COMPARISON OF PATIENT WITHOUT COMORBIDITIES WITH NORMAL TRIGLYCERIDEMIA AND HYPERTRIGLYCERIDEMIA IN KONYA AND THE SURROUNDING AREA IN TURKEY

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OBJECTIVES

Studies that demonstrate that mild/moderately high triglyceride levels were regarded as a cardiovascular risk factor, similar to high total and LDL cholesterol. Mostly, hypertriglyceridemia is associated with obesity, metabolic syndrome and T2DM and directly associated with increased morbidity and mortality because of cardiovascular disease (1-2). This study has been performed population with hypertriglyceridemia, normotriglyceridemia and assessed association between age, gender, body mass index, blood pressure (BP).

METHODS

This study was a cross-sectional survey. Sampling design was based upon multistage probability sampling. Patient with diabetes, hypertension, cardiovascular disease and any other disease were excluded to study. Age and gender were noted. Heights, weights and waist circumference (WC) were measured. Body mass index (BMI) was calculated by body mass index (BMI) (weight in kg)/(height in metres)2 as calculated. Blood pressure was measured. Fasting thyriogliseride was evaluated. Patient divided into two groups as thyrioglinerid <150 mg/dl and >150 mg/dl. Groups were compared each other.

RESULTS

344 participants were screened for study, 224 of them had normothyriogliseridemi, 120 of them had hyperthyriogliseridemi. 38,5% of all participants were men, 61,5% was women. Mean age was 48,76 14,08 years. Mean values were; WC 91,14 13,54 cm, BMI 28,42 5,87 kg/m²,sistolik BP 131,74 25,62 mm/hg, diastolik BP 81,05 15,17 mm/hg in thyriogliserid <150 group. Mean values were; WC 94,85 11,83 cm, BMI 29,02 5,15 kg/m², sistolik BP 140,08 23,65 mm/hg, diastolik BP 87,46 16,89 mm/hg in thyriogliserid >150 group. Except BMI the other variables were significantly higher in the thyriogliserid >150 group (p<0,04). BMI was similar in each groups.

CONCLUSIONS

Present study was showed that without any comorbidities hyperthyriogliseridemia was a risk factor of hypertension. High BP, big WC, hyperthyriogliseridemia were each ATP III metabolic syndrome criterias. Metabolic syndrom is associated with increasing risk for cardiovascular disease.

References