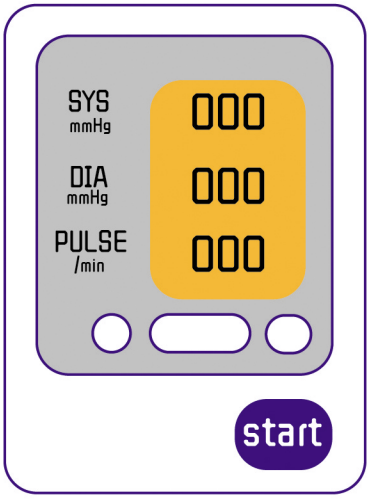
# 代謝症候群防治

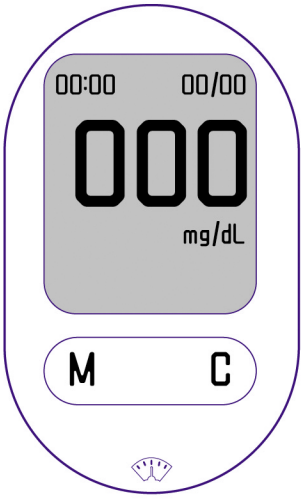
## 掌握血壓、血糖、血脂、腰圍




### 掌握血壓

收縮壓 >=130 mmHg

舒張壓 >=85 mmHg




### 掌握血糖

空腹血糖上升 TG>=100mg/dl

### 掌握血脂

HDL-C

高密度膽固醇過低

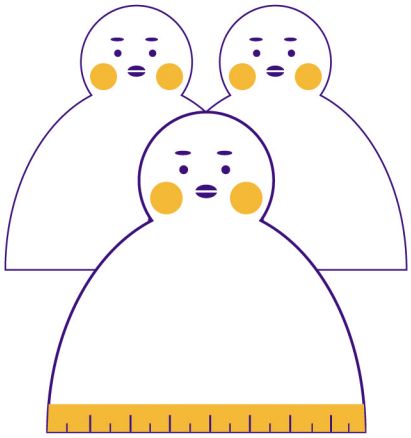
男性>=40 mmHg

女性>=50 mmHg

TG

三酸甘油酯上升

TG>=150 mg/dl



### 掌握腰圍

男性 >= 90 cm

女性 >= 80 cm

資料來源：健康20