

The presence of metabolic syndrome and associated life quality in Turkish women with cardiovascular disease

Gul Pinar

Yildirim Beyazit University, Turkey

Introduction: The prevalence of metabolic syndrome (MetS) is rapidly increasing in Turkey as well as all over the world. Little is known about the association between quality of life (QOL) and the MetS.

Objective: To determine the presence of MetS and its effects on QOL in Turkish women with cardiovascular disease (CVD).

Methods: Given the need for data in Ankara, Turkey, this cross-sectional study aimed to determine the association between demographic, lifestyles, reproductive history and biochemical-antropometric parameters and the MetS among a sample of women (N=310) in the Private University Hospital Cardiology Outpatient Clinic. The MetS was defined based on the revised National Cholesterol Education Program Adult Treatment Panel III (NCEP ATP III) criteria.

Results: Overall, 55.1% of women met the criteria for MetS with an average age of 57 ± 0.7 years (range 20–80). There was marginally significant difference in biochemical-antropometric parameters between patients with or without MetS. Women without MetS who were younger, had a more favourable triglyceride and glucose profile, were less likely to be physically inactive. Women with MetS who had longer duration of CVD, were significantly heavier, had higher blood pressure, lower HDL cholesterol levels. MetS patients showed significant reductions in QOL ($p < 0.05$).

Conclusions: These results show that the MetS was major problem of Turkish women. MetS was a contributing factor for development of low QOL in the Turkish women with CVD. Screening, prevention and treatment interventions for this syndrome seem to be organized promptly.

gpinar_1@hotmail.com