

## سندرم متابولیک در بزرگسالان با وزن طبیعی: مطالعه قند و لیپید تهران

\*

چکیده

مقدمه:

روش‌ها:

( )  
( / / kg/m<sup>2</sup>)

(ATP III)

BMI

یافته‌ها:

% ( / / % ) % /  
/ ± / )  
/ ± / )  
P= / ( / / % )  
(P< / kg/m<sup>2</sup> / ± /  
(P< / cm / ± /

BMI

HDL

/ / )

BMI

.(

نتیجه گیری:

WHO

BMI

واژگان کلیدی:

\* نشانی:

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مقدمه

افراد تحت مطالعه:

(MONW)

MONW

[ ]

HDL

ATPIII [ ]

)

[ ]

( %

( )

[ ]

:

( / / kg/m<sup>2</sup>

جمع آوری داده‌ها:

(WHO)

kg/m<sup>2</sup>

[ ]

[ ]

BMI

[ ]

) BMI

(WHO

( )

( )

<sup>1</sup> Metabolically Obese Normal Weight

<sup>2</sup> Adult Treatment Panel

( mmHg ≤ mmHg ≤  
( mg/dl ≤ )

روش آماری

SPSS

WHR

±

t

[ ]

/ / kg/m<sup>2</sup>

BMI

HDL-C

BMI

β

BMI

-

P for trend BMI

(Inter and intra-

Mantel-Haenzel extension chi-square test

assay coefficients of variation)

/ /

HDL

یافته‌ها

تعریف واژه‌ها

NIH

( ± )  
( ± / ) / ( ± / )

[ ] / / kg/m<sup>2</sup>

BMI

(P< / )

[ ]

ATP III

(P< / )

(WC)

<

<

HDL

( mg/dl ≤ )

(

> mg/dl >)

HDL

)

(

mg/dl

|     |                |                 |
|-----|----------------|-----------------|
| BMI | (              | )               |
| HDL |                |                 |
| BMI |                |                 |
|     | (P for trend ) |                 |
| BMI | HDL            | / % ) % /       |
|     |                | ( / / % ) % ( / |
|     |                | (P= / )         |

HDL

HDL

جدول ۱- مشخصات عمومی افراد شرکت کننده در مطالعه قند و لیپید تهران در دو گروه جنسی

| زن ها (تعداد=۱۷۰۷) | مرد ها (تعداد=۱۷۳۷) |                                      |
|--------------------|---------------------|--------------------------------------|
| / ± /              | / ± /               | سن (سال)                             |
| / ± /              | / ± /               | دور کمر (cm)                         |
| / ± /              | / ± /               | نمایه توده بدنی (kg/m <sup>2</sup> ) |
| / ± /              | / ± /               | قند خون ناشتا (mg/dl)                |
| / ± /              | / ± /               | تری گلیسرید سرمی (mg/dl)             |
| / ± /              | / ± /               | فشار خون سیستولیک (mmHg)             |
| / ± /              | / ± /               | فشار خون دیاستولیک (mmHg)            |
| / ± /              | / ± /               | HDL سرمی (mg/dl)                     |
|                    |                     | فعالیت فیزیکی *                      |
| ( / )              | ( / ) <sup>†</sup>  |                                      |
| ( / )              | ( / )               |                                      |
|                    |                     | استعمال سیگار <sup>‡</sup>           |
| ( / )              | ( / )               |                                      |
| ( / )              | ( / )               |                                      |
|                    |                     | سطح تحصیلات                          |
| ( / )              | ( / )               | >                                    |
| ( / )              | ( / )               |                                      |
| ( / )              | ( / )               | <                                    |

± ± \*\*

: ‡ †  
(P< / ) P ††

جدول ۲- شیوع سندرم متابولیک و ریسک فاکتورهای آن در دو گروه جنسی\*

| مردان     | زنان      |
|-----------|-----------|
| -         | / ( / / ) |
| / ( / / ) | / ( / / ) |
| / ( / / ) | / ( / / ) |
| / ( / / ) | / ( / / ) |
| / ( / / ) | / ( / / ) |
| / ( / / ) | / ( / / ) |
| / ( / / ) | / ( / / ) |
| / ( / / ) | / ( / / ) |

%

HDL ‡  
 mg/dl > : HDL < :  
 mmHg ≤ : mmHg ≤ :  
 (P < / ) P †  
 (P > / ) P

جدول ۳- نسبت شانس و فاصله اطمینان ۹۵٪ عوامل خطر سندرم متابولیک به تفکیک چارک های نمایه توده بدنی در مردان

| میزان P (for trend) | نمایه توده بدنی ( kg/m <sup>2</sup> ) |            |            |           | مردان               |
|---------------------|---------------------------------------|------------|------------|-----------|---------------------|
|                     | ۲۴/۰-۲۴/۹                             | ۲۲/۸-۲۳/۹  | ۲۱/۲-۲۲/۷  | ۱۸/۵-۲۱/۱ |                     |
| < /                 | / ( / / )                             | / ( / / )  | / ( / / )  | /         | HDL پایین           |
| < /                 | / ( / / )†                            | / ( / / )  | / ( / / )  | /         | فشار خون بالا       |
| < /                 | / ( / / )†                            | / ( / / )† | / ( / / )† | /         | تری گلیسرید بالا    |
| /                   | / ( / / )                             | / ( / / )  | / ( / / )  | /         | قند ناشتای بالا     |
| < /                 | / ( / / )†                            | / ( / / )† | / ( / / )  | /         | حداقل یک عامل خطر ‡ |
| < /                 | / ( / / )†                            | / ( / / )† | / ( / / )  | /         | حداقل دو عامل خطر ‡ |

%

mmHg ≤ : mmHg ≤ : HDL mg/dl > : mg/dl > :  
 mmHg ≤ : mmHg ≤ :

P < /

P < / †

HDL ‡

BMI

BMI

HDL

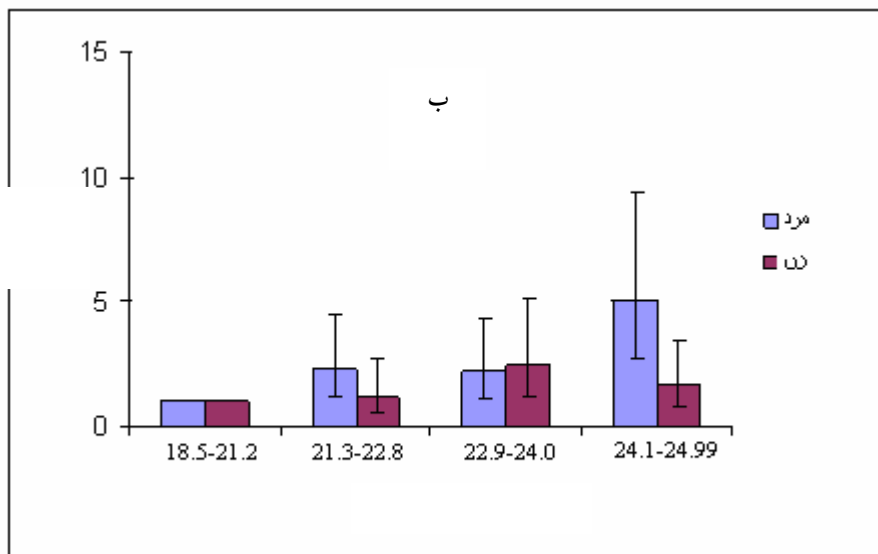
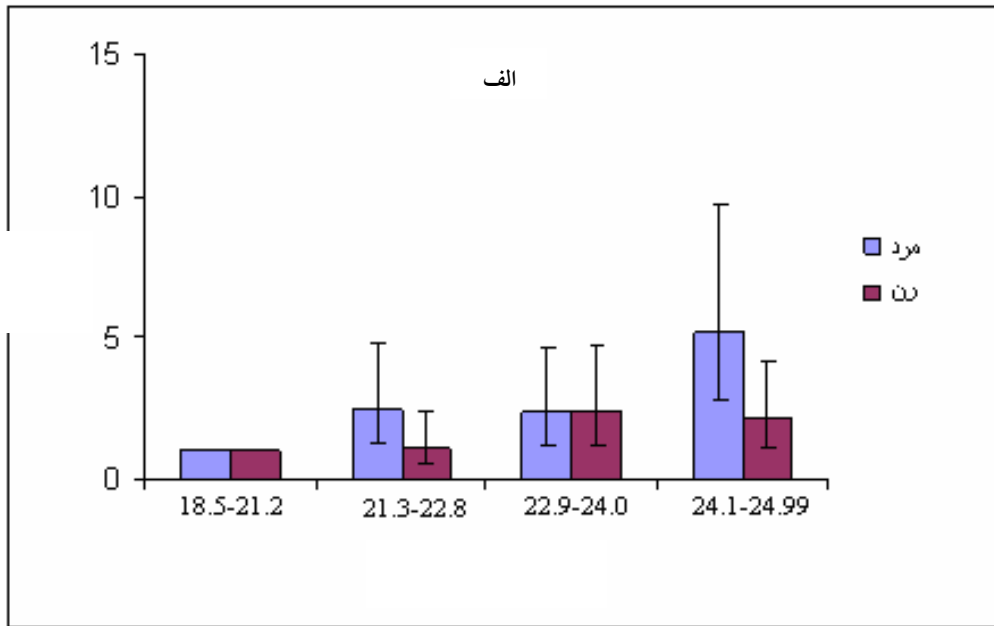
(  
(  
BMI  
BMI  
BMI  
BMI  
بحث  
(WC)  
BMI  
WC (r= / )  
WC  
BMI  
HDL )

جدول ۴- نسبت شانس و فاصله اطمینان ۹۵٪ عوامل خطر سندرم متابولیک به تفکیک چارک های نمایه توده بدنی در زنان

| میزان P<br>(for trend) | نمایه توده بدنی (kg/m <sup>2</sup> ) |                      |   |                      |   |         |   |   | زنان                           |
|------------------------|--------------------------------------|----------------------|---|----------------------|---|---------|---|---|--------------------------------|
|                        | /                                    | /                    | / | /                    | / | /       | / | / |                                |
| < /                    | /                                    | ( / / ) <sup>†</sup> | / | ( / / )              | / | ( / / ) | / | / | دور کمر بالا                   |
| /                      | /                                    | ( / / )              | / | ( / / )              | / | ( / / ) | / | / | HDL پایین                      |
| /                      | /                                    | ( / / )              | / | ( / / )              | / | ( / / ) | / | / | فشار خون بالا                  |
| < /                    | /                                    | ( / / ) <sup>†</sup> | / | ( / / ) <sup>†</sup> | / | ( / / ) | / | / | تری گلیسرید بالا               |
| /                      | /                                    | ( / / )              | / | ( / / )              | / | ( / / ) | / | / | قند ناشتای بالا                |
| /                      | /                                    | ( / / )              | / | ( / / )              | / | ( / / ) | / | / | حداقل یک عامل خطر <sup>‡</sup> |
| < /                    | /                                    | ( / / ) <sup>†</sup> | / | ( / / ) <sup>†</sup> | / | ( / / ) | / | / | حداقل دو عامل خطر <sup>‡</sup> |

mg/dl >      mg/dl >:      HDL      <      %  
 ≤ :      mmHg ≤ :      mmHg ≤      mmHg ≤      :  
 mmHg  
 P < /  
 P < /      †  
 HDL      ‡

نمودار ۱- نسبت شانس و فاصله اطمینان ۹۵٪ سندرم متابولیک به تفکیک چارک های نمایه توده بدنی



الف- % ( / = )

BMI

(ATP III)

ب- (P= / )

(P< / )

ATP III

(P< / )

BMI

BMI

BMI

BMI [ ] Park et al.

BMI

BMI

Ruderman et al. [ ]

kg/m<sup>2</sup> BMI

Rexode et al [ ]

BMI < kg/m<sup>2</sup>

[ ] (MONW)

[ ]

ATP III

BMI

BMI

BMI

[ ]

%

[ ]

BMI

[ ]

kg/m<sup>2</sup> BMI

[ ]

[ ]

BMI

BMI

HDL

[ ]

[ ]

HDL

BMI

[ ]

BMI

(% / )

Deurenbery-rap et al Naval et al

% H Ito et al [ ]

[ ]

( / / :% ) % /



BMI

BMI

## مآخذ

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