

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

*

چکیده

مقدمه:

روش‌ها:

()
(/ / kg/m²)

(ATP III)

BMI

یافته‌ها:

% (/ / %) % /
/ ± /) P= / (/ / %)
/ ± / (P< / kg/m² / ± /
(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/m²

جمع آوری داده‌ها:

(WHO)

kg/m²

[]

[]

BMI

[]

) BMI

(WHO

()

()

¹ Metabolically Obese Normal Weight

² Adult Treatment Panel

(mmHg ≤ mmHg ≤
(mg/dl ≤)

روش آماری

SPSS

WHR

±

t

[]

/ / kg/m²

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/m²

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 ²)
/ ± /	/ ± /	قند خون ناشتا (mg/dl)
/ ± /	/ ± /	تری گلیسرید سرمی (mg/dl)
/ ± /	/ ± /	فشار خون سیستولیک (mmHg)
/ ± /	/ ± /	فشار خون دیاستولیک (mmHg)
/ ± /	/ ± /	HDL سرمی (mg/dl)
		فعالیت فیزیکی *
(/)	(/) [†]	
(/)	(/)	
		استعمال سیگار [‡]
(/)	(/)	
(/)	(/)	
		سطح تحصیلات
(/)	(/)	>
(/)	(/)	
(/)	(/)	<

± ± **

: ‡ †
(P< /) P ††

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

زنان	مردان	
/ (/ /)	-	دور کمر بالا †
/ (/ /)	/ (/ /)	HDL پائین †
/ (/ /)	/ (/ /)	فشار خون بالا †
/ (/ /)	/ (/ /)	تری گلیسرید بالا †
/ (/ /)	/ (/ /)	قند ناشتای بالا
/ (/ /)	/ (/ /)	حداقل یک ریسک فاکتور ‡
/ (/ /)	/ (/ /)	حداقل دو ریسک فاکتور ‡†
/ (/ /)	/ (/ /)	سندرم متابولیک

%

mg/dl > HDL < ‡
 mmHg ≤ : 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

P میزان (for trend)	نمایه توده بدنی (kg/m ²)				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 ≤ : mg/dl > HDL mg/dl > :
 mmHg ≤ : mmHg ≤ :

P < /

P < / †

HDL ‡

BMI

BMI

HDL

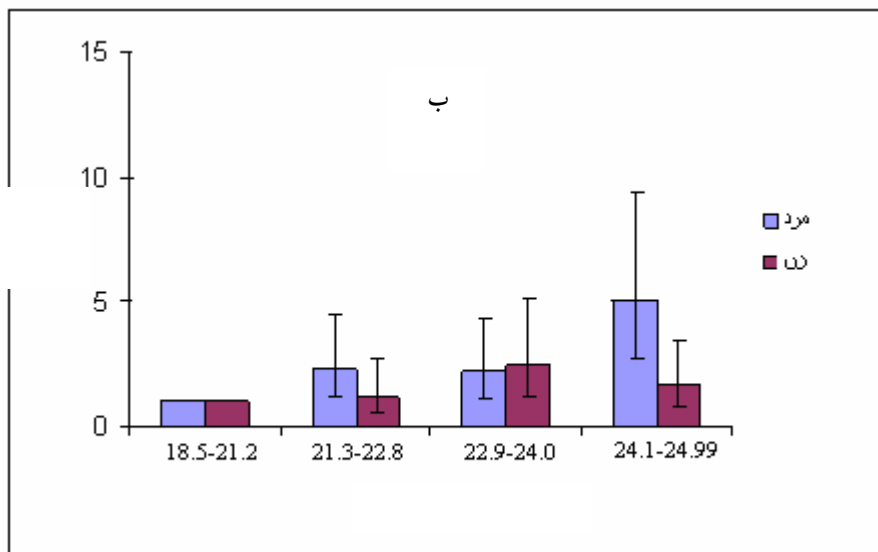
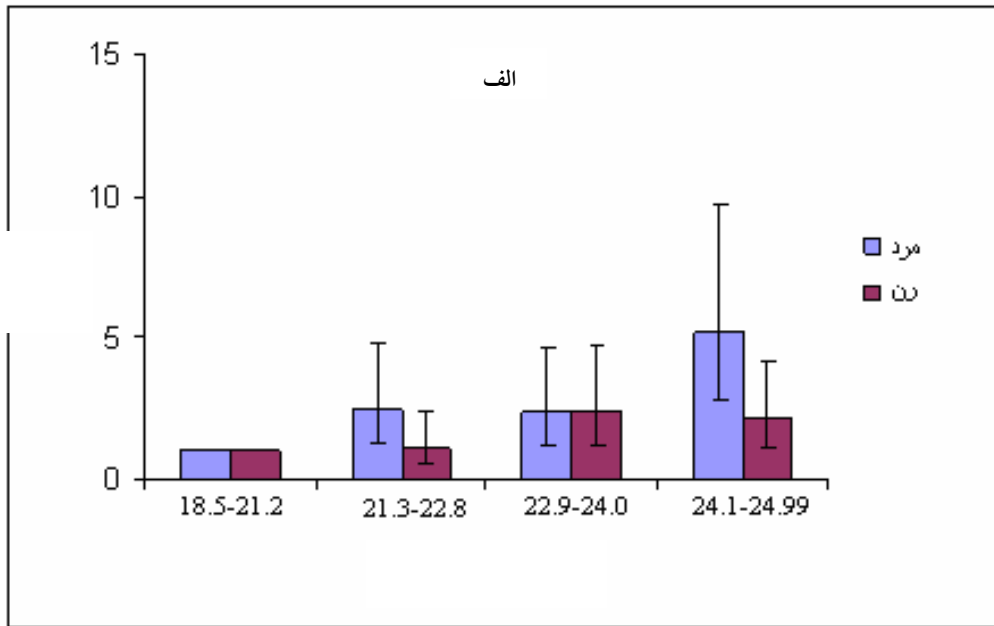
(
(
BMI
BMI
BMI
BMI
بحث
(WC)
BMI
WC (r= /)
WC
BMI
HDL)

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

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

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/m² BMI

Rexode et al. []

BMI < kg/m²

[] (MONW)

[]

ATP III

BMI

BMI

BMI

[]

%

[]

BMI

[]

kg/m² 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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