


Primary Care Fact Sheet On The Role Of Metabolic Syndrome In Cognitive Decline In Older Persons



1. Older patients with metabolic syndrome are more likely to have cognitive impairment, especially with elevated systemic indicators for inflammation.
2. Metabolic syndrome includes at least three of the following: 1) central obesity, 2) hypertension, 3) elevated triglycerides, 4) low HDL cholesterol, and 5) increased fasting BS.
3. About 40% of older individuals meet criteria for metabolic syndrome.
4. Central obesity in midlife is a risk factor for dementia in later life.
5. Metabolic syndrome increases the likelihood of coronary artery disease.
6. The risk of metabolic syndrome increases 23% for each additional ten pounds of excess body weight.
7. Menopause produces a 60% increased risk for metabolic syndrome.
8. Metabolic syndrome is associated with silent brain infarctions in otherwise healthy individuals.
9. Treating metabolic syndrome in midlife produces multiple health benefits for later life.
10. Controlling metabolic syndrome requires long-term compliance with medications, diet, exercise, and lifestyle.
11. Hypertension is a consistent risk factor for dementia.
12. Statins and antihypertensive medications may reduce risk for cognitive decline through multiple molecular mechanisms.