The relationship between metabolic syndrome and myocardial infarction in female patients with myocardial infarction hospitalized in hospitals of Urmia University of Medical Sciences

Authors: Dr. Nader Aghakhani, Dr. Kamal Khademvatan, Dr. Vahid Alinejad, Mahnaz Hajimohammadian
Address: Inpatient Research Center, Urmia University of Medical Sciences, Urmia, Iran
naderaghakhani2000@gmail.com

Background: The metabolic syndrome is one of the major public health issues of this century. It is a constellation of physical conditions and metabolic abnormalities, commonly occurring together, that increases an individual's risk for development of cardiovascular disease. If the current trend continues, the premature deaths and disabilities resulting from these conditions will increase the financial burden in developed and developing countries. This study examines the relationship between metabolic syndrome and myocardial infarction in hospitals of Urmia University of Medical Sciences.

Methods: In a case-control study population consisted of 86 patients with heart failure that were hospitalized in cardiac center of University of Medical Sciences. FBS, triglycerides and HDL, waist circumference and blood pressure, height and weight were examined. Data collection Data analysis Data were analyzed using SPSS statistical software.

Results: In this study of 86 female patients with myocardial infarction, 28 patients (38.4%) were 1.2% of the patients were single, 58 patients (67.4%) were with features of metabolic syndrome and 28 patients (32.6%) were not. Among the component conditions, congestive heart failure in family members, gender, age, education level, drug administration and BMI were independently and significantly related to MS. There was no significant difference between marital status, occupation, education, housing, income, previous history of heart disease patients, PCI, LDL, previous drug use, type of infarction, ejection rate and the living location with the syndrome. In terms of survival, because none of the subjects in the study period had expired, this level was not measurable. ($P > 0.05$)

Conclusion: The characterization of risk factors, especially continuous variables, as dichotomous will underestimate risk and decrease the magnitude of association between MS and MI .Life style changes, proper diets, physical activity, and weight and hypertension control, should be considered, especially in women.

Keywords: Incidence, Survival, myocardial infarction, metabolic syndrome, Urmia

Study of Prevalence and the Survival Rate in Myocardial Infarction Patients with or without Metabolic Syndrome in Educational Hospitals in Urmia University of Medical Sciences