

## **PROFILE OF METABOLIC SYNDROME IN WOMEN IN BANDUNG, INDONESIA**

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**BACKGROUND.** The metabolic syndrome (MetS) is associated with subclinical atherosclerosis, increased cardiovascular risk, and increased morbidity and mortality. Rising obesity and diabetes worldwide will likely increase the prevalence of MetS.

**OBJECTIVE.** The aim of this study was to assess the prevalence and characteristics of components of MetS in women.

**DESIGN AND METHODS.** This study was held in October 2005. Women who attended a 1-day symposium in Bandung were examined. Waist circumference, blood pressure, fasting blood glucose (FBG) and lipid profiles were determined.

**RESULTS.** Out of 254 women who attended this symposium, only 141 women had completed the examination. There were 79 (56.01%) subjects with the metabolic syndrome. Age varied from 27 to 85 years old (mean age 56 years). The most common component of MetS was high FBG [70 subjects (88.6%)], followed by waist circumference, [62 subjects (78.5%)], high blood pressure [51 subjects (64.5%)], high triglyceride [45 subjects (57%)], and low LDL [45 subjects (57%)].

**CONCLUSION.** In this study, we found that high FBG was the most prevalent factor for MetS compared with the other components, followed by waist circumference, high blood pressure, high triglycerides, and low HDL.

**Keyword:** metabolic syndrome, bandung