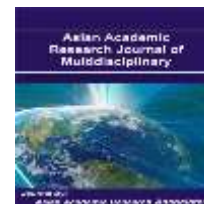




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INCIDENCE OF METABOLIC SYNDROME AND ITS COMPONENTS IN ADULT PEOPLE IN AHVAZ; A PROSPECTIVE 5-YEAR STUDY 2009-2014

KARANDISH MAJID¹; LATIFI SEYED MAHMOUD²; SHAHBAZIAN HAJIEH³

¹Professor ,Nutrition and Metabolic Diseases Research Centre, Ahvaz Jundishapur University
of Medical Sciences, Ahvaz, Iran

²Health Research Institute, Diabetes Research Center, Ahvaz Jundishapur University of
Medical Sciences, Ahvaz, Iran

³Professor ,Health Research Institute, Diabetes Research Center, Ahvaz Jundishapur
University of Medical Sciences, Ahvaz, Iran

Abstract

Background and objectives: World Association of Diabetes considers metabolic syndrome a collection of dangerous risk factors for heart attacks, including diabetes, prediabetes, abdominal obesity, hypercholesterolemia and hypertension. Prevalence of metabolic syndrome is 22.8% in Ahvazi adults (15.9% in men and 29.1% in women). For the first time, this study examined the 5-year incidence of metabolic syndrome in Ahvaz city, southwestern Iran. **Method and materials:** In this study, people of Ahvaz older than 20 years who had participated in the study of the prevalence of metabolic syndrome by Diabetes Research Center of Jondi Shapour University of Medical Sciences in 2009 have been recalled in 2014 for testing their blood samples and recording other data of the previous phase of the study. In this phase(II), 595 people participated in the study. **Results:** The incidence of metabolic syndrome in Ahvazi people older than 20 years was 43.75 per 1000 person-year; 41.6 per 1000 person-year (18.8% in 5 years) in men and 46 per 1000 person-year (20.7% in 5 years) in women. The highest incidence of metabolic syndrome occurred in men aged 60-69 years and in women older than 70 years. The incidence of metabolic syndrome is significantly associated with age, BMI and marital status. The prevalence of metabolic syndrome in this study reached from 11.2% in phase I to 23.7% in phase II. **Conclusion:** This study showed that significant incidence of metabolic syndrome in Ahvazi adults need special attention, especially women. Also, the prevalence of metabolic syndrome in this study showed over 10% growth in 5-year period. Weight control was the main effective intervention on the incidence of metabolic syndrome in this study.

Keywords: incidence; metabolic syndrome; Ahvaz; a longitudinal study

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