

Topic: Family Practice Research

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Ambulatory Blood Pressure Monitoring and Metabolic Syndrome

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Objective: To evaluate 24-h ambulatory blood pressure monitoring in hypertensive patients with and without metabolic syndrome. **Method:** Design, Setting and Participant: Cross sectional study. Everybody hypertensive patient with ambulatory blood pressure monitoring in two primary care centres was select . We analysed 165 patients, (51,5% women), mean age 63,9. **Main outcome measurement:** Age,sex, office blood pressure, systolic(SBP) and diastolic(DPB), 24-h ambulatory blood pressure monitoring(ABPM), waist circumference, HDL-Cholesterol, triglycerides and fasting glucose. **Diagnostic metabolic syndrome with NECP III criteria.** **Results:** The hypertensive patients with metabolic syndrome was a 20 % (22,5% men and 16,5% women). Waist circumference \bar{y} 88 cm in women or 102 in men 40;4%, triglycerides \bar{y} 150 mg/dl 19,8 %, HDL-cholesterol <40 mg/dl in men or <50mg/dl in women s 15.4%, BP \bar{y} 130/85 mmHg 90,3% and fasting glucose \bar{y} 100 mg/dl 38,7%. **AMBP in patients with metabolic syndrome was:** Awake SBP:133,31 (IC95%:128;138) and DBP:77,42 (IC95%:74;81), Asleep SBP:122,52 (IC95%:117;128) and DBP:67,91(IC95%:65;71); 24-h:SBP: 130,01 (IC95%:124;128) and DBP:74,67 (IC95%:71;78). **ABPM in patients without metabolic syndrome:** Awake SBP: 129,09 (IC95%:127;131) and DBP: 78,29 (IC95%:77;80), Asleep SBP: 115,60 (IC95%:113;118) and DBP: 66,21 (IC95%:65;68), 24-hSBP:125,4 (IC95%:123;127) and DBP: 74,56 (IC95%:73;76). We found differences only in SBP asleep($p<0,05$). There aren't differences in circadian pattern neither cardiovascular risk between patient with and without metabolic syndrome . **Conclusions:** Systolic blood pressure measure with AMBP in hypertensive patients with metabolic syndrome were higher than blood pressure in patients without metabolic syndrome. We don't found differences in diastolic blood pressure, circadian pattern and cardiovascular risk.
