
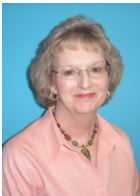




Podcast Episode Fact Sheet

Podcast Series	Diabetes Residency Education Series
Episode Title	<i>Metabolic Syndrome and TLC (Therapeutic Lifestyle Changes)</i>
Personnel	<p>Interviewer: Betsy Goebel Jones, EdD; Interviewee: Kathy Chauncey, PhD, RD, CDE</p> <div style="display: flex; justify-content: space-around; align-items: center;">  <<Dr. Jones  <<Dr. Chauncey </div> <p>Department of Family Medicine, TTUHSC, Lubbock</p>
Recorded	May 2, 2006; Department of Family & Community Medicine, TTUHSC School of Medicine, Lubbock
Episode Description	This episode defines the Metabolic Syndrome (MetS) and discusses helping the patient to make therapeutic lifestyle changes, including improved nutritional choices and exercise.
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> 1. Define and diagnose the Metabolic Syndrome and identify its risk factors 2. Help patients apply Therapeutic Lifestyle Changes (TLC) to the management of MetS and use laboratory values to help reinforce TLC 3. Provide patients with tools for self-care and self-monitoring for MetS 4. Perform simple dietary assessments
Content Outline	<ul style="list-style-type: none"> • Definition of MetS and how to identify it from patient symptoms and data • Definition of TLC • Physician behaviors that reinforce TLC
Application of the episode content to practice	<ol style="list-style-type: none"> 1. Control of blood sugar improves outcomes for DM patients; for every 1% drop in A₁C, other DM endpoints are improved by more than 20% 2. These 10 steps are oriented to providing effective continuity of care for patients with DM
Podcast Pearl Topic	<p>Diagnosis Guide for Metabolic Syndrome: MetS is diagnosed when any 3 of the 5 following conditions are present:</p> <ul style="list-style-type: none"> • Abdominal fat: waist circumference > than 40 (men) or 35 (women) inches • Elevated fasting triglycerides (>150 mg/dL) • Low HDL (< 40 mg/dL in men or < 50mg/dL in women) • High blood pressure: (> 130/86 mmHg) or taking antihypertensive medication • Diagnosis of insulin resistance or diabetes (fasting Glucose > 100 mg/dL)

Personnel	Kathy Chauncey
Comments	Published to iTunes 5/2/06
References	<p>Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults. Executive Summary of the Third Report of The National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). <i>JAMA</i> 2001; 285:2486-2497.</p> <p>Ford ES, Giles WH, Dietz WH. Prevalence of the metabolic syndrome among US adults: findings from the Third National Health and Nutrition Examination Survey. <i>JAMA</i> 2002; 287:356-359.</p> <p>Grundey SM, Brewer HB, Cleeman JI, Smith SC, Lenfant C. Definition of metabolic syndrome. Report of the National Heart, Lung, and Blood Institute/American Heart Association Conference on Scientific Issues Related to Definition. <i>Circulation</i> 2004; 109:433-438.</p> <p>Janssen I, Heymsfield SB, Allison DB, Kotler DP, Ross R. Body mass index and waist circumference independently contribute to the prediction of nonabdominal, abdominal subcutaneous, and visceral fat. <i>Am J Clin Nutr</i> 2002; 75:683-688.</p> <p>Kahn HS, Valdez R. Metabolic risks identified by the combination of enlarged waist and elevated triacylglycerol concentration. <i>Am J Clin Nutr</i> 2003; 78:928-934.</p> <p>Kendall DM, Sobel BE, Coulston AM, Peters Harmel AL, McLean BK, Peragollo-Dittko V, Buse JB, <i>et al.</i> The insulin resistance syndrome and coronary artery disease. <i>Coronary Artery Disease</i>, 2003; 14:335-348</p> <p>Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, Nathan DM; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. <i>N Engl J Med</i> 2002; 346:393-403.</p> <p>Landefeld MR, Forst T, Standl E, Strotmann HJ, Lubben G, Pahler S, Kann P, Pflutzner A. IRIS II Study: Sensitivity and specificity of intact proinsulin, adiponectin, and the proinsulin/adiponectin ratio as markers for insulin resistance. <i>Diabetes Technol Ther</i> 2004; 6:836-843.</p> <p>Lindstrom J, Louheranta A, Mannelin M, Rastas M, Salminen V, Eriksson J, Uusitupa M, Tuomilehto; Finnish Diabetes Prevention Study Group. The Finnish Diabetes Prevention Study (DPS): Lifestyle intervention and 3-year results on diet and physical activity. <i>Diabetes Care</i> 2003; 26:3230-3236.</p> <p>Mokdad AH, Ford ES, Bowman BA, Dietz WH, Vinicor F, Bales VS, Marks JS. Prevalence of obesity, diabetes, and obesity-related health risk factors. <i>JAMA</i> 2003; 289:76-79.</p> <p>Zhu S, Wang Z, Heshka S, Heo M, Faith MS, Heymsfield SB. Waist circumference and obesity-associated risk factors among whites in the third National Health and Nutrition Examination Survey: Clinical action thresholds. <i>Am J Clin Nutr</i> 2003; 78:928-934.</p>