

15 – Dislipidemias

Association between neck circumference and lipid profile in patients with severe dyslipidemia

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Background: Central obesity is associated with lipid metabolism disorders, atherosclerosis and insulin resistance (Laakso et al, 2007).

Objective: The aim of the present study was to test the association of several anthropometric measures and lipid profile in a population of patients with severe dyslipidemia.

Design: case series.

Patients: 40 patients admitted to the National Institute of Cardiology with severe dyslipidemia and 25 patients with dyslipidemia were evaluated.

Methods: Anthropometric measurements (BMI; waist circumference, WC, neck circumference NC) and risk factors for cardiovascular disease. Statistical analysis was performed using SPSS.

Results: Patients with severe dyslipidemia had mean age 60.3 (11.7) years, 45% men, 89% hypertension and 57% of diabetes mellitus and 55% with previous MI. Of these, 85% are sedentary, 33% non-nutritional counseling and 2% of active smokers. There was no difference between the clinical groups with dyslipidemia. In relation to anthropometric and lipid profile was observed a strong correlation between dyslipidemia and severe NC. Linear regression showed the NC was positively related to logTG ($r = 0.39$, $p = 0.01$) and inversely with HDL ($r = -0.54$, $p < 0.001$), LDL ($r = 0.6$, $p < 0.001$).

Conclusion: In a population with high cardiovascular risk, nutritional assessment is essential and the measurement of NC must be included in routine due to the simplicity of implementation and the ability to estimate the severity of lipid profile. These findings may have strong influence on the clinical management of patients with severe dyslipidemia.