

Comparison of demographic, and biochemical characteristics among younger and older patients with metabolic syndrome

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- **Aims:** The metabolic syndrome (MetS) is a summary measure of important CVD risk factors that frequently coexist. The syndrome is evident in 20% to 30% of middle-aged women and has been linked to the development of CVD and diabetes. The aim of the study was to examine the differences in demographic and clinical profiles among older (≥ 60 years) and younger (< 60 years) patients with metabolic syndrome (MetS).
- **Methods:** The study was included 45 older (mean age 63.1 ± 12.1 yrs, 25 female, 20 male) and 40 younger (mean age 42.3 ± 9.9 yrs, 30 female, 10 male) patients with MetS. Metabolic syndrome (MS) was defined as in ATP III. Demographic and biochemical parameters were compared between groups. Insulin resistance (IR) was estimated using the homeostasis model assessment (HOMA).
- **Results:** Among older patients, 11.9% were smokers and 9.1% informed alcohol consumption. However, 29.5% of younger patients were smokers and only 12.1% of them consumed alcohol ($p=0.05$, $p=0.30$). Mean levels of waist circumference, systolic, diastolic blood pressures, triglyceride and LDL-Cholesterol were statistically significantly higher than those of younger patients with MetS ($p=0.001$, $p=0.01$, $p=0.001$, $p=0.02$, $p=0.002$, respectively). Mean levels of HOMA-IR were found to be 2.3 ± 0.9 in young and 2.7 ± 0.02 in elderly group.
- **Conclusions:** There are differences between older and young patients with metabolic syndrome for waist circumference, smoking, blood pressures and lipid levels.

