

## 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\*

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

%

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

P میزان (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

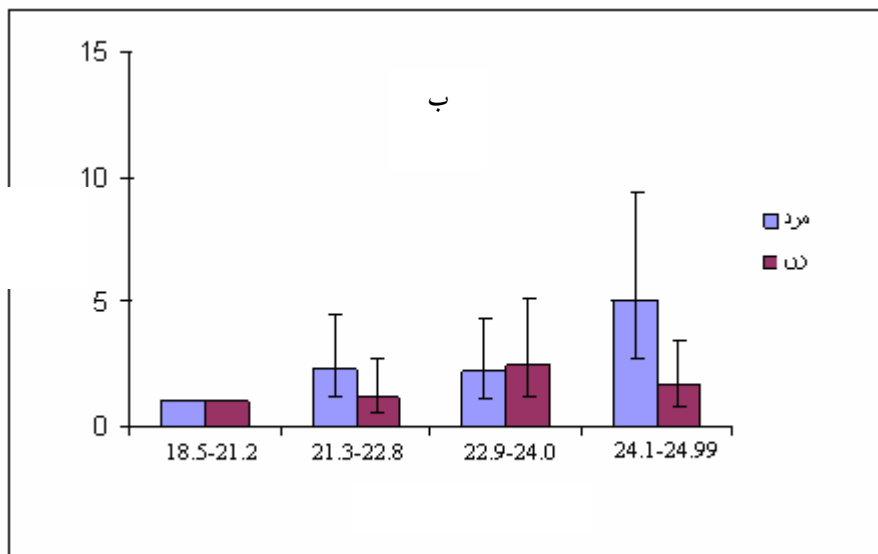
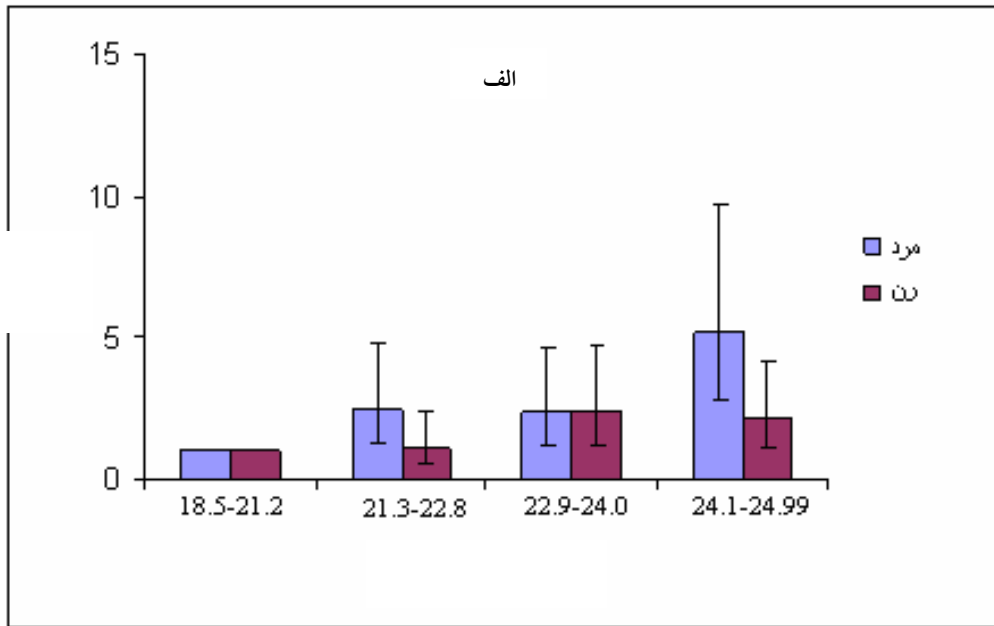
(  
(  
BMI  
BMI  
BMI  
BMI  
بحث  
(WC)  
BMI  
WC (r= / )  
WC  
BMI  
HDL )

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

P میزان (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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