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**EXERCISE AND CALORIC RESTRICTION
MAY BE TREATMENT METHOD FOR METABOLIC SYNDROME**
RESEARCH PUBLISHED IN CURRENT ISSUE OF *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*

Los Angeles, London, New Delhi, and Singapore (February 26, 2008) – What is metabolic syndrome and why do 1 in 4 Americans have it? The syndrome is a set of metabolic risk factors including abdominal obesity, elevated blood pressure, dysfunctional glucose metabolism and dyslipidemia that together cause a higher risk of cardiovascular disease, diabetes and death. SAGE's current *American Journal of Lifestyle Medicine (AJLM)* explores both the syndrome and possible lifestyle modifications that can be added to traditional treatments.

Published in the March/April issue of *AJLM*, the article, written by Peter M. Janiszewski, MSc, Travis J. Saunders BSc, and Robert Ross, PhD, at Queen's University, reviews existing evidence that exercise and caloric restriction can be a valid treatment strategy for metabolic syndrome. The article is representative of the type of research published in *AJLM*, providing health professionals with real strategies for incorporating lifestyle modification into clinical medicine. The research has shown that lifestyle changes definitely help mitigate the risks associated with metabolic syndrome.

"The metabolic syndrome is a prevalent, serious, yet often under-diagnosed condition afflicting 23% of the adult population in the United States alone, conveying significant risk for type 2 diabetes and heart disease," commented Dr. James M. Rippe, nationally renowned cardiologist and editor of *AJLM*. "Lifestyle changes represent the cornerstone of both treatment and prevention of this serious condition and this key article explores that evidence."

The "Lifestyle Treatment of the Metabolic Syndrome" article is available from SAGE at no charge for a limited time at <http://ajl.sagepub.com/cgi/reprint/2/2/99>.

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The American Journal of Lifestyle Medicine (AJLM), a bimonthly, peer-reviewed journal, focuses on recognizing and addressing the impact that lifestyle decisions have on health, emphasizing the interaction between traditional therapies and lifestyle modalities to achieve superior outcomes in disease treatment. Launched in 2007, the journal also provides information about therapies that minimize the extent to which illness impacts lifestyle. For more information, visit <http://ajlm.sagepub.com>

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