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Metabolic syndrome in military recruits from Saudi Arabia

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Metabolic syndrome (Met-S) constitutes the risk factors that increase the probability of developing diabetes and coronary heart disease. An early detection of Met-S can be of great help in preventing or controlling its adverse consequences. The study was aimed to determine the prevalence of cardio metabolic risk factors in young army recruiters from

Saudi Arabia. A total of 2010 Saudis were randomly selected from the groups who applied for recruitment in military colleges. Met-S components were evaluated according to the International Diabetes Federation (IDF) criteria. The prevalence of Met-S was found to be 24.3%. There were significant associations between Met-S and age, education level and marital status. The commonest Met-S components were high fasting blood sugar followed by high blood pressure and high body mass index (BMI). The prevalence of pre-diabetes and diabetes were found to be 55.2% and 8.4%, respectively. Hypertriglyceridemia was found in 19.3% of subjects and low levels of high density lipoproteins (HDL) in 11.7%. In conclusion, there is a high prevalence of Met-S in young adults of Saudi Arabia. There is a dearth need of regular monitoring of Met-S in young population to keep them healthy and fit for nation building.

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Biography

Abdulrahman Al Asmari Msc, MPhil, PhD (Lond), is the Director of the Scientific Research Center at the Health services department for armed forces, Riyadh, Saudi Arabia. He is a very active and well known Clinical Biochemist. He has conducted many workshops and participated in numerous national and international academic and scientific meetings. He has also contributed in dissemination of medical knowledge and creating awareness among the population through his educational lectures and projects in scientific research.