
COGNITIVE DISORDERS AND PREHYPERTENSION ARE PRE-DISEASE RISK FACTORS IN MIDDLEAGE SUBJECTS WITH METABOLIC SYNDROME

V. Piotrovskaya¹, N. Neznanov¹

¹Psychiatry, First State Pavlov Medical University, St. Petersburg, Russia

Metabolic syndrome (MS) and prehypertension (PH), are associated with an increased risk of developing a vascular disorders and dementia. We examined the associations of cognitive disorders (CD) with body mass index, the components of the lipid spectrum, arterial hypertension and glucose level (GL) in middle age subjects.

Methods and results: We analyzed data collected from 271 patients with MS according IDF criteria, (aged 30 – 60 years) in Federal Research Program of the Risks of Cardiovascular Diseases. Mild cognitive impairment (MCI) was confirmed by psychodiagnostic interview according to the criteria of ICD-10. All patients passed through: MMSE test, Wechsler memory scale and Category Fluency test. Level of blood glucose and plasma indicators of lipid spectrum were assessed in the blood samples with «Abbott» kits. To assess the results the NCEP criteria were used.

As a result of research 271 subject were divided into 2 groups, group A – with CD and/or MCI (212 subjects) and the group B -without affective disorders (49 subjects). Using the Mann-Whitney test significantly strong connection between high levels of total cholesterol (TC), cholesterol low density lipoprotein (LDL-C), lipoproteins of very low density (VLDL), the GL and MCI in group A were obtained. Optional subjects with sings of PH, MS and MCI had a fairly high level of VLDL and LDL-C in comparison with subjects without MCI.

Conclusion: Our data support the assumption that there is link between MCI and components of MS. Prehypertension, MS, can provoke MCI in middleage subjects.