



Dr. Alex Jimenez Presents:

Recognizing The Causes Of Metabolic Syndrome

Dr. Alex Jimenez D.C.



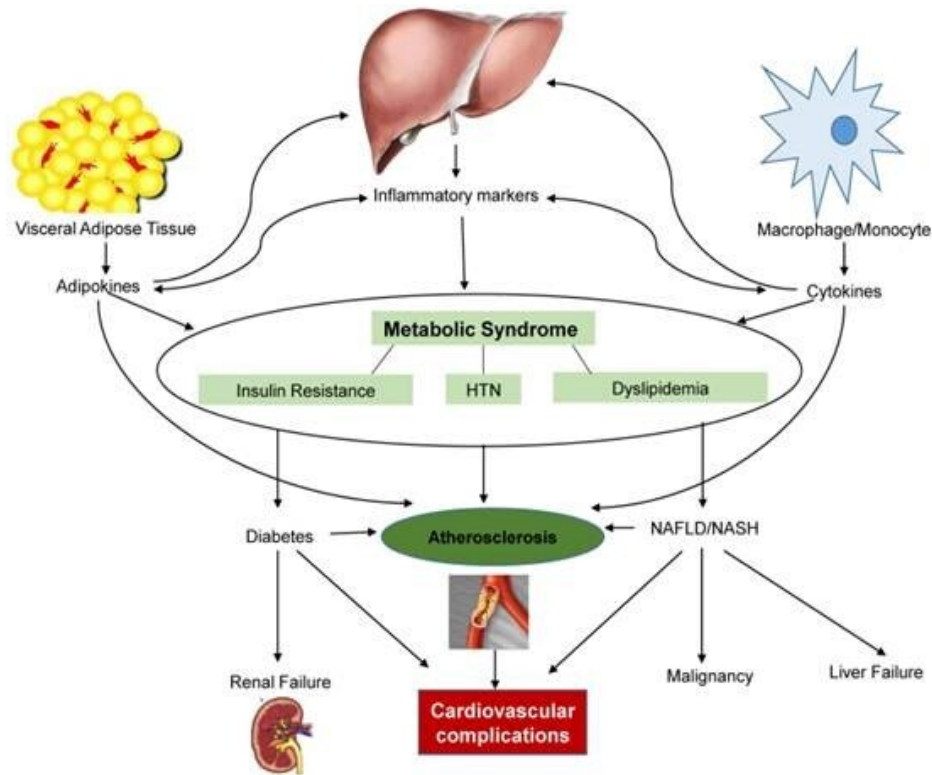
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01

What Is Metabolic Syndrome?

Dr. Alex Jimenez, D.C., presents how many people can recognize the cause of metabolic syndrome. Metabolic syndrome is a cluster of conditions ranging from insulin resistance to muscle and joint pain. Considering how every person is different, we look at how metabolic syndrome is associated with cardiovascular disorders. We refer patients to certified providers that provide cardiovascular treatments associated with metabolic syndrome to relieve issues affecting the body while ensuring optimal wellness for the patient through various treatments. We acknowledge each patient by referring them to our associated medical providers based on their diagnosis to understand better what they are dealing with appropriately. We understand that education is an excellent way to ask our providers various intricate questions to the patient's knowledge. Dr. Jimenez, D.C., utilizes this information as an educational service. **Disclaimer**



Dr. Alex Jimenez, D.C., presents:
Today, we are going to start widening the lens on metabolic syndrome. From a functional medicine perspective, many didn't always call it metabolic syndrome. Other terms used to describe the diagnosis were:

- Dysmetabolic syndrome
- Hypertriglyceridemic waist
- Insulin resistance syndrome
- Obesity syndrome
- Syndrome X

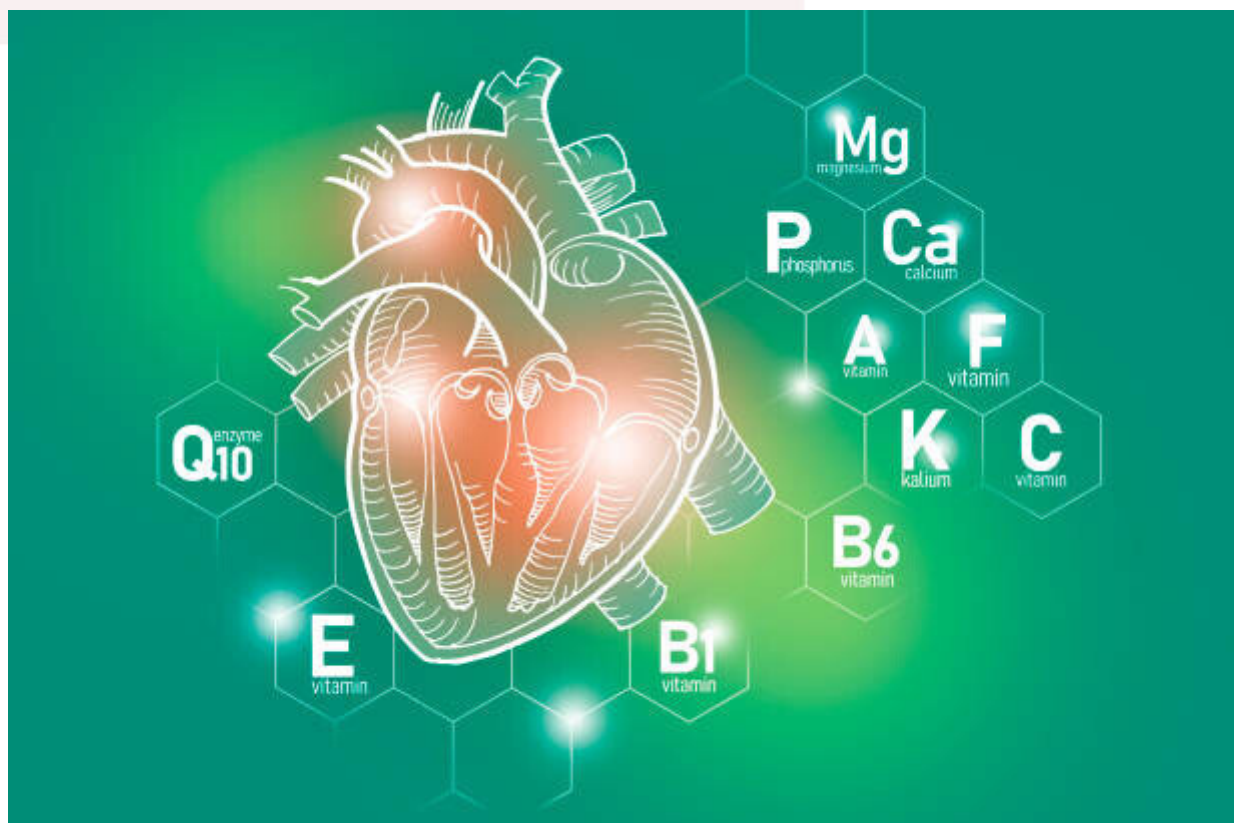
Metabolic syndrome is a cluster of disorders that can affect an individual's daily life and cause various issues that can cause the body to be dysfunctional. So in 2005, the ATP three guidelines told us that patients must meet three out of five criteria to get the diagnosis of metabolic syndrome.

So these are around waist circumference, which is about visceral adiposity, blood pressure, blood glucose, triglycerides, and HDL. And then you see the cutoffs there.

So in the International Diabetes Federation diagnosis criteria, notice that it's required to have central obesity, but per ethnicity-specific cutoffs for waist circumference. So instead of three out of five, you have to have one, and then the other two out of four must be met. So you see the other ones the same as before, but they're just compartmentalized differently in this diagnosis scheme. Now let's talk about these ethnicity-specific cutoffs.

So if you are a standard corn-fed American, your waist circumference cutoff is 40 inches as a male and 35 inches as a female. Now, if you were from different parts of the world, the numbers for waist circumference are different whether the ethnicity is Asian, Hispanic, African, European, or Middle Eastern.

By looking at the diagnosis of metabolic syndrome by looking more into the ethnicity-specific cutoffs, you can see that more people would start to meet the criteria for metabolic syndrome if doctors use the stringent ethnicity-specific standards to diagnose their patients for metabolic syndrome. Other diagnoses would also notice where the visceral adiposity is at during the cutoff and see additional hints of insulin resistance. Other factors besides insulin resistance can cause the body's systems to be dysfunctional, which will drive the common risk factors to cause the pain associated with metabolic syndrome to affect the muscles and muscle groups. When the body becomes dysfunctional due to metabolic syndrome, it can also affect vital organ systems like the cardiovascular system. Now how does metabolic syndrome correlate with the cardiovascular system?





02

How Does Metabolic Syndrome Associated With Cardiovascular System?

Dr. Alex Jimenez, D.C., presents: If you look at how a person's lifestyle habits affect their body, you can see that the data shows how metabolic factors contribute to total cardiometabolic risk. This information lets the doctors and patients know about their LDL cholesterol, BMIs, family history, and blood pressure. Suppose a person has pre-existing cardiovascular issues associated with metabolic syndrome. In that case, it is important to know if their glucose levels have elevated or dropped and to see how to control those risk factors associated with cardiometabolic syndrome. These are important risk factors that have to be brought up in a metabolic dysfunction conversation to have a better understanding.

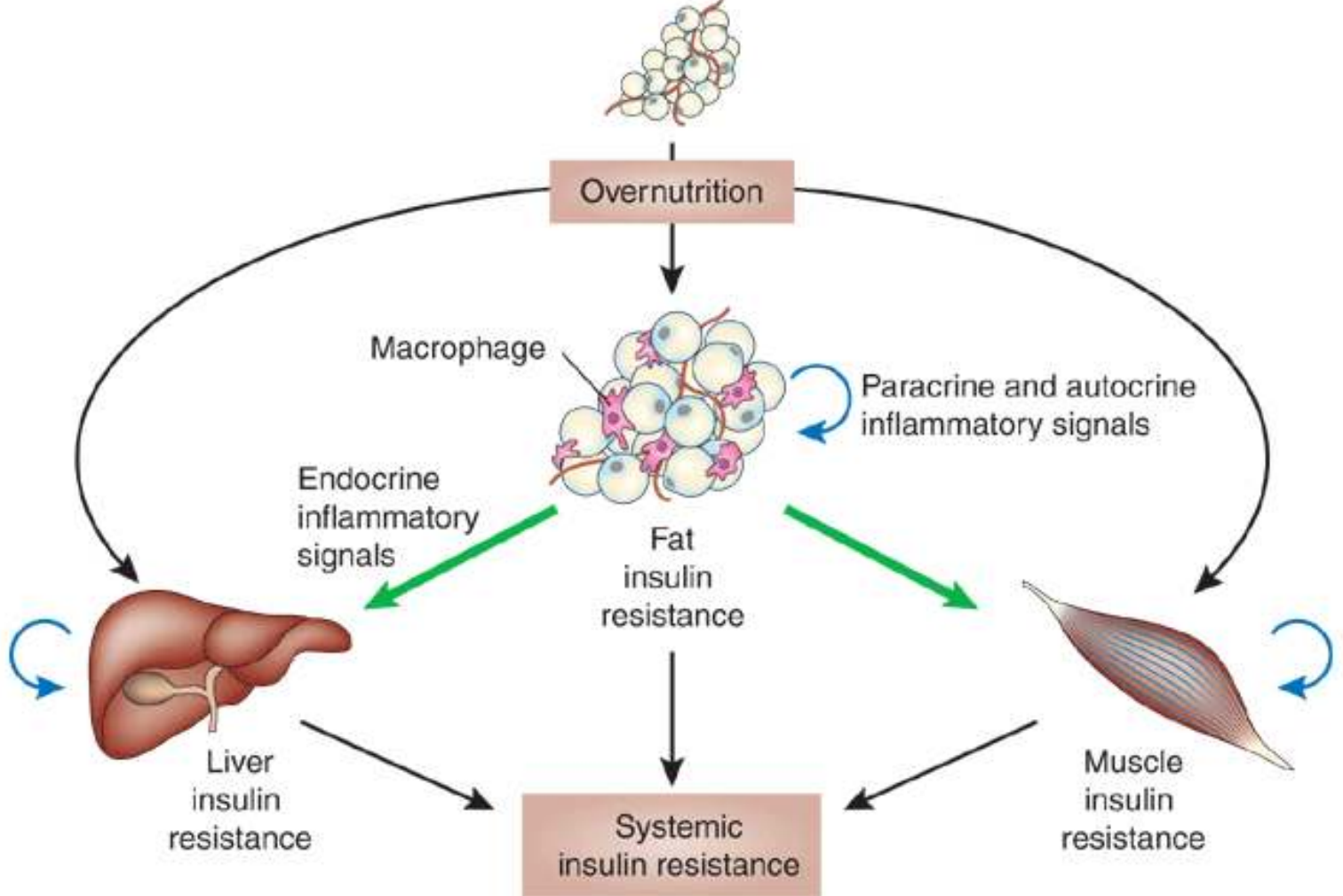
Now there are ways to reduce the effects of metabolic syndrome associated with cardiovascular diseases. By expanding the data from the patient's test results, we can look beyond the cardiometabolic risk; we can determine the causes that are the progression of these issues affecting the body.



This can be numerous issues like how much exercise the person is doing, how they deal with stress and inflammation, and what foods they eat.

By recognizing these results, we can identify things beyond metabolic syndrome and figure out what other disorders are contributing to metabolic syndrome. Many doctors will inform their patients about how their insulin levels can become elevated, which can cause them to develop insulin resistance and lose their beta cells.

When insulin resistance corresponds with metabolic syndrome, many people need to realize that their genes can also play into effect. Some people have genes that drive them with the same kind of lifestyle dysfunction, inflammation, dysfunction, and insulin resistance.



Their genes will also equal blood pressure issues or crazy lipid disturbances. When cardiometabolic risk factors are contributing to underlying problems affecting the body, it is really important to have functional medicine be the main focus to figure out where the issues are causing dysfunction in the body.

03

**Insulin Resistance
& Metabolic
Syndrome**

Dr. Alex Jimenez, D.C., presents: So when it comes to insulin resistance, it is important to take note of the abnormal beta cell function in the body if the pancreas can't produce enough insulin to be turned into glucose. When this happens, people will begin to have elevated glucose levels, and if it continues to rise at a certain point, they will already be prone to having type 2 diabetes. To that point, the body will have this relative insulin deficiency, causing the body's receptors not to be as sticky and functional.

When enough insulin is circulating the body and doing its job, the blood glucose levels don't hit the threshold to become diabetes. Now, suppose the body maintains normal beta cell function. In that case, however, the insulin receptors are not working, which allows the pancreas to start pumping out insulin to be able to keep up with this resistance, causing the individual to be at a compensatory high insulin state. By stabilizing insulin levels, many individuals can control how much glucose is in their bodies. However, suppose a person is prone to becoming diabetic. In that case, all that insulin is being pumped out is a massive system biology dysfunction signaling many other nondiabetic downstream diseases.

So insulin dysfunction can be associated with cardiovascular disease due to poor lifestyle choices, dietary habits, and physical activity. When dealing with metabolic syndrome associated with these risk factors, it can cause the body to be dysfunctional and cause pain in the organs, muscles, and joints. This can lead to obesity and diabetes if it is not handled properly. Getting a routine started can help lower insulin resistance by eating properly, getting adequate sleep, practicing mindfulness, and exercising can help improve the body and mind.

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email: coach@elpasofunctionalmedicine.com
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