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Article:

DeFilipp, Z., Duarte, R.F., Snowden, J.A. et al. (34 more authors) (2016) Metabolic Syndrome and Cardiovascular Disease after Hematopoietic Cell Transplantation: Screening and Preventive Practice Recommendations from the CIBMTR and EBMT. *Biology of Blood and Marrow Transplantation*, 22 (8). pp. 1493-1503. ISSN 1083-8791

<https://doi.org/10.1016/j.bbmt.2016.05.007>

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Table 1. Definitions of metabolic syndrome according to the National Cholesterol Education Program Adult Treatment Panel III (NCEP ATP III), the International Diabetes Federation (IDF), the American Heart Association (AHA), and the World Health Organization (WHO).

	NCEP ATP III [21]	IDF [26]	AHA [9]	WHO [23]
Definition	≥3 risk factors	Increased waist circumference plus ≥2 risk factors	≥3 risk factors	DM/IFG or IGT or IR plus ≥2 risk factors
Risk Factor				
Abdominal Obesity	Waist circumference: >102 cm (>40 in) in men; >88 cm (>35 in) in women	Waist circumference: dependent on ethnicity	Waist circumference: >102 cm (>40 in) in men; >88 cm (>35 in) in women	Waist circumference: dependent on ethnicity
Triglycerides	≥150 mg/dL (≥1.7 mmol/L) or drug treatment for elevated levels	≥150 mg/dL (≥1.7 mmol/L) or drug treatment for elevated levels	≥150 mg/dL (≥1.7 mmol/L) or drug treatment for elevated levels	≥150 mg/dL (≥1.7 mmol/L)
HDL cholesterol				
Men	<40 mg/dL (<1.0 mmol/L) or drug treatment for reduced levels	<40 mg/dL (<1.0 mmol/L) or drug treatment for reduced levels	<40 mg/dL (<1.0 mmol/L) or drug treatment for reduced levels	<35 mg/dL (0.9 mmol/L)
Women	<50 mg/dL (<1.3 mmol/L) or drug treatment for reduced levels	<50 mg/dL (<1.3 mmol/L) or drug treatment for reduced levels	<50 mg/dL (<1.3 mmol/L) or drug treatment for reduced levels	<39 mg/dL (1.0 mmol/L)
Blood Pressure	≥130/≥85 mmHg or drug treatment for HTN	≥130/≥85 mmHg or drug treatment for HTN	≥130/≥85 mmHg or drug treatment for HTN	≥140/≥90 mmHg
Fasting Glucose	≥110 mg/dL (≥6.11 mmol/L) or drug treatment for DM	≥100 mg/dL (≥5.6 mmol/L) or drug treatment for DM	≥100 mg/dL (≥5.6 mmol/L) or drug treatment for DM	IGT, IFG, or type 2 DM
Microalbuminuria				>30 mg albumin/g creatinine

DM: diabetes mellitus

HDL: high-density lipoprotein cholesterol

HTN: hypertension

IGT: impaired glucose tolerance (2-hour postprandial glucose 140-199 mg/dL (7.8-11.1 mmol/L))

IFG: impaired fasting glucose (fasting glucose 100-126 mg/dL (5.6-7 mmol/L))

IR: insulin resistance