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## Prevalence of metabolic syndrome and its related factors in psoriasis patients referred to Imam Khomeini Hospital from 2014-2015

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**Introduction & Aim:** Psoriasis is a common chronic inflammatory disease that has been associated with metabolic syndrome, a constellation of cardiovascular risk factors including obesity, hypertension, dyslipidemia and insulin resistance has been implicated. We designed this study to investigate the prevalence of metabolic syndrome in patients with psoriasis in Imam Hospital in Tehran, Iran.

**Methods:** The study was a prospective, hospital based case-control study involving 200 adult patients. Venous samples were taken at the enrollment visit after the subjects had fasted overnight (at least 10 hours). Serum cholesterol and triglycerides were measured and also systolic blood pressure (3 times in different days). Statistical analysis of the data was done using statistical processing software (SPSS-17) software.

**Result:** Hypertriglyceridemia was significantly more common in psoriatic patients ( $P=0.004$ ) and also LDL has a significantly higher prevalence ( $P=0.005$ ) and arterial hypertension ( $P=0.02$ ). Psoriatic patients with metabolic syndrome have mean disease duration of  $30.67\pm 11.87$ .

**Conclusion:** Patients with psoriasis have been noted to develop lipid abnormalities. Maintaining normal lipid levels and blood pressure would be an overall benefit to decrease the secondary risk factors for atherosclerotic and cardiovascular diseases. There is a significantly higher rate of metabolic syndrome in psoriasis patients as compared to general population.

### Biography

Parvin Mansouri is currently working as a Professor of Dermatology in Tehran University of Medical Sciences, Iran.

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