THE PREVALENCE OF METABOLIC SYNDROME AND ITS RELATION TO METABOLIC CONTROL IN PATIENTS WITH DIAGNOSED TYPE 2 DIABETES

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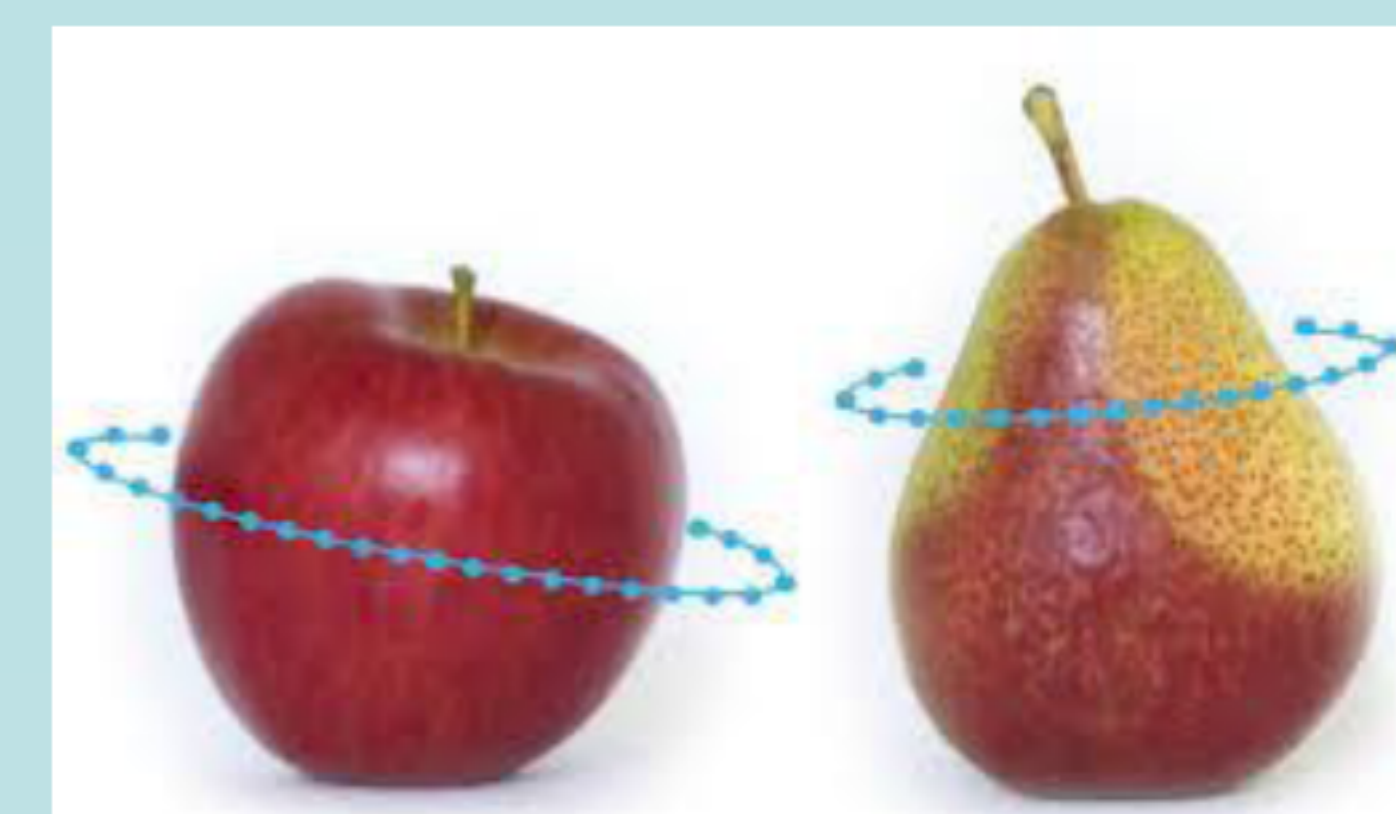
Objectives:

There are different criteria for the diagnosis of the Metabolic Syndrome proposed by the WHO, IDF and the National Cholesterol Education Program 2001 - NCEP/ATP III. The identification of metabolic syndrome (MS) is important for the appropriate management of associated cardiovascular risk factors. The aim of our study was to determine the prevalence of the MS in a selected population of type 2 diabetes, and to analyze its correlation with the metabolic control in type 2 diabetic patients.

Methods:

We randomly selected 500 patients with T2 diabetes in different cities of Albania.
321/500 (64.2%) responded, 158 (49.2%) males.
All the patients had completed anthropometric measures and lipid profile after 12-hours fast. The patients having two more criteria except diabetes, were defined as having MS.

PREVALENCE OF MS ACCORDING TO AGE GROUPS
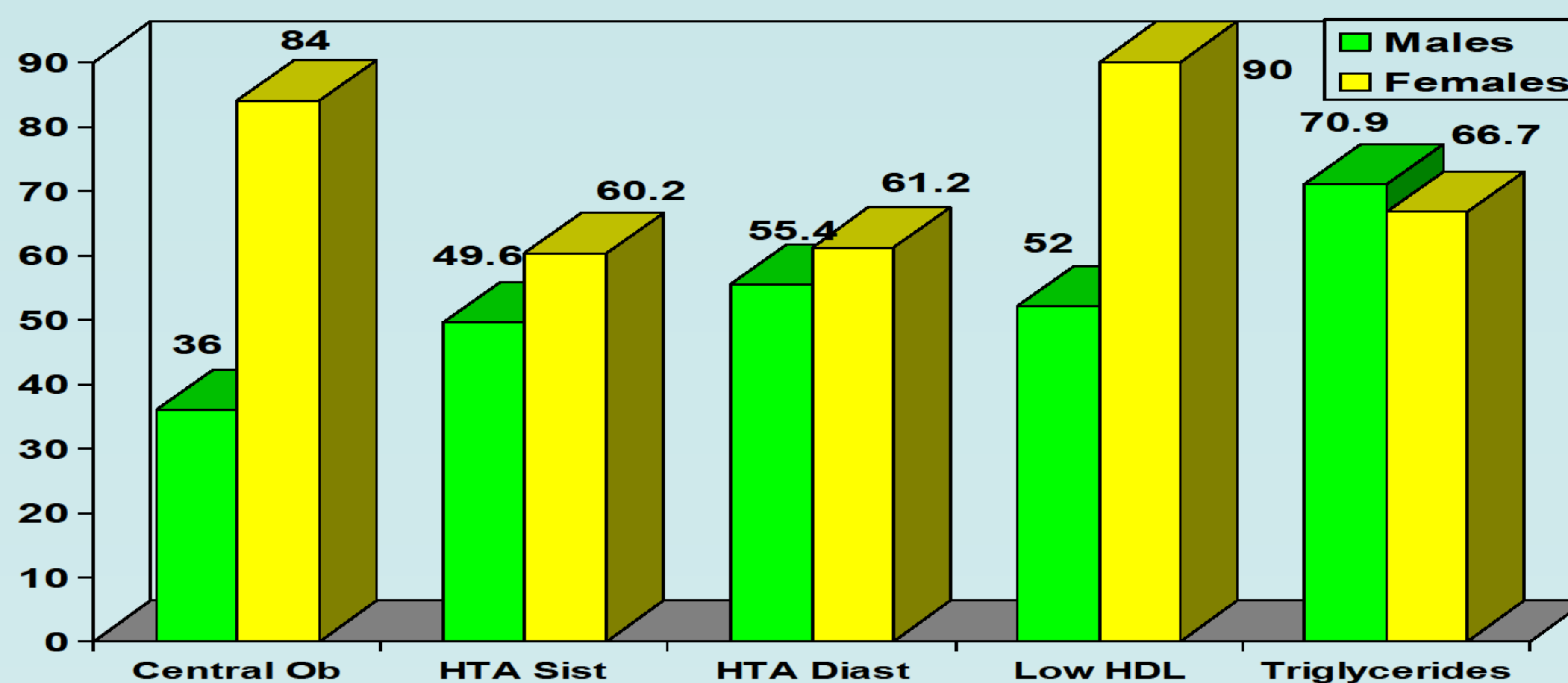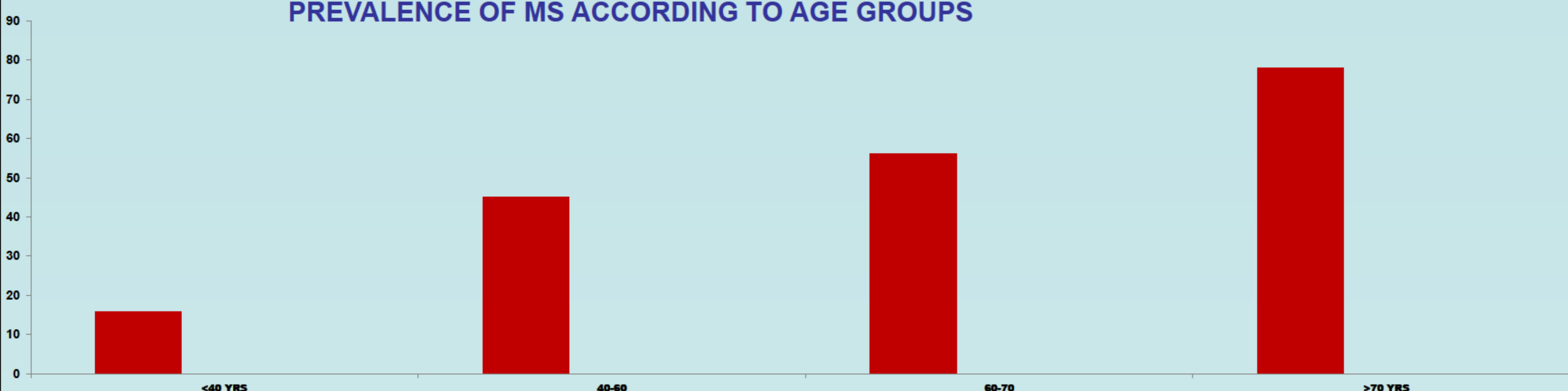
Results:

The prevalence of the MS was 64.5%.
Males 56.8% and Females 75.7%.
The prevalence increased with age, from 16% before 40 years of age to 78% at 70 years.
Diabetes duration was not different in patients with or without MS (M: 6.7± 3.4 vs. 6.9±3.7; F: 7.2±3.8 vs. 6.8±3.6 yrs).

Conclusions:

The results show that MS is highly prevalent in type 2 diabetes, compared with the general albanian population (64.5 vs 21.3%).
The levels of cardiovascular risk factors are increased in type 2 diabetic patients and may identify a subgroup at high risk.
The results urged immediate efforts directed at controlling the components of MS (mainly obesity, physical inactivity and lipid control).