

## Prevalence of metabolic syndrome in type 2 diabetics who visit the Komfo Anokye teaching Hospital, Kumasi, Ghana

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The aim of the study was to determine the prevalence of metabolic syndrome and its individual components, and the most critical predictive risk factors of metabolic syndrome in type 2 diabetic patients. This cross-sectional study involved 150 type 2 diabetes mellitus patients and was conducted at the Diabetes Centre of the Komfo Anokye Teaching Hospital in the Ashanti Region of Ghana, from February, 2013 to April, 2013. The study involved the use of a questionnaire to obtain some information on the diabetics, as well as collecting blood samples for the measurement of some biochemical parameters. Metabolic syndrome was defined according to the National Cholesterol Education Program/Adult Treatment Panel III criteria. The prevalence of metabolic syndrome was 58% in the studied population. Hypertension was the commonest component (60%), followed by central obesity (48.67%) and dyslipidaemia (37%). Female type 2 diabetics had higher prevalence of metabolic syndrome and its components, and individually carried more components than their male counterparts. Femininity, high body mass index and low educational status were the most critical predictive risk factors of metabolic syndrome, according to this study. With hypertension being the commonest component, future cardiovascular disease prevention strategies, which focuses on this disorder, should be made available to the general public.

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