

METABOLIC SYNDROME EVALUTATION FORM

Subject ID: _____

Sex (check one): ☐ Male ☐ Female

Year of Visit: _____

Year of Birth: _____

Diagnosis of HYPERGLYCEMIA? ☐ Yes ☐ No

Type/severity of hyperglycemia: ☐ Prediabetes ☐ DM type 2 ☐ DM type 1

DM Type 2

Medication Intake:

- ☐ No medications
☐ Metformin only
☐ Metformin and other (no insulin)
☐ Insulin (and other)

Time elapse since diagnosis of DM: _____

Had prediabetes previously? ☐ Yes ☐ No

Time elapse prediabetes: _____

Complications from Diabetes

- ☐ Renal insufficiency (Cr >1.3 mg/dL)
☐ Eye disease
☐ Coronary artery disease
☐ Vasculopathy
☐ No complications

Physician Impression of Glycemic Control

- ☐ Well controlled (HbA1C <7%)
☐ Moderately controlled (HbA1c 7-9%)
☐ Poorly controlled (HbA1c >9%)

Prediabetes

Medication Intake:

- ☐ No medications
☐ Low Dose Metformin

Time elapse since diagnosis of Prediabetes:

Past HbA1c values

(in addition to value entered in PNW)

Value: _____ Year: _____

Value: _____ Year: _____

Value: _____ Year: _____

Note: past HbA1c values should be spread over time period since diagnosis of hyperglycemia

Diagnosis of HYPERTENSION? ☐ Yes ☐ No

Medications taken for hypertension:

- ☐ None
☐ One HTN medication
☐ Two HTN medications
☐ Three or more HTN medications

Blood pressure on day of study visit:

Systolic BP: _____

Diastolic BP: _____

Is the patient OVERWEIGHT or OBESE?

- ☐ Yes, overweight (BMI > 27)
☐ Yes, obese (BMI > 30)
☐ No

Years overweight: _____

Years obese: _____

Note: patients with BMI >30 should be marked as both obese and overweight.

Diagnosis of DYSLIPIDEMIA? ☐ Yes ☐ No

Type/severity of dyslipidemia:

- ☐ Elevated triglycerides (>150 mg/dL)
☐ Low HDL levels (<40 mg/dL men,
<50 mg/dL women)
☐ Takes triglyceride lowering medication
☐ Takes low intensity statin dose
☐ Takes high intensity statin dose

If NO diagnosis of dyslipidemia:

Does patient take statin?

- ☐ No
☐ Low intensity statin
☐ High intensity statin

Statin	Low dose	High Dose
Atorvastatin	10-20 mg	40-80 mg
Fluvastatin	20-40 mg	80 mg
Lovastatin	10-40 mg	60-80 mg
Pravastatin	10-40 mg	80 mg
Rosuvastatin	5-10 mg	20-40 mg
Simvastatin	5-40 mg	80 mg
Triglyceride lowering medications		
Bezafibrate	Ezetimibe	Fenofibrate
Gemfibrozil	Icosapent ethyl	
Triglyceride lowering supplements		
Niacin	Omega-3 fatty acids	

Diagnosis of METABOLIC SYNDROME? ☐ Yes ☐ No

Does the patient EXERCISE?

Minutes of exercise per week: _____

Minutes of aerobic exercise per week: _____