

# General Features Defining Syndrome X

Risk Factor

Defining Level

## Abdominal obesity (waist circumference)

men >102 centimetres (>40 inches)

women > 88 cm (> 35 in.)

elevated triglycerides >150 mg/dL

## Low HDL cholesterol

men < 40 mg/dL

women < 50 mg/dL

raised blood pressure 130/85 mm Hg

fasting glucose 110 mg/dL