

# 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)<sup>2</sup> as calculated. Blood pressure was measured. Fasting triglyceride was evaluated. Patient divided into two groups as triglyceride <150 mg/dl and >150 mg/dl. Groups were compared each other.

## RESULTS

344 participants were screened for study, 224 of them had normotriglyceridemia, 120 of them had hypertriglyceridemia. 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/m<sup>2</sup>, systolic BP 131,74 ± 25,62 mm/hg, diastolic BP 81,05 ± 15,17 mm/hg in triglyceride <150 group. Mean values were; WC 94,85 ± 11,83 cm, BMI 29,02 ± 5,15 kg/m<sup>2</sup>, systolic BP 140,08 ± 23,65 mm/hg, diastolic BP 87,46 ± 16,89 mm/hg in triglyceride >150 group. Except BMI the other variables were significantly higher in the triglyceride >150 group (p<0,04). BMI was similar in each groups.

## CONCLUSIONS

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

## References

- 1-Recommendations for the treatment of hyperlipidemia in adults. A joint statement of the Nutrition Committee and the Council on Arteriosclerosis of the American Heart Association. *Arteriosclerosis* 1984; **4**: 443A–68A.
- 2 Strategies for the prevention of coronary heart disease: a policy statement of the European Atherosclerosis Society. *Eur Heart J* 1987; **8**:77–88.

