PREVALENCE OF METABOLIC SYNDROME IN ESTARREJA
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Introduction: The Metabolic Syndrome (MS) has been defined as the association as several metabolic risk factors of cardiovascular diseases (CVD), resulting in increased risk for their development. CVD are the major cause of death and morbidity in Portugal. The aim of this study was to evaluate de prevalence of the MS, according to different definitions, in adults and elder from Estarreja.

Methods: We observed the anthropometric, biochemical and homodynamic variables for the diagnosis of MS (obesity, dyslipidemia, hypertension and insulin resistance) in 222 subjects (82 men and 140 women, with mean ages of 68+8 and 67+8 years, respectively) from Estarreja, in Portugal. We used the definition of MS from the National Cholesterol Education Program (NCEP) and from the World Health Organization (WHO). Sample was analyzed divided in groups according to age (adults <65 years and elders> 65 years old) and gender (males and females). We performed T-tests and Mann-Whitney tests to compare results between groups. The level of significance was set at P<0,05.

Results: We found a prevalence of MS, in the population of Estarreja, of 41,9% and 19,4%, according to NCEP e WHO definitions, respectively. MS was present in 28,0% and 22,0% of men and in 50,0% and 17,9% of women (according to NCEP e WHO definitions, respectively). The metabolic syndrome prevalence was higher in women than in men, but only when the NCEP definition was considered (p<0,001). Concerning the age of the subjects, there were no differences in the prevalence of metabolic syndrome between elders (42,6% and 21,3%, NCEP and WHO definitions, respectively) and adults (40,7% and 16,0%, NCEP and WHO, respectively).

When we analyzed the subgroups of adult men and women, and elder men and women, considering the NCEP definition, we found that: elder women had higher prevalence than adult women (57,3% vs 39,7%, respectively, p<0,05); elder men had higher prevalence than elder men (57,3% vs 22,0%, respectively, p<0,001). When the definition from WHO was considered only adult men showed higher prevalence than adult women (30,4% vs 10,3%, respectively, p<0,05).

Conclusion: In conclusion, the elder women showed the highest MS prevalence. Above all these results point out high levels of MS prevalence, and lead us to conclude that, according to several authors and institutions, this subjects have elevated risk of CVD and should benefit from Lifestyle changes that include dietary cautions and increased Physical activity.

References:

Keywords: Cardiovascular, Metabolic Syndrome, Risk