

6th International Conference on

EPIDEMIOLOGY & PUBLIC HEALTH

October 23-25, 2017 | Paris, France

AN ASSOCIATION OF METABOLIC SYNDROME RISK FACTORS, HS-CRP, VARIATION OF BLOOD CIRCULATION INDEX IN PROLONGED FATIGUE

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Background: Complications of the Metabolic Syndrome (MetS) consist of several factors that increase the risk of cardiovascular disease and diabetes. Functional changes in the vascular system are important factors in predicting cardiovascular disease. The hs-CRP (high-sensitive C-reaction protein) index is used as a cardiovascular risk prediction. MetS has been reported to be closely related to vascular damage. In this study, we investigated the association between MetS risk factors and blood circulation index in prolonged fatigue.

Method/Design: Total of 197 participants with prolonged fatigue were participated in this study, each individual was examined for physical measurements and blood tests. We identified metabolic syndrome by using the International Diabetes Federation (IDF, 2005). Eleven participants were deemed to have metabolic syndrome when 3 or more of the following criteria were satisfied. The groups were classified into 3 groups (non-MetS group, pre-MetS group, MetS group) according to the number of MetS of risk factors. This study was followed up at 6-month intervals.

Result: Relationship between hs-CRP and the risk factors of the metabolic syndrome were significantly positively correlated with waist circumference and glucose by adjusting sex and age ($p < 0.05$). Repeated measures ANOVA does provide results that ECO, ECRI, CMBP, BP and PP in pulse wave showed significant in the comparison of the groups among MetS ($p < 0.05$).

Conclusion: It has shown these findings suggest that blood circulation index, such as hs CRP, ECO, ECRI, CMBP, BP and PP could be a useful method for predicting MetS. MetS patients had a significantly increased risk of diabetes during follow-up. It is expected that the measurement of the pulse wave will become an important part of clinical application.

Biography

Bok Nam Seo has her expertise in improvement of healthcare and research. She has built up the model after gaining experience in the planning and implementation of years of research, evaluation, training and clinical trials in Korean Oriental Medicine Institute which promotes evidence-based TM including its interactions with other medicines applied for complementary and alternative medicine.

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