



## Metabolic Syndrome (MetS)

<https://vch.eduhealth.ca/en/permalink/phem3778>

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**Description:** This handout summarizes dietary and lifestyle change required for prevention and treatment of Metabolic Syndrome (MetS) in mental health population.

**Format:** Factsheet

**Keywords:** metabolic syndrome

MetS

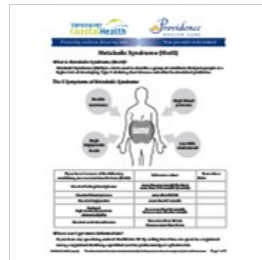
diabetes

heart disease

**Reading Level:** 5

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### Documents



FA.500.M564.PHC.pdf

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