**Table 1. Equations and examples of metabolic syndrome severity score**

<table>
<thead>
<tr>
<th>Sex</th>
<th>Equation (40–59 years)</th>
<th>Example</th>
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</table>
| Men   | 8.2939 + 0.0126×FPG + 0.0063×SBP + 0.0382×WC − 0.0210×HDL + 0.8432×ln(TG)            | Age 45 years, FPG 110 mg/dL, SBP 150 mm Hg, WC 95 cm, HDL 30 mg/dL, TG 160 mg/dL.  
  > Patient's metabolic syndrome Z-score: 1.315486561  
  > Patient's the top risk of metabolic syndrome: 9.42%  
| Women | –7.5210 + 0.0156×FPG + 0.0073×SBP + 0.0292×WC − 0.0207×HDL + 0.9065×ln(TG)         | Age 53 years, FPG 80 mg/dL, SBP 120 mm Hg, WC 70 cm, HDL 70 mg/dL, TG 80 mg/dL.  
  > Patient's metabolic syndrome Z-score: 1.315486561  
  > Patient's the top risk of metabolic syndrome: 79.66%  

FPG, fasting plasma glucose; SBP, systolic blood pressure; WC, waist circumference; HDL, high density lipoprotein; TG, triglyceride.

*Metabolic syndrome Z-score for predicting the presence of metabolic syndrome.