1. Older patients with metabolic syndrome are more likely to have cognitive impairment, especially with elevated systemic indicators for inflammation.

2. Metabolic syndrome includes at least three of the following: 1) central obesity, 2) hypertension, 3) elevated triglycerides, 4) low HDL cholesterol, and 5) increased fasting BS.

3. About 40% of older individuals meet criteria for metabolic syndrome.

4. Central obesity in midlife is a risk factor for dementia in later life.

5. Metabolic syndrome increases the likelihood of coronary artery disease.

6. The risk of metabolic syndrome increases 23% for each additional ten pounds of excess body weight.

7. Menopause produces a 60% increased risk for metabolic syndrome.

8. Metabolic syndrome is associated with silent brain infarctions in otherwise healthy individuals.


10. Controlling metabolic syndrome requires long-term compliance with medications, diet, exercise, and lifestyle.

11. Hypertension is a consistent risk factor for dementia.

12. Statins and antihypertensive medications may reduce risk for cognitive decline through multiple molecular mechanisms.