

## METABOLIC SYNDROME EVALUATION FORM

### FOR STUDY PHYSICIANS at the time of study visit

**Type of hyperglycemia:** \_\_\_\_\_  
(DM type 1, 2 prediabetes, or normal)

**Complications from diabetes :**

- None
- Renal insufficiency
- Eye disease
- Coronary artery disease
- Vasculopathy
- Unknown

**Years since DM diagnosis:** \_\_\_\_\_

**Years since PreD diagnosis:** \_\_\_\_\_

**Impression of past glycemc control:**

- Well controlled (HbA1c <7)
- Moderately controlled (HbA1c 7-9)
- Poorly controlled (HbA1c >9)
- Unknown

**Exercise**

Minutes of exercise per week \_\_\_\_\_

Minutes of aerobic exercise per week \_\_\_\_\_  
(Minutes exercises associated with sweating)

### FOR STUDY COORDINATORS

**Hyperglycemic Medications:**

- No glucose controlling med
- 500-1000mg Metformin
- >1000mg Metformin
- Other glucose controlling med (**no insulin**)
- Insulin (and other diabetic medications)

**Blood Pressure:**

**Systolic:** \_\_\_\_\_ **Diastolic:** \_\_\_\_\_

Does the patient have a diagnosis of hypertension?

- Unknown
- No
- Yes

Number of current prescribed hypertension medications:

- None
- 1
- 2
- ≥3

**Overweight/Obesity**

Years BMI ≥27: \_\_\_\_\_

Years BMI ≥30: \_\_\_\_\_

**Dyslipidemia (mark all that apply)**

- Takes triglyceride-lowering medication
- Takes low intensity statin dose
- Takes high intensity statin dose
- Unknown

**Past HbA1C testing results:**

Value: \_\_\_\_\_ Year: \_\_\_\_\_

Value: \_\_\_\_\_ Year: \_\_\_\_\_

Value: \_\_\_\_\_ Year: \_\_\_\_\_

Lipid	Drug	Brand Name
Triglyceride	Bezafibrate	Antara
	Fenofibrate	Bezalip Fenoglide Fibricor Lipofen Lopid Tricor Triglide Trilipix
	Ezetimibe	Zetia
	Gemfibrozil	Lopid
	Icosapent ethyl	
	Niacin*	
*For Niacin and Omega-3, verify that patient takes them to lower triglycerides and not other reasons	Omega-3* ethyl esters	Epanova Lovaza Vascepa

Statin	Dosage	
	Low Intensity	High Intensity
Atorvastatin	10-20mg	40-80mg
Fluvastatin	20-40mg	80mg
Lovastatin	10-40mg	60-80mg
Pitavastatin	1-2mg	4mg
Pravastatin	10-40mg	80mg
Rosuvastatin	5-10mg	20-40mg
Simvastatin	5-40mg	80mg