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Acta Medica Iranica

2009;47(4) : 53-59

Original Article

Serum Uric Acid Levels and Its Association with Cardiovascular Risk Factors

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Received: August 10,2008

Accept : February 11,2009

Available online: April 6,2009

Abstract:

Background: Although the issue of hyperuricemia as a risk factor for cardiovascular diseases (CVD) has been disputed, several studies have shown an association between hyperuricemia and several CVD risk factors. The aim of this study was to assess distribution of uric acid level in Yazd City, center of Iran, and its association with CVD risk factors.

Methods: From autumn 2004 to summer 2005, 2000 urban population of Yazd City, aging 20-74 years via clustering random sampling were enrolled in this cross sectional study.

Results: Serum uric acid level, systolic blood pressure (SBP), diastolic blood pressure (DBP) and waist/hip ratio were significantly higher in men than in women ($P < 0.001$), moreover, total cholesterol, HDL cholesterol and body mass index (BMI) were significantly higher in women ($P < 0.001$). The prevalence of hyperuricemia and metabolic syndrome in men and women was (17.9%, 11.25% $P = 0.001$) and (11.87%, 19.32% $P = 0.01$), respectively. Hyperuricemia was more prevalent in metabolic syndrome and ischemic heart disease independent of age and sex.

Conclusion: Significant correlations were found between serum uric acid and several components of the metabolic syndrome. Weight, waist circumference, triglyceride level and DBP, were the major determinants of the variations in serum uric acid levels. This could be attributed to the insulin resistance status.

Keywords:

Hyperuricemia , *Metabolic syndrome* , *Ischemic heart disease* , *Cardiovascular* , *Risk factor*

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