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### Prevalence of metabolic syndrome in CVD patients in North India

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**Introduction:** Metabolic Syndrome (MS) is a cluster of interrelated metabolic abnormalities that increase the risk of various disease conditions. The incidence of metabolic syndrome is high in patients with cardiovascular diseases and type 2 diabetes mellitus. The various criteria used for the identification of metabolic syndrome are WHO (1998), ATPIII (2001) and IDF (2001). The objective of the present study was to evaluate the prevalence of metabolic syndrome in CVD patients in North India using ATPIII criteria.

**Materials & Methods:** The present study recruited 242 CVD patients from Carewell Heart & Super Speciality Hospital Amritsar. The anthropometric and physiometric variables were measured by standard methodology. Blood samples were collected from all the subjects and various serum lipid variables including cholesterol, triglycerides and high density lipoprotein (HDL) were estimated using standard kits. Low density lipoprotein and very low density lipoprotein (VLDL) were calculated from the above said parameters by standard formulas. Statistical analysis was performed using SPSS version 18.0 (Chicago, US).

**Results:** MS was found to be prevalent in 65% of patients. The study showed a significantly ( $p < 0.05$ ) high prevalence of overall as well as abdominal obesity in MS cases as compared to non-MS cases. The MS cases were also found to be dyslipidemic as compared to non-MS cases as indicated by significantly elevated levels of triglycerides, VLDL and reduced levels of HDL ( $p < 0.01$  each).

**Conclusion:** In the nut shell, the findings of the present study indicated high prevalence of MS, obesity as well as dyslipidemia in CVD patients from North India.

#### Biography

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