

To live a healthier life, are you at risk?



What is cardio-metabolic risk?

According to a Consensus Conference report published by the American Diabetes Association and the American College of Cardiology Foundation¹, cardio-metabolic risk refers to a high lifetime risk for cardiovascular disease (CVD). The following specific factors have been identified:

- Obesity and diabetes (especially central)
- Hyperglycemia (Abnormally high blood sugar level)
- Hypertension (Abnormally high blood pressure)
- Insulin resistance
- Dyslipoproteinemia (Low HDL “good” Cholesterol, and High Triglycerides level)
- Physical inactivity
- Smoking

Why do I care?

When a patient has multiple risk factors, the cardio-metabolic risk is increased. Whenever, these risk factors occur in clusters, the risks of CVD are escalated further.

Cardio-Metabolic Risk Intervention by Asia Medical Specialists

Asia Medical Specialists strives to provide high quality medical and paramedical services by providing a one-stop shop that focuses on service excellence through continuous improvement. Our doctors from different field of expertise decided to form a dedicated team to provide care to people that have cardio-metabolic risk factors.

Our Cardio-Metabolic Risk Intervention Team comprises of experts across the spectrum of diabetes, obesity, lipids (blood cholesterol / fat) and cardiovascular diseases. With experience in cardiology, metabolism, diabetes, lipids, nutrition, and physiotherapy, our patients will receive personalized care aimed at identifying as well as controlling the cardio-metabolic risk.

- [Dr Peter WONG](#) (Specialist in Cardiology)
- [Prof Clive COCKRAM](#) (Specialist in Endocrinology, Diabetes and Metabolism)
- [Prof Brian TOMLINSON](#) (Specialist in Internal Medicine)
- [Carmen LO](#) (Registered Dietitian)
- [Alex LIU](#) (Registered Physiotherapist)
- [Charlotte DAVIES](#) (Registered Physiotherapist)

[Visit us](#) and talk to our dedicated team if you are experiencing the above risk factors or have any concern.

Reference:

1. Brunzell JD, Davidson M, Furberg CD, et al. Lipoprotein management in patients with cardiometabolic risk: Consensus conference report from the American Diabetes Association and the American College of Cardiology Foundation. *J Am Coll Cardiol.* 2008;51(15):1512-1524.