

Metabolic Syndrome Among Hypertension Clinic Patients In Bangladesh

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Background

The diagnosis of the metabolic syndrome holds promise for enhanced prevention of diabetes and cardiovascular diseases. However, its magnitude in Bangladeshi population is not precisely known.

Purpose

To determine the prevalence of metabolic syndrome in a clinic-based population of Bangladesh.

Methods

During April 2000 through March 2003, 1600 consecutive patients (866 men) were recruited in the Hypertension Clinic. Department of Cardiology of Bangabandhu Sheikh Mujib Medical University, Dhaka. Metabolic syndrome was defined as co-occurrence of abdominal obesity (waist circumference >94 cm in men and 80 cm in women), abnormal fasting blood level of triglycerides (>199 mg/dL) and high density lipoprotein cholesterol (<35 mg/dL), diabetes mellitus (fasting glucose >7.8 mmol/L or antidiabetic medication) and hypertension (blood pressure >140/90 mm Hg or antihypertensive medication).

Results

The mean (SD) age of the subjects was 48 (13) years, Prevalence of individual component traits was as follows: abdominal obesity 45.9%, hypertriglyceridemia 32.5%, low levels of high density lipoprotein cholesterol 37.1%, diabetes mellitus 16.4%, and hypertension 94.9%. However, the combined prevalence of all these traits (metabolic syndrome) in individual patients was 1.0%.

Conclusion

In hypertensive patients, multiple risk factors aggregate and the prevalence of metabolic syndrome is apparently higher than that is seen in our general population.

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