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Cardiometabolic Health: Understanding the Link Between Blood Sugar, Blood Pressure, Cholesterol and Weight Category: Heart & Metabolic Health

Health reports are often divided into separate numbers: glucose on one line, cholesterol on another, blood pressure measured elsewhere and weight recorded separately.

Biologically, however, these factors can be closely interconnected.

Understanding Cardiometabolic Risk

Excess abdominal adiposity, insulin resistance, abnormal glucose regulation, hypertension, dyslipidaemia and fatty liver frequently occur together.

Each factor matters individually, but their combination can provide a more meaningful picture of future metabolic and cardiovascular health.

Understanding “Borderline” Test Results

A mildly abnormal value does not necessarily mean disease, nor should it automatically lead to medication.

But several borderline abnormalities occurring together may deserve closer attention than any one result considered alone.

Family history, age, previous gestational diabetes, PCOS and other clinical factors can add further context.

Prevention Is More Than Screening

A routine health check identifies numbers. Preventive cardiometabolic care goes further by considering how those numbers fit together, which risk factors are most relevant for the individual and which of them can be modified.

The next step is to prioritise these factors and develop an appropriate strategy involving nutrition, physical activity, weight management and medical treatment where indicated.

Think Long Term

Cardiometabolic disease often develops gradually.

Recognizing risk before complications occur provides an opportunity to intervene earlier and focus not only on treating disease, but also on preserving long-term health.

Key Takeaway

Your metabolic numbers should not always be viewed in isolation. Connecting them can provide a clearer picture of your overall health and future risk.