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Carotid intima media thickness: A predictor for subclinical atherosclerosis in syndrome X

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Background: Individual criteria of metabolic syndrome pose high risk for atherosclerosis leading to Cerebro Vascular and Cardiovascular Disease (CVD). One of the well-known markers of subclinical atherosclerosis is Carotid Intima Media Thickness (CIMT). This study was designed to assess risk of atherosclerosis by assessing the CIMT in patients with metabolic syndrome.

Method: One year cross-sectional study was conducted in the Department of Medicine at Mediheal Hospital Nairobi Kenya from March 2018 to March 2019. A total of 100 patients were included in the study. Metabolic syndrome was diagnosed based on National Cholesterol Education Program Adult Treatment Panel III (NCEP ATP III) criteria. All the patients were subjected to carotid B mode ultrasonography.

Result: The most common age group was 51 to 60 years (29%). Out of 100 individuals who were diagnosed to have metabolic syndrome, 60% had five criteria fulfilled. Almost 60% of the individuals had normal CIMT, while high CIMT levels were found in 49.00% of the individuals. The mean CIMT was noted as 0.13 ± 0.16 cms. The mean SBP, DBP, total cholesterol levels and triglyceride level were noted high in individuals with raised CIMT compared to individuals with normal CIMT.

Conclusion: Patients with syndrome X are likely to have raised CIMT. The rise in CIMT among the patients with metabolic syndrome is associated with raised SBP, DBP, total cholesterol and triglycerides.

Biography

Sneha Naik had finished her MBBS from Prestigious Govt Institute of Medical Science Karnataka, India. She is working as Resident Physician since 5 yrs. Presently she is working as Resident Physician in Mediheal Group of Hospitals Kenya since 2018. She has had several National and Regional Presentation on her list.