

Metabolic Syndrome after Toxaemia: A Cohort Study with a Mean Follow Up of 14 Years

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Abstract

Objective: To investigate the occurrence and characterization of metabolic syndrome (MetS) in the long term after pregnancies with Toxaemia.
Design: Retrospective cohort study. **Setting:** Assis Chateaubriand Maternity Teaching Hospital - Federal University of Ceará, Fortaleza, Ceará, Brazil.
Sample: 68 patients who gave birth between 1992 and 2002 at the Maternity, 34 patients with a history of Toxaemia and 34 with no history of obstetric complications.

Methods: Blood pressure and body compositional indices were recorded. Fasting blood samples were tested for glucose, total cholesterol, high density lipoprotein-cholesterol, low density lipoprotein-cholesterol and triglycerides. A questionnaire was used to collect demographic data including family history of diseases associated with cardiovascular diseases. Criteria for metabolic syndrome were defined by International Diabetes Federation 2005 (IDF). **Main outcome measures:** Occurrence and characterization of MetS.

Results: There were 18 (52.9%) diagnoses of MetS in the group of women without a history of obstetric complications and 28 (82.3%) in the group of women with a history of Toxaemia, $p=0.01$ with a RR of 4.1 (CI 95% 1.4 - 12.2, $p=0.009$). The number of components to characterize MetS were, respectively, $2.7 (\pm 1.3)$ and $3.3 (\pm 1.3)$, $p=0.05$.

Conclusions: Women with a history of Toxaemia have a higher prevalence of MetS 14 years after gestation.