. The general idea behind this plan is that most people have difficulty losing weight due to liver toxicity, water retention, and the effects of too much insulin from a high carbohydrate diet. The plan supports and detoxifies the liver and helps flush excess fluids from the body. The more you are able to reduce toxins from the body the more efficiently it will function. This approach is chronicled in a book written by Ann Louise Gittleman called "The Fat Flush Plan."

Resveratrol

This supplement is an anti-aging product found in grape skins and red wines. It is equivalent to 40 glasses of red wine without the side effects! It is packed with anti-oxidants that are helpful for weight loss.

Resveratrol turns on the gene that allows the cells to survive during times of stress. It protects the liver, lowers blood sugar, protects the heart, and promotes better coordination and motor function.

www.preventivemedicinesl.com

Super-Antioxidant: Fibroboost

I have introduced an exciting new anti-aging product called Fibroboost. It contains "Seanol," a polyphenol 10 times more potent than that in green tea. Fibroboost increases blood flow to the brain, assists with memory improvement and alertness. It has anti-inflammatory properties that is comparable to Celebrex in it's effectiveness for arthritis type pain. It can also help lower cholesterol, triglycerides, and blood pressure.

This Summer.....

Foot Detoxification: I now am offering a foot detoxification program to help remove toxins from the body. Periodic detoxification is essential to maintain health and avoid disease. Foot detoxification provides a healthy, low stress, and comfortable way to rid the body of toxins. You can start receiving treatments at anytime, providing you do not have a contraindication. For additional information or to make an appointment please contact my staff.

Seminars Coming To Your Home Town: This summer I am opening up my schedule to speak at 10 calendar events or functions. I want to first make myself available to my patients who are looking for an event speaker. This will be on a first come, first serve basis and must be an event or sponsored group verses individual sessions. For specific guidelines, please contact my office manager, Cara Clements, at 314-997-5403.

Coupon for

Fibroboost & Resveratrol

15% Off

Offer expires September 31, 2007

Present this coupon and receive 15% off Fibroboost or Resveratrol. Not redeemable for cash. Please limit one bottle each per household.