

عنوان مقاله:

The association between anthropometric parameters and cardiovascular risk indicators in women with polycystic ovarian syndrome

محل انتشار:

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نویسندگان:

Ahmad Mirdamadi - Associate Professor, Department of Cardiology, Najafabad Branch, Islamic Azad University, Najafabad, Isfahan, Iran

Soheila Riahihnejad - Assistant Professor, Department of Gynecology, Najafabad Branch, Islamic Azad University, Najafabad, Isfahan, Iran

Samane Varnaseri - General Practitioner, Najafabad Branch, Islamic Azad University, Najafabad, Isfahan, Iran

خلاصه مقاله:

BACKGROUND: In patients with polycystic ovarian syndrome (PCOS), this is now hypothesized that whether increased risk for cardiovascular disorders is related more to obesity than PCOS per se. This study aimed to compare cardiovascular risk factors between the lean and obese women with PCOS. **METHODS:** This case-control study was conducted on ۸۶ (۴۳ obese and ۴۳ lean) women with PCOS. The presence of overweight and obesity was defined based on the body mass index (BMI) (> ۲۵ kg/m^۲). The study objectives were first to compare mean levels of cardiovascular laboratory parameters between lean and obese patients with PCOS and then to assess the relationship between obesity indices and these laboratory parameters. **RESULTS:** Compared to the lean group, the obese group had significantly higher mean fasting blood sugar (FBS) (۸۹.۴۰ ± ۱۰.۷۳ versus ۸۴.۰۹ ± ۷.۸۷ mg/dl, $P = ۰.۰۱۱$), higher mean serum triglyceride (TG) (۱۱۹.۰۹ ± ۶۰.۶۶ versus ۹۶.۸۶ ± ۲۷.۲۳ mg/dl, $P = ۰.۰۳۲$), higher mean total cholesterol (۱۴۷.۷۰ ± ۵۷.۳۸ versus ۱۲۶.۷۹ ± ۳۵.۹۵ mg/dl, $P = ۰.۰۴۵$), and also higher mean low-density lipoprotein (LDL) (۹۲.۳۰ ± ۱۳.۵۳ versus ۸۳.۷۷ ± ۱۷.۶۱ mg/dl, $P = ۰.۰۱۴$). Using the Pearson's correlation test, positive correlations were found between BMI and waist circumference (WC) indices and study parameters including FBS, serum TG, serum total cholesterol, serum LDL, and also blood pressure (BP). **CONCLUSION:** Because of higher concentrations of FBS and lipid profiles in obese patients with PCOS and considering obesity as a more important risk factor for coronary artery disease (CAD) than PCOS, it is recommended to assess and monitor cardiovascular risk factors in these population to reduce the risk for cardiovascular disorders and metabolic syndrome. Also, by reducing body weight and normalizing BMI value, the cardiovascular and metabolic risk factors can be modified and prevented.

کلمات کلیدی:

Obesity, Cardiac, Risk Factors, Polycystic Ovarian Syndrome

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