

1 in 5 Canadian adults has METABOLIC SYNDROME^{1,2}

DO YOU HAVE:

- High blood pressure?
- High blood sugars?
- High triglycerides?
- Low levels of HDL cholesterol?
- A waist circumference greater than 37 inches (men) or 31.5 inches (women)?

If you answered "Yes" to 2 or more of these questions, you may be at risk.



YOUR FAMILY DOCTOR CAN HELP YOU

This clinic offers the CHANGE Program, a practical diet and exercise program designed based on medical research specifically for people with metabolic syndrome.

FIVE REASONS CHANGE WORKS:



FAMILY DOCTOR

The family doctor plays an active role at the entry point of the CHANGE Program by identifying the patients' risks for MetS, assessing their suitability, encouraging them to adopt a credible diet and exercise program and by motivating them to comply with the program. The family doctor will see patients at baseline/screening, followed by visits every 3 months to monitor progress over 12 months of the program.



DEVELOPED FOR BUSY CLINICS: A TEAM APPROACH

The dietitian and kinesiologist will work closely with the family doctor to monitor the patients' progress, address challenges and offer solutions. The dietitian and kinesiologists will assess each patient at baseline and this will be followed by weekly visits for the first 3 months and then monthly visits for the remaining 9 months of the program.



PERSONALIZED PLAN

The dietitian and kinesiologist will design a diet and exercise plan to fit each patient's current lifestyle, income, physical abilities and preferences, while aiming to improve the components of MetS. Compliance to the plan will be assessed throughout the 12 months and modifications will be made to ensure long term changes.



GRADUAL STEPS

Bad habits die hard. The health care team, i.e. the family doctor, dietitian and kinesiologist, will guide each patient through the incremental steps needed to achieve their goals.



CLOSE FOLLOW UP

Changes take time. The health care team will provide ongoing consistent support over 12 months so that patients may overcome setbacks and achieve the goals for a healthier life.



ARE YOU READY FOR CHANGE?

Talk to your doctor about your health risk and whether you qualify. Learn more about metabolic syndrome and the CHANGE Program at: [MetSC.ca/patient](https://www.metasc.ca/patient)

