

## **ASSOCIATION BETWEEN METABOLIC SYNDROME AND HYPOTHYROIDISM: POPULATION-BASED STUDY IN VILLA CARLOS PAZ CITY, ARGENTINA**

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Objective: to study the association between metabolic syndrome (MS) and hypothyroidism (HT) in a population in the city of Villa Carlos Paz, Cordoba, Argentina. Materials and methods: In this retrospective study, Metabolic Syndrome (MS) was defined by the International Federation of Diabetes definition. Abdominal circumference (AC): man 94 cm, women 80 cm; hypertriglyceridemia (TG) 150 mg / dl; Arterial Hypertension (HTA): 135 / 85mmHg; dysglycemia, blood glucose 100 mg / dl or diagnosed diabetes. Hypothyroidism (HT): ultrasensitive stimulating hormone (TSH) 4.5 or higher . Obesity: body mass index, 30 or higher, high cholesterol: total cholesterol 240 mg / dl; hyperuricemia: 6 mg / dl ; Antithyroid antibodies ( ATPO): 34. Contingency tables were used for estimation of the association measures between HT and diabetes mellitus type2 ( DM2) and characteristics. Multiple logistic regression models, adjusted by age and gender, were fitted to estimate odds ratios for each covariate. Results: mean age:59.16 years (range 18-101), 2,022 were women (59.7%). HTA,43%, obesity, 12%,DM2, 8%, HT, 10%,hypertriglyceridemia, 20%, low HDL 13%, high cholesterol 17% and hyperuricemia 5%. ATPO, positive in 28.17%. For both genders, HTA were associated with DM2 (OR 8.65, 95% CI 5.58-13.41, p = 0.0021) and with an increasing CA (classified at risk, according to gender, OR 5.23, 95% CI: 3.67 -7.45, p 0.001), women were associated with low HDL (less than 40 mg / ml, OR 2.87, 95% CI: 1.93-4.27, p 0.001 ). Conclusions: There is a relationship between HT and some MS components: dysglycemia-DM2, and CA elevated in both sexes. Ageing females also present low HDL.