

## **ANTHROPOMETRICAL AND BIOCHEMICAL ANALYSIS IN INDIVIDUALS WITH ABDOMINAL OBESITY**

BIANKA S. SANTOS; DEWSON R. PEREIRA; GABRIELLY A. PRAZERES; ADENOR A.F. PIMENTA-FILHO; JOELMA R. SOUZA; VERA L.M. LIMA.

Departamento de Bioquímica, UFPE, Cidade Universitária. Recife – PE - Brazil.

Metabolic syndrome (MS) is characterized by association of risk factors for cardiovascular diseases (CVD) such as, resistance to insulin, abdominal obesity (AO), hyperglycemia, systemic arterial hypertension, hypertriglyceridemia, hyperuricemia, and low levels of HDL-cholesterol (HDL-c). In this study, it was evaluated the android distribution of the corporal fat and its association to the above stated disturbances characteristic of the MS. AO was present in 52 individuals, and the control group (CG) was represented by 42 healthy individuals. In comparison with the CG group, the AO group had significant higher levels of waist hip ratio (WHR) (12%), body mass index (BMI) (20%), systolic (9%) and diastolic (8%) blood pressures, plus TG (41%), VLDL-c (41%), CT (15%), LDL-c (18%), insulin (33%), uric acid (19%). and reduced HDL-c (10%). AO levels of glucose, AST and ALT were unchanged. CVD was detected in 2 individuals with AO. These results evidence a presence of cardiovascular risk factors in individuals with AO. Level of WHR in AO group was above the normal range. These results indicate that AO patients have tendency to develop MS; also, demonstrate the importance to measure not only the biochemical parameters, but also the distribution of the abdominal fat associated to the WHR anthropometrical value an indicator for risk of the CVD for AO group.

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