RELATION BETWEEN HYPERTRIGLYCERIDAEMIC WAIST AND LIPOPROTEIN INDEXES IN PATIENTS WITH METABOLIC SYNDROME

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INTRODUCTION: Abdominal obesity is a main parameter to define the metabolic syndrome (MS). The concept of hypertriglyceridaemic waist has been developed in order to identify this group of patients. The aim of this study is to analyse the relationship between HTG waist and lipoprotein indexes in order to stablish potential markers of abdominal obesity.

MATERIAL & METHODS: Waist circumference of 296 patients of Primary Care were collected (139 men and 157 women, age: 57-70). 155 of them fulfilled criteria of MS according to the ATP-III. We executed a descriptive and transversal study to analyse the possible association of diverse lipoprotein indexes with the HTG waist.

RESULTS: Out of the 296 patients collected, 70 had pathological HTG waist (defined by criteria ATP-III). The 91'4% of the patients with MS had also pathological HTG waist. The statistical relationship of the HTG waist with diverse lipoprotein indexes was analyzed, and association was found in all except LDL/TC (P=0'057). In the remaining patients, the area under the ROC curve was similar, although slightly greater in TG/HDL, TG/TC and TG/LDL.

Sensitivity and specificity of the HTG waist were established and also the different indexes, obtaining the following results: HTG waist (SE=91'4%, SP =50'5%), TG/HDL (SE=74'9%, SP =77'3%), TG/TC (SE=70'3%, SP =70'8%) and TG/LDL (SE=77'2%, SP =69'2%).

CONCLUSIONS: The lipoprotein indexes are as good markers of MS and the HTG waist. So, they are also good markers of cardiovascular risk associated with metabolic disease. We consider to include them in clinical guides.