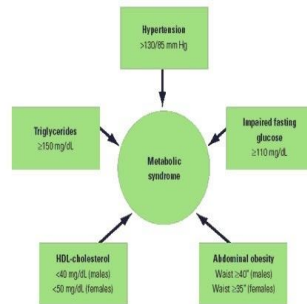


## People with Metabolic Syndrome Face Higher Cardiovascular Death Risk



According to a study published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism*, people with metabolic syndrome are at a higher risk of dying from cardiovascular disease as compared to people who do not have the condition. Diabetes or blood pressure is likely to worsen the condition.

The Hormone Health Network reports that metabolic syndrome increases the chances of developing heart disease, stroke and diabetes. The major risk factors include abdominal obesity, high levels of triglycerides, elevated blood pressure, high fasting blood sugar and reduced HDL levels.

The Endocrine Society's Facts and Figures report states that approximately 22.9 percent adults in the United States have metabolic syndrome. Total medical costs associated with an adult with metabolic syndrome are equal to \$40,873, on average, for a 10-year period as compared to \$33,010 medical care costs for an adult without the condition.

During the study, the researchers examined the records of 155,971 people who participated in a health screening program at Kangbuk Samsung Hospital at Sungkyunkwan University School of Medicine in Seoul, South Korea between 2002 and 2009. Data was gathered through questionnaires and by measuring the participants' body weight, body mass index, and blood pressure, cholesterol and blood sugar levels. 12.6 percent of the participants had metabolic syndrome at the time of the initial screening. 542 participants died during the median follow-up period of 3.7 years.

The analysis revealed that people with metabolic syndrome had a 1.56 fold-increase in cardiovascular mortality as compared to those who did not have this condition. Prof. Ki-Chul Sung, MD, PhD, of Kangbuk Samsung Hospital also points out that women who have metabolic syndrome were at a greater risk of death from any cause than their counterparts who do not.

Overall, the study shows that people with metabolic syndrome faced a greater risk of death from cardiovascular disease than their counterparts. However, the researchers note that the difference disappeared when they excluded people with diabetes or high blood pressure. This suggests that diabetes and high blood pressure play a critical role in elevating the risk of death from cardiovascular disease among people with metabolic syndrome.

Prof. Eun-Jung Rhee, MD, PhD, of Kangbuk Samsung Hospital at Sungkyunkwan University School of Medicine and one of the authors of this study notes, "Younger people who have metabolic syndrome should be aware of the risk, particularly those who have diabetes and high blood pressure."

Source: Endocrine Society

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