Metabolic syndrome in Iran: a review

Article (Supplemental Material)


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<td><strong>Obligatory criteria</strong></td>
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<td></td>
<td>IR Diabetes mellitus/ IFG/ IGT/ IR evaluated by euglycemic clamp</td>
<td>IR or plasma insulin&gt;75th centile</td>
<td>Nil</td>
<td>IGT or IFG</td>
<td>Central obesity WC ≥94 cm (M) WC ≥80 cm (F)</td>
<td>Central obesity with ethnicity specific values</td>
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<td>Using age-modified cut-points of ATPIII as published by Cook (2003) For a paediatric NHANES population[10]</td>
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<td><strong>Criteria</strong></td>
<td>IR plus 2 of 5 criteria below</td>
<td>Hyperinsulinemia plus 2 of 4 criteria below</td>
<td>3 of 5 criteria below</td>
<td>At least 1 of the following CVD/ PCOS/ NAFLD/ Acanthosis nigricans Or FHx of T2DM/ HT or IGT Or Gestational DM or IGT</td>
<td>3 of 5 criteria below</td>
<td>Obesity plus 2 of 4 criteria below</td>
<td>3 of 5 criteria below</td>
<td>Score based on Z-scores standardised for age, gender and race. Cut-off based on area under ROC curve, and determined for specific population</td>
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<td><strong>Adiposity</strong></td>
<td>WHR&gt;0.9 (M) WHR&gt;0.85 (F) or BMI&gt;30 Kg/m²</td>
<td>WC ≥94 cm (M) WC ≥80 cm (F)</td>
<td>WC&gt;102 cm (M) WC&gt;88 cm (F)</td>
<td>BMI &gt;25 and/or WC &gt;102 cm (M) WC &gt;88 cm (F) Plus 2 of the following</td>
<td>WC &gt;102 cm (M) &gt;88 cm (F)</td>
<td>-</td>
<td>Europid WC &gt;94 cm (M) WC &gt;80 cm (F) Non Europid WC &gt;90 cm (M) WC &gt;80 cm (F) or BMI&gt;30 Kg/m²</td>
<td>Increased WC using population and country specific definitions</td>
<td>Standardised WC</td>
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<td><strong>Blood pressure</strong></td>
<td>≥140/90 mmHg</td>
<td>≥140/90 mmHg or treatment</td>
<td>≥130/85 mmHg</td>
<td>≥130/85 mmHg</td>
<td>SBP≥ 130 mmHg, or DBP≥ 85 mmHg or treatment</td>
<td>SBP≥130 mmHg, or DBP≥ 85 mmHg, or treatment</td>
<td>SBP≥130 mmHg, or DBP≥85 mmHg, or treatment</td>
<td>SBP≥130 mmHg, or treatment</td>
<td>Standardised mean arterial pressure (mmHg)</td>
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<td><strong>IGT</strong></td>
<td>-</td>
<td>FG≥110 mg/dL (6.1 mmol/L)</td>
<td>FG≥110 mg/dL (6.1 mmol/L)</td>
<td>FG 110-125 mg/dL</td>
<td>FG&gt;100mg/dL or treatment</td>
<td>FG&gt;100mg/dL or T2DM</td>
<td>FG≥100mg/dL (5.6 mmol/L)</td>
<td>FG&gt;100mg/dL (5.6 mmol/L)</td>
<td>Standardised HOMA</td>
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<td><strong>Dyslipidaemia</strong></td>
<td>Plasma TG≥150mg/dL or HDL-C &lt;35 mg/dL (M)</td>
<td>TG≥177mg/dL (2 mmol/L), or HDL-C &lt;39 mg/dL (M)</td>
<td>TG≥150 mg/dL HDL≤40 mg/dL (M)</td>
<td>TG≥150 mg/dL HDL&lt;40 mg/dL (M)</td>
<td>TG≥150mg/dL or treatment HDL-C &lt;40 mg/dL (M)</td>
<td>TG≥150mg/dL or treatment HDL-C &lt;40 mg/dL (M)</td>
<td>TG≥150mg/dL or treatment HDL-C &lt;40 mg/dL (M)</td>
<td>TG≥150mg/dl (1.7 mmol/L) or treatment</td>
<td>Standardised fastest TG and HDL</td>
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<td>Other criteria</td>
<td>Micro-albuminuria</td>
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AACE = American association of Clinical Endocrinology  
CMetSyS = Continuous Metabolic syndrome Score  
CVD = Cardiovascular disease  
EGIR = European Group for the Study of Insulin Resistance  
F = female  
FG = Fasting glucose  
FHx = Family history;  
HDL-C = High density lipoprotein cholesterol  
HT = Hypertension;  
IFG = Impaired fasting glucose;  
IGT = Impaired glucose tolerance;  
IDF = International Diabetes Federation  
IR= insulin resistance;  
JIS - IDF/ AHA/ NHLBI = Joint Interim Societies-International Diabetes Federation/ American Heart Association/ National Heart Lung and Blood Institute;  
M = Male;  
Microalbuminuria = Urinary albumin excretion ≥20 ug/ min or Alb/ Creatinine ratio ≥30 mg/g;  
NAFLD = Non-alcoholic fatty liver disease;  
NCEP-ATPIII = National Cholesterol Education Programme-Adult Treatment Panel III  
PCOS = Polycystic ovary syndrome;  
T2DM = type 2 diabetes mellitus;  
TG = Triglycerides  
WC = Waist circumference  
WHO = World Health Organisation