

# Help identify metabolic syndrome risk factors in 2 minutes with just 1 fingerstick

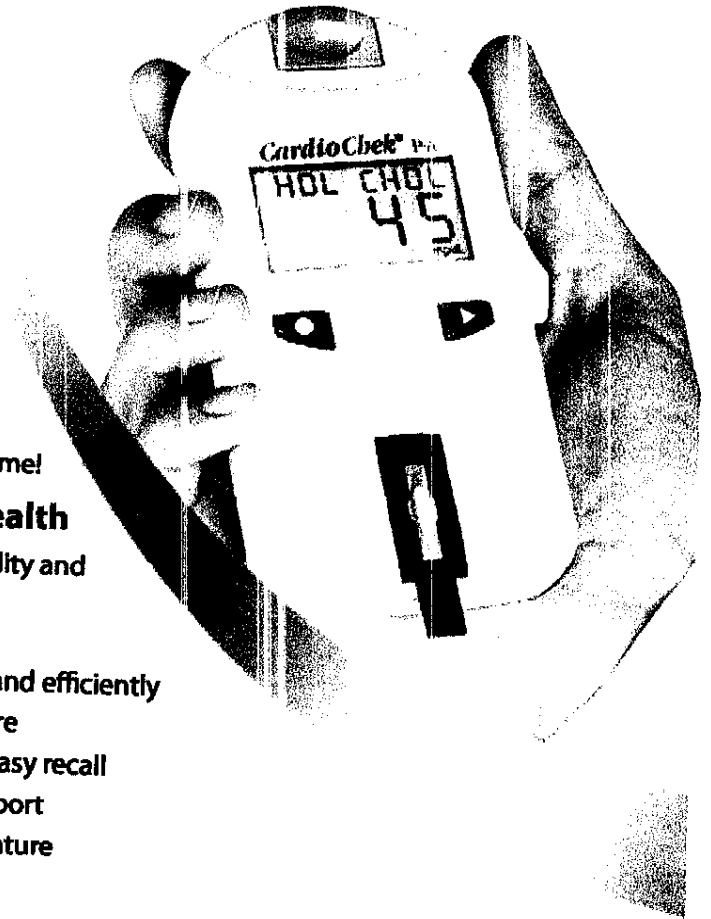
**NEW!** For  
**CardioChek<sup>®</sup> P-A**  
Metabolic Chemistry Panel  
PTS Panels<sup>®</sup> Test Strips—HDL + TRIG + GLU

The new Metabolic Chemistry Panel for use with the CardioChek<sup>®</sup> P-A System offers a simple, convenient method for measuring three of the five risk factors associated with metabolic syndrome—HDL cholesterol, triglycerides, and glucose.

Test for three metabolic syndrome risk factors at the same time!

## A simple, easy method to monitor patient health

- Enhanced compliance—help improve patient accountability and adherence to medications and lifestyle changes
- Single fingerstick—only 1 drop of blood for all three tests
- Results in only 2 minutes—record patient results quickly and efficiently
- Immediate feedback—counsel patients at the point-of-care
- Patient results tracking—memory stores last 30 tests for easy recall
- Battery-operated portable device—easy to use and transport
- No refrigeration required—long shelf life at room temperature
- CLIA-waived



The CardioChek P-A System is certified for Total Cholesterol and HDL Cholesterol by the Cholesterol Reference Method Laboratory Network (CRMLN) and meets the National Cholesterol Education Program (NCEP) performance criteria for accuracy and precision.

## What is metabolic syndrome?

Metabolic syndrome is a constellation of risk factors that increase the chances for developing cardiovascular disease. According to the American Heart Association, up to 25% of US adults have metabolic syndrome. The ATP III guidelines recognize metabolic syndrome as a secondary target of risk reduction after an elevated LDL cholesterol level. Goals for managing metabolic syndrome include reducing underlying causes (i.e., obesity and physical inactivity) and treating associated non-lipid and lipid risk factors.

## Diagnosing metabolic syndrome

The National Cholesterol Education Program (NCEP) Adult Treatment Panel (ATP) III guidelines identify five risk factors; any three may constitute a diagnosis of metabolic syndrome<sup>1</sup>:

- 1. Elevated waist circumference**
  - $\geq 102$  cm ( $\geq 40$  inches) in men
  - $\geq 88$  cm ( $\geq 35$  inches) in women
- 2. Elevated triglycerides**
  - $\geq 150$  mg/dL ( $\geq 1.7$  mmol/L)
  - Or drug treatment for elevated triglycerides
- 3. Reduced HDL cholesterol**
  - $\leq 40$  mg/dL ( $\leq 1.04$  mmol/L) in men
  - $\leq 50$  mg/dL ( $\leq 1.30$  mmol/L) in women
  - Or drug treatment for reduced
- 4. Elevated blood pressure**
  - $\geq 130$  mm Hg systolic blood pressure
  - $\geq 85$  mm Hg diastolic blood pressure
- 5. Fasting plasma glucose**
  - $\geq 100$  mg/dL ( $\geq 5.5$  mmol/L)
  - Or drug treatment for elevated glucose