

Metabolic syndrome, prevalence and prediction of cardiovascular events in Spanish adults population

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Objectives: To determine the prevalence of cardiovascular events(CVE) in patients with metabolic syndrome(MS) appointed to our primary care health center. To evaluate the CV mortality in the next 10years, in patients with MS considering gender. To know the HbA1c concentration in diabetics with MS according to gender as a possible diagnosis criteria of MS.

Method: Transversal descriptive study. Randomized simple sample. Data from clinic reports of 349 patients between 07/01/2004 to 07/15/2005.

Results: Prevalence of MS was 21,8%(OMS criteria); 21,2%(ATPIII criteria). 43,2% men ;56,8% women(p= 0,434). Diabetics and/or patients with impaired fast glucose, with MS, 29% men; 35% women. Mean HbA1C concentration in patients with MS was 7,83%(+/- 0,264), and 7,14%(+/- 0,181) without MS(p= 0,840).Relative to CVE, it prevalence was in patients with diagnosis of MS ,16,1% men ; 26,2% women ; in patients without MS , 22,1% men ; 12,7% women (p=0,460 in men ; p= 0,035 in women). The mortal risk of CVE was in the MS 2,73%(+/-0,32) ; 2,66%(+/-0,17) without MS(p=0,840). Score chart>5: patients with MS, 32,1% men; 10,5% women ; patients without MS, 29,9% men ; 3,2% women(p=0,821 in men ; p=0,086 in women).

Conclusions: Women with established MS had more CVE, not appreciated that in men. The concentration of HbA1C could be a diagnosis criteria in women with MS. We didn't find differences , using SCORE charts, to evaluate risk of developing a CVE between patients with or without MS. Mesh terms: Cardiovascular risk, gender, Metabolic syndrome.