

The main characteristics of metabolic syndrome in a healthy population in Tirana

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The third report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (ATP III) highlights the importance of treating patients with the metabolic syndrome to prevent the cardiovascular disease. Limited information is available about the prevalence of the metabolic syndrome in Albania.

Aim of study: To estimate the prevalence of the metabolic syndrome in the apparently healthy people in Tirana. Material and methods: We randomly selected 201 people (71 men and 130 Women) aged from 20-45 years and determine according a protocol all the parameter defined by ATP III.

Results: The prevalence of the metabolic syndrome was 21.4%; less frequent in men (17%) than in women (24%). The frequency of the risk factors in subjects with metabolic syndrome was very high for the HDL cholesterol present in 95%, waist circumference in 84%, hypertension in 67%, triglycerides in 51% and hyperglycemia in 5%. The low HDL cholesterol was present in subject with and without metabolic syndromes.

Conclusion: The results of this study shown that the metabolic syndrome is highly prevalent in population of Tirana and it is comparable with the population in Italy, as well as Balkan countries where low HDL is a very frequent risk factor.

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