

## **ARTICLE FROM LAST WEEK SYLVANIA HERALD NEWSPAPER**

SYLVANIA - Take a minute and look in the mirror. Does your body remind you of an apple or a pear? Do you feel chronically tired and run down? Do you think that your issues are due to stress, kids or work? If so, you may be suffering from an increasingly common disease known as metabolic syndrome.

According to the American Heart Association, it is estimated that more than 50 million Americans have the syndrome. The AHA defines metabolic syndrome, also known as insulin Resistance syndrome, as a group of metabolic risk factors in one person. The risk factors include abdominal obesity, high triglycerides, low HDL (good) cholesterol and high LDL (bad) cholesterol, elevated blood pressure, and insulin resistance or glucose intolerance. The AHA states that people with the metabolic syndrome are at increased risk of coronary heart disease, stroke, peripheral vascular disease as well as type 2 diabetes.

Local physician Dr. Georges Jabaly, MD, has been treating more patients in his MN Angels Clinic for metabolic syndrome over the past few years. Dr. Jabaly said that at least 50 percent of his patients are being treated for the syndrome. <sup>3</sup>I would say that 90 percent of the people with metabolic syndrome do not know they have it,<sup>2</sup> Dr. Jabaly said. <sup>3</sup>Approximately 50 percent of people above the age of 50 have it. If patients feel tired, run down, put on weight they can't get rid of, have chronic headaches, pain, chronic fatigue, insomnia or fibromyalgia, we have the answer for those symptoms.<sup>2</sup>

According to Dr. Jabaly, many people do not know they have the Syndrome because both they and their physicians write off their symptoms as part of modern day living.

<sup>3</sup>We tend to ignore the symptoms or say that we have them because we work a lot, and we have a lot of stress dealing with work, home and the kids,<sup>2</sup> Dr. Jabaly explained. <sup>3</sup>We tend to sugar-coat these problems and look at them as being a part of life.

<sup>3</sup>The patients in my office who have been treated for metabolic syndrome wish they would have come to me three years earlier. They all have lost weight, feel much better and have had tremendous changes in their life, health and how they feel.<sup>2</sup>

The major risk factors for this syndrome, according to the AHA, Are abdominal obesity and insulin resistance. Other conditions associated with the syndrome include physical inactivity, aging, hormonal imbalance and genetic predisposition, the AHA states.

<sup>3</sup>Metabolic syndrome is mostly genetic but is influenced by bad eating and drinking habits as well as physical inactivity,<sup>2</sup> Dr. Jabaly said. <sup>3</sup>The use of aspartame and other artificial sweeteners has also been linked to it.<sup>2</sup>

The AHA states that there are no well-accepted criteria for Diagnosing metabolic syndrome. The criteria proposed by the National Cholesterol Education Program (NCEP) Adult Treatment Panel III (ATP III), with minor modifications, are currently recommended and widely used. The American Heart Association and the National Heart, Lung, and

Blood Institute recommend that metabolic syndrome be identified as the presence of three or more of these components: An elevated waist circumference of 40 or more inches in men and 35 inches in women; elevated triglycerides; elevated blood pressure and an elevated fasting glucose of 100 mg/dl or greater. Dr. Jabaly said he will diagnose patients with metabolic syndrome when their fasting glucose is between 90-100 mg/dl and accompanied by the other risk factors.

<sup>3</sup>We have to treat the patient in order to prevent diabetes and its complications,<sup>2</sup> Dr. Jabaly said. <sup>3</sup>The problem will only get worse if it is not treated.<sup>2</sup> Dr. Jabaly said part of the problem with diagnosing the syndrome is that some doctors do not recognize metabolic syndrome as a disease.

Another major issue is health insurance companies will not always pay for a complete physical, which includes blood tests. <sup>3</sup>Many patients do not get complete physicals because insurance companies will not pay for it and the problem is worse for those who do not have insurance,<sup>2</sup> Dr. Jabaly said. <sup>3</sup>If we are not doing physicals then we can't diagnose the problem, the patient continues to feel bad and then they lose faith in their doctor. <sup>3</sup>Those who are diagnosed are put on the right medication and receive sound advice on nutrition, lose weight, sleep better and generally feel more energetic,<sup>2</sup> he added. <sup>3</sup>They also lower their risk for heart attack and stroke.<sup>2</sup>

Dr. Jabaly's MN Angels Clinic, located on Holland-Sylvania Rd., offers acute care, preventative wellness programs, treatment of chronic diseases such as diabetes, high blood pressure, high cholesterol, fibromyalgia and headache, in-office testing, physicals, pediatric health care including vaccinations and sick visits, occupational therapy, psychological services and holistic and alternative medicine. Dr. Jabaly offers both adult and pediatric care. He works with insured and un-insured patients and is expanding his services with the opening of the Prestige Health Care and Medical Spa, currently being custom built by Fred Swade Builders.

The new facility, attached to the current clinic, will offer an on-site nutritionist, psychologist and sports physician as well as lab testing, medical consultation, chiropractic care, massage therapy, nutrition classes, and needle-less acupuncture - just to name a few of the services. Dr. Jabaly's main concern is making sure his patients are healthy and accomplishing that goal with complete and affordable health care. <sup>3</sup>There is no need to be fearful coming here,<sup>2</sup> Dr. Jabaly said. <sup>3</sup>We will give you the costs up front and will work with you to improve your health. We approach medical concerns with our patients by offering them some hope along with complete medical care.<sup>2</sup>