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

Ana Ciléia Pinto Teixeira Henriques,

Abstract
Objective: To investigate the occurrence and characterization of metabolic syndrome (MetS) in the long term after pregnancies with Toxaemian.
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 Toxaemian 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 Toxaemian, 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 (± 1.3) and 3.3 (± 1.3), p=0.05.

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