

POPULATIONAL STUDY ON THE FREQUENCY OF METABOLIC SYNDROME X IN THE REGION METROPOLITAN OF RECIFE, PERNAMBUCO-BRAZIL, ACCORDING TO CRITERIA OF NCEP-ATP III AND EGIR.

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The Metabolic syndrome X (MSX) is composed by some clinical and laboratories disturbances. MSX have a great social-economic impact, since it is directly related in the genesis of cardiovascular diseases (CVD). But there is no official data about its distribution in the Brazilian population. Then, the objective of this study is to detect the frequency of MSX at the population from Pernambuco-Brazil, in the Metropolitan Region of Recife (MRR). MSX was investigated in 199 subjects, within 73 were characterized as carrying MSX, according to the standards of the NCEP-ATPIII and the EGIR. 101 individuals had only 1 or 2 metabolic disturbances, not satisfying, therefore, the standards of either of the above-mentioned agencies. Close to 25% of the population in study were considered healthy. Therefore, the MSX was found at only 40% of the population, demonstrating a high prevalence at the association of these metabolic abnormalities. Thus, these results suggest that there is a great relative frequency of this syndrome in this population, demonstrating a necessity of an intervention and a better monitorizing for the health authorities, in intention to prevent the impacts caused for the MSX, such as the CVD.