WHAT IS THE ROLE OF ABDOMINAL OBESITY IN THE PHYSIOPATHOGENESIS OF METABOLIC SYNDROME IN THE POPULATION OF PERNAMBUCO-BRAZIL?

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The disturbances associated to the Metabolic Syndrome (MS) are important mortality causes in the majority populations in the world. Populational prevalence surveys are necessary on the main abnormalities that are considered diagnostic criteria for MS. We investigated 203 voluntaries from the state of Pernambuco-Brazil about the presence of hyperglycemia, hypertriglyceridemia, HDL-cholesterol<40mg/dl, hypertension, hyperinsulinemia and abdominal obesity accessed by waist-hip ratio (WHR). A total of 137 individuals with this type of obesity was found, being this the most prevalent abnormality. MS was found in 52 of all voluntaries, out of what 49 were obese. 116 presented only 1 or 2 abnormalities, 85 of them presenting obesity (Chi square-p<0,0001). The ratio of prevalence rate (abdominal obese/non-obese) was 4,3. Abdominal obesity group had increased blood pressure, triglycerides, insulin and glucose levels (ANOVA-p<0,05), and all had a positive correlation with WHR (Z test-p<0,05). These subjects also had lower HDL-cholesterol levels, with a negative correlation. These results suggest that abdominal obesity is the main abnormality involved in the physiopathogenesis of MS in the population of the state of Pernambuco. They show that there is a 4,3 times greater risk of developing MS in the abdominal obese group, being this disturbance associated with all other grave metabolic abnormality involved in MS.

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