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5 Markers for the prevention of cardiovascular disease and type 2 diabetes

1

Raised blood pressure

≥ 130 mmHg systolic or ≥ 80 mmHg diastolic.



2

Increased girth *Non-Asian: ≥ 102 cm in men and ≥ 88 cm in women.
Asian: ≥ 90 cm men and ≥ 80 cm in women.

3

Raised fasting triglycerides

≥ 150 mg/dl (≥ 1.7 mmol/l).



4

High-density lipoprotein cholesterol< 40 mg/dl (< 1.0 mmol/l) in men or
< 50 mg/dl (< 1.3 mmol/l) in women.

5

HyperglycaemiaGlycated haemoglobin ≥ 5.7% to 6.4%, or
Fasting glucose ≥ 100 mg/dl (≥ 5.6 mmol/l).

Patients with 3 or more risk factors should be regularly assessed. Patients with 1 or 2 risk factors, every 3 years.

Indicated for individuals aged 40 to 75, but younger people can also benefit.

Lifestyle and diet. Physical activity should be increased with sedentary time decreased; body weight should be reduced by 5%.

Treatment with medication is appropriate if objectives are not achieved with lifestyle changes alone.

Cholesterol, smoking and family history of cardiovascular disease must also be assessed.

* In addition to measuring weight, height and calculating lean body mass index

Sources: Medscape - Screen for five markers to ward off heart disease and diabetes by Marlene Busko / Journal of Clinical Endocrinology and Metabolism / Endocrine Society