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제 목	대사증후군과 경동맥 내중막 두께의 관련성 Metabolic Syndrome by Different Definitions and Increased Carotid Intima-Media Thickness				
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<p>Objective: The metabolic syndrome is a clustering of cardiovascular risk factors and it is highly associated with atherosclerotic cardiovascular disease. Carotid intima-media thickness is an established indicator of early atherosclerosis. The purpose of this study was to examine the metabolic syndrome according to different definitions and the relation to increased carotid intima-media thickness(IMT).</p> <p>Methods: We examined 1,057 men and women, aged 30 to 80, who participated in a health screening test. A standard interview, anthropometrics, biochemical studies were conducted for each participant. Metabolic syndrome was defined according to the modified World Health Organization criteria(WHO) and the original and modified versions of the National Cholesterol Education Program Adult Treatment Panel III (NCEP-ATP III). The carotid IMT was measured at common carotid arteries, with a high-resolution B-mode ultrasonography by one examiner. Using multiple logistic regression models, odds ratio for having increased IMT (≥ 1.0 mm) by the presence of metabolic syndrome was estimated after adjustment for age, smoking and alcohol consumption.</p> <p>Results: The prevalence of the metabolic syndrome was 22.0% according to the modified WHO criteria, 25.5% according to the original NCEP-ATP III criteria and 36.1% according to the modified NCEP-ATP III criteria. Among the study subjects, 10.1% (men 11.7%, women 8.3%) had increased IMT(≥ 1.0 mm). Odds ratio for having increased IMT among the subjects with metabolic syndrome was 1.58[95% CI: 0.99-2.51] according to the modified WHO criteria, 2.32[95% CI:1.41-3.59] original NCEP-ATP III criteria and 2.37[95% CI: 1.55-3.64] according to the modified NCEP-ATP III criteria.</p> <p>Conclusions: The metabolic syndrome was significantly related to the increased IMT. The metabolic syndrome according to the NCEP-ATP III criteria was associated with increased IMT more than WHO criteria.</p>					