

PREVALENCE OF METABOLIC SYNDROME IN A PRIMARY CARE POPULATION (MADRID)

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AIMS: To estimate the prevalence of the metabolic syndrome (MS) and to describe the cardiovascular profile of a primary care population in Madrid (Spain).

METHODS: In this cross-sectional study, we studied 1197 subjects aged 30 to 70 years randomly selected from the population that attended 13 primary care centers in Madrid (Spain). This study was approved by our local Ethics Committee and every participant gave informed consent. Subjects underwent clinical evaluation that included data on cardiovascular risk history, a physical exam and the measurement of BP, waist circumference, body mass index, fasting glucose, triglycerides and HDL cholesterol. The diagnosis of MS was made according the ATP-III criteria.

RESULTS: The majority of the participants (74%) had at least one component of the MS, the most frequent of which were high BP (48%) and abdominal obesity (40%). Only 18% of subjects exhibited triglyceridemia > 150 mg/dL.

The prevalence of MS was 23 % (95% CI 21-25). MS was more frequent in males than in females (27 vs. 21%, respectively) and was directly associated with age and major cardiovascular disease ($p < 0.001$). It was inversely associated with physical exercise and educational level ($p < 0.001$). Smoking was not significantly associated.

CONCLUSIONS: The prevalence of MS in our geographic area is high in comparison with other regions of Spain and Europe. The MS is directly associated with age, cardiovascular disease and male gender and inversely associated with educational level and physical exercise.

Key words: metabolic syndrome, cardiovascular risk factors, primary care