

Ambulatory Monitoring Blood Pressure and metabolic syndrome.

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Purpose: To evaluate the differences between blood pressure in hypertensive patients with and without metabolic syndrome in hypertensive patients in Primary care

Methodology:

Design: Transverse, descriptive study.

Subjects and setting:All the hypertensive patients with ambulatory monitoring blood pressure(AMBP) carried out, in two health centres 352 patients.

Measurements:Age, sex, office BP, AMBP 24 hours, waist circumference, HDL-cholesterol, triglycerides and glycaemia. NCEP III Criteria of metabolic syndrome(MS).

Results:

Mean age was 62.81 years.107 patients (30.4 %) have metabolic syndrome (25.7% males and 34.8% females)($p < 0.05$). We found 162 patients(46 %) were DIPPER(44.9 % with MS, 46.5% without MS), 127(36.1%) were NON-DIPPER (36.4 % with MS, 35.9% without MS), 21(6%) EXTREME DIPPER (3.7 % with metabolic syndrome, 6.9% without MS), and 36(10.2%) were RISER (1.2% with MS, 1.9% without MS), with no significant differences amongst these groups.

Waist perimeter >88 cm women and 102 males 48 %, triglycerides >150 mg/dl 19%, HDL-cholesterol <40 mg/dl males and 50 females 15%, BP >130/85 mmHg 88% and glycaemia >100 mg/dl 42 %.

There are't difference in ambulatory monitoring blood pressure between patients with and without metabolic syndrome.

Conclusions:

We found no differences neither in the type of circadian pattern nor in the blood pressure between hypertensive patients which present metabolic syndrome and those which do not.