

## 5 things to know about metabolic health

### ANCHOR LEDE

Any health care provider can rattle off the usual keys to a happy, long life: eat healthy food, exercise and avoid risky behaviors.

But Doctor Philip Ovadia [oh-VAY-dee-ah] wants you to dig deeper and look into five characteristics that may save your life. He's talking about metabolic health, or when the body properly uses food.

### TAKE VO

Conversely, the metabolic syndrome puts you at higher risk for heart disease and other issues.

Here are the five things you need to measure:

- Waist circumference
- Blood pressure
- Fasting blood glucose level
- HDL cholesterol
- Triglycerides

### \*\*\*SOT\*\*\*

Dr. Philip Ovadia, OSF HealthCare cardiothoracic surgeon

**"Most of the chronic conditions people suffer from today can be tied back to the metabolic syndrome and underlying problems with their metabolic health." (:13)**

### VO TAG

Visit the OSF HealthCare Newsroom for specifics of each of the five markers, plus tips to avoid the metabolic syndrome.