

Metabolic syndrome in Poland

The PONS Study

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Outline

- What is the metabolic syndrome?
- Importance of metabolic factors and the metabolic syndrome
- Findings in PONS and comparison with other cohorts
- Conclusion

The metabolic syndrome

- A complex of interrelated risk factors for cardiovascular disease
- The clustering of these factors has been known for decades
- Current definition: International Diabetes Federation Task Force on Epidemiology and Prevention (joint interim statement in 2009)

3 out of 5 metabolic abnormalities

- Waist circumference: ≥ 94 cm in men and ≥ 80 cm in women,
- Fasting glucose ≥ 5.5 mmol/L or known diabetes mellitus
- Fasting serum triglycerides ≥ 1.7 mmol/L
- HDL <1.0 mmol/L in men and <1.3 mmol/L in women
- Systolic blood pressure ≥ 130 mmHg or diastolic blood pressure ≥ 85 mmHg

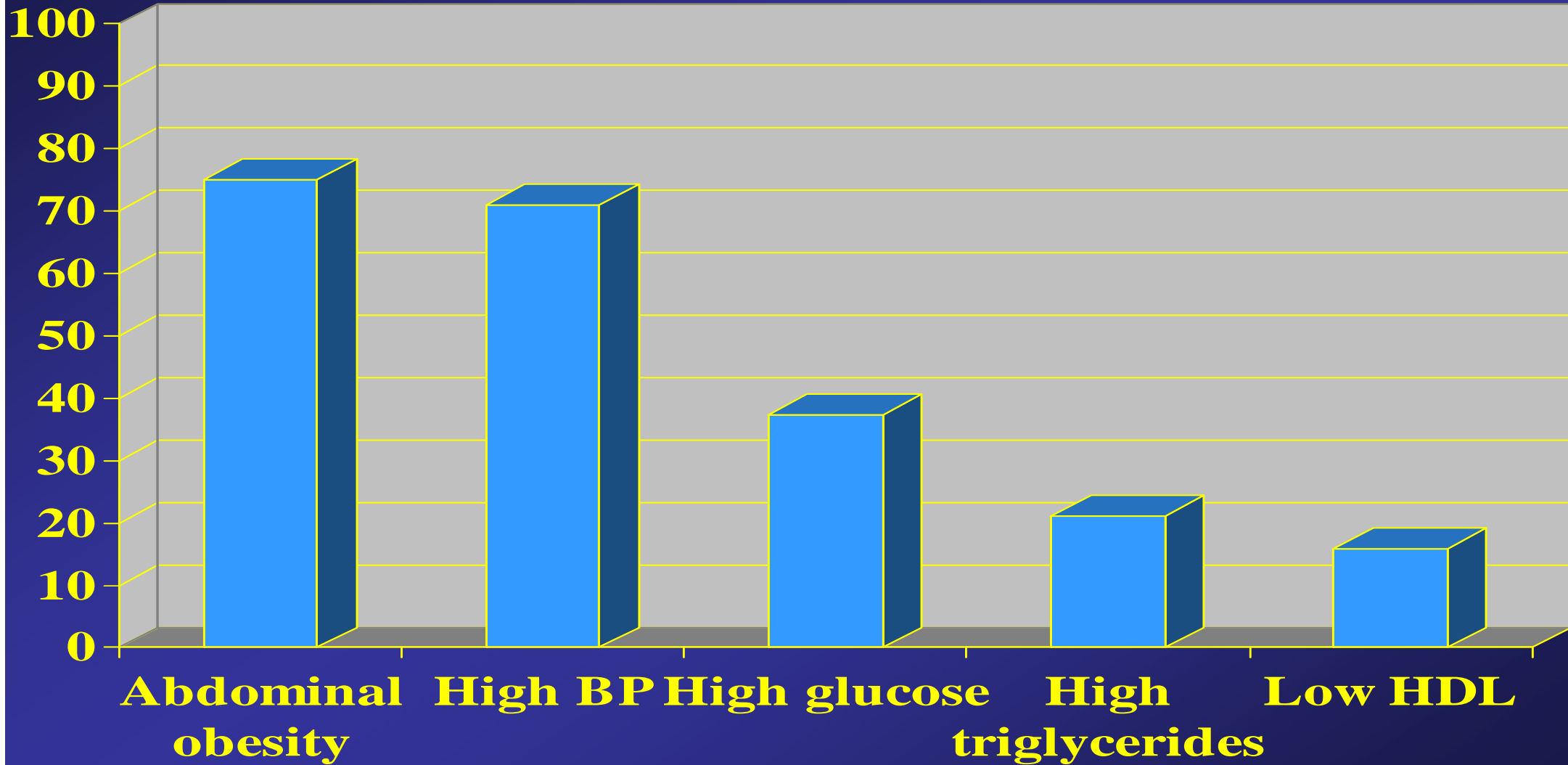
Importance of the metabolic syndrome

- The relative risk for cardiovascular diseases is 60% higher compared to people without metabolic syndrome
- The metabolic syndrome is modifiable: lifestyle changes and pharmacological treatment can prevent or reverse the condition

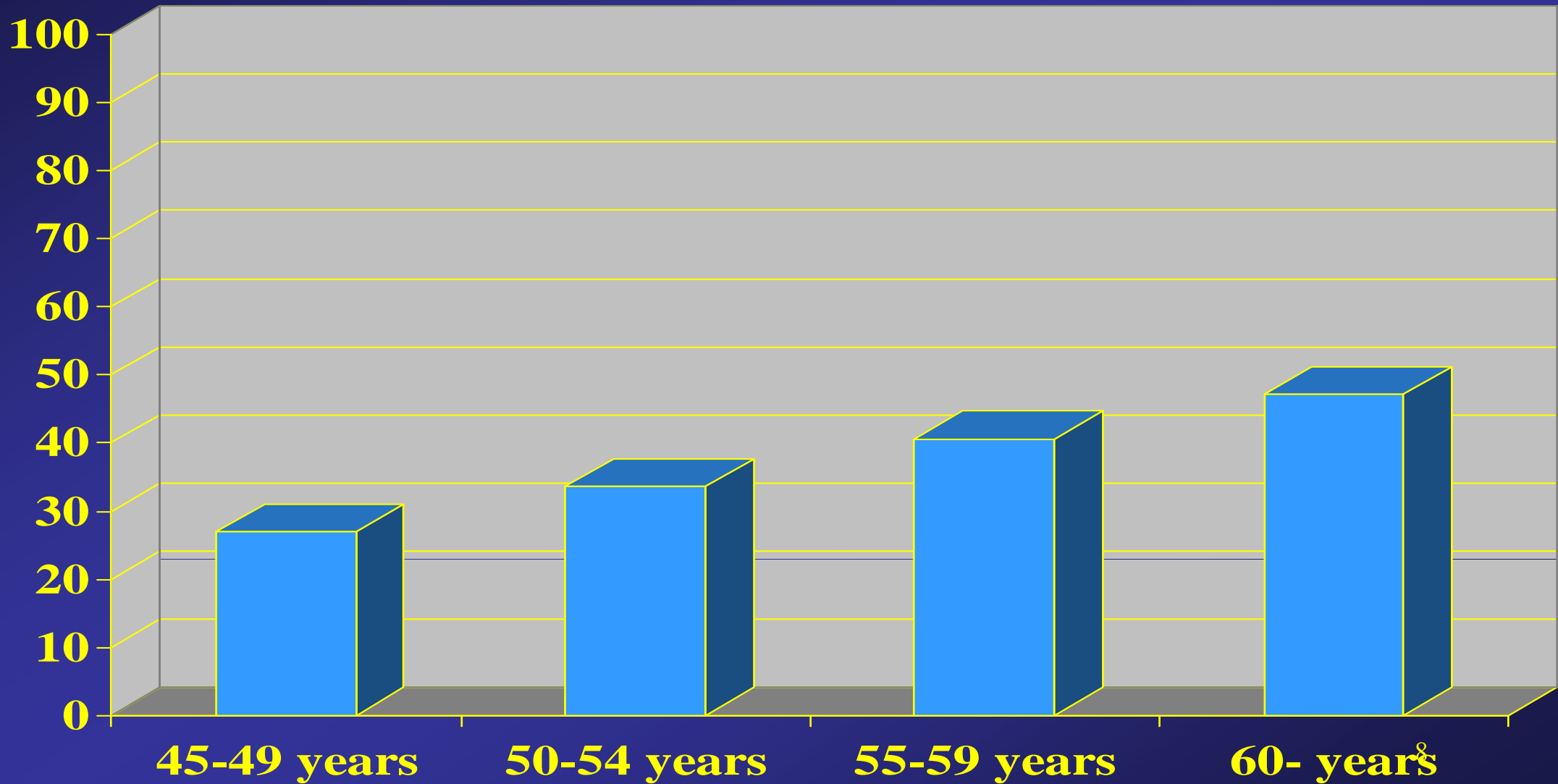
Metabolic syndrome in PONS

- Overall prevalence is 39.5% in the whole cohort
- More common among men
- Increasing prevalence with age
- Prevalence is high compared to other studies
- In other western European cohorts the prevalence has varied from 15-40%

Metabolic abnormalities in PONS



Prevalence of metabolic syndrome in different age-groups



Concluding remarks

- The prevalence of metabolic syndrome and metabolic abnormalities is high in PONS
- The high prevalence may be an important cause of the high cardiovascular morbidity and mortality in Poland and in transforming Central and Eastern European countries

Concluding remarks

- Metabolic syndrome can be prevented
- An urgent need for action within the health service, and a great need to increase public awareness