PREVALENCE OF METABOLIC SYNDROME IN PATIENTS WITH ACUTE CORONARY SYNDROME

A large proportion of patients with coronary disease have metabolic syndrome, although the frequency and association of its different components are not well understood. The primary objective was to identify gender related differences in the risk factors associated with metabolic syndrome in patients with Acute Coronary Syndrome (ACS). Secondary objective was to measure the prevalence of metabolic syndrome among patients with ACS and different factors associated with it. This was a cross sectional observational study conducted in department of cardiology. 515 patients with clinically confirmed ACS were included by systematic random sampling method. Components of metabolic syndrome analysis were done by both direct interview method and patient medical records. 515 Patients with ACS were divided in to two groups according to the presence or absence of Met S. In this study, 191 patients had three or more components of Met S which accounts 37.08% prevalence rate. It was observed that, prevalence was higher in males (39.09%) compared to females (33.51%). In the present study, there was no statistically significant relation with gender and Met S [OR; 0.797, Cl; 0.545 - 1.166, p=0.243]. When the components of Met S were evaluated separately, hypertension, hyperglycemia and abdominal obesity were found to be more in patients with Acute Coronary Syndrome. The majority had multiple components. Low HDL levels (33.33%) and abdominal obesity (61.81%) which were more predominantly seen in male patients whereas Hyperglycemia (65.94%), hypertension (64.86%) and hypertriglyceridemia (23.78%) were more commonly found in female patients. Among the five components of metabolic syndrome, only low HDL levels were found to be statistically significant in males compared to females (P=0.014). Large proportions of ACS patients were under metabolic syndromes. Hence, it is advisable for the proper screening of depression in this population for earlier intervention especially patients who already presented with multiple risk factors. Assessment of various components of metabolic syndromes may be useful in predicting the risk of development of metabolic symptoms and may help to devise more targeted interventions along with the primary prevention.

Biography

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