

Biometric Preparations

Biometric screens are just around the corner for this next year. You have about 2 more months to try and prepare and make some positive changes on your health and numbers. The five categories that are chosen to screen for are risk factors for metabolic syndrome. Metabolic syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke and type 2 diabetes. These conditions include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.

The goal is to keep your blood pressure under 130/80. In order to keep your blood pressure lower you should watch your salt and caffeine intake, especially before the screen. Watch your fat, sugars, eat a balanced diet and watch portions. If you can lose 10 pounds that will significantly lower your blood pressure. Aim for 1-2 pounds a week.

Triglycerides are a part of the cholesterol panel. These are affected more by carbohydrates. Any calories that are not used right away are converted into triglycerides. They are stored in fat cells and then are later released between meals for energy. Therefore, watch portion sizes and amount of carbs and added sugars in your diet.

HDL are considered “good” cholesterol. You want this number to be higher to help keep your LDL, the bad cholesterol, lower. They bind to the LDL and bring them back to the liver to be processed so they are not building plaques in your arteries. In order to raise your HDL levels you should get at least 60 minutes of moderate aerobic activity in a week, eat more fiber and Omega 3 fatty acid rich foods like fish and chia seeds.

Glucose is the amount of sugar in your blood. If you have an elevated fasting blood sugar this shows your body is starting to show signs of insulin resistance or even diabetes. To decrease your fasting glucose you should choose higher fiber carbohydrates, watch foods with added sugars, pair protein with your carbs to improve how they are utilized by the body. You should also exercise, and intermittent fasting can also help.

Waist circumference is measured because a higher amount of excess fat around the waist is an indicator of heart disease. Making the other changes listed above will help you lose weight and reduce your waist circumference.



**Ozaukee County Employer
Clinic located inside Aurora
Port Washington Clinic
1475 W. Grand Ave**

Elizabeth Merry, FNP-BC • Nurse Practitioner

Clinic Hours of Operation

Monday 9am-5pm

Tuesday & Thursday 9am-3pm

Wednesday 7:30am-5pm

Friday 9am-4:30pm

Call us to make an in person or virtual appt at:

262-268-6610 or 262-268-6603

Please note, standard Aurora COVID-19 protocols are in place.

 **Aurora Health Care**

We are   AdvocateAuroraHealth

Who can be seen? Health Plan participants over 2 years old may use the County Employee Health Center