

Prevalence of Metabolic Syndrome in Chronic Obstructive Pulmonary Disease and Its Correlation with Body Mass Index Airflow Obstruction Dyspnea and Exercise Index and C-reactive Protein

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Sir,

We refer to the case-control study by Kumar et al.¹ published in October–December 2022 issue of the *Indian Journal of Respiratory Care*. Kumar et al.¹ mentioned that they referred to the revised National Cholesterol Education Program (NCEP) 2005 criteria² to make an estimate of metabolic syndrome (MetS) prevalence among Indian patients with chronic obstructive pulmonary disease (COPD). Accordingly, Kumar et al.¹ reported that the MetS prevalence in COPD patients was 16% compared to 2.6% of controls. We believe that the following limitation could flaw the reported MetS prevalence. The revised NCEP 2005 criteria employed in the study were released in 2005,² and they are no more valid. Many national committees around the world have formulated their own MetS definition criteria to accurately deduce MetS prevalence.^{3,4} Interestingly, India generated local diagnostic criteria for MetS in 2016. These criteria recruit the following elements—waist circumference higher than 31" in women and higher than 35" in men; blood pressure equal to or higher than 130/85 mm Hg; serum triglycerides level equal to or higher than 150 mg/dL; serum high-density lipoprotein cholesterol <0 mg/dL for women and <40 mg/dL for men; and finally fasting blood sugar >100 mg/dL.⁵ Since there are noticeable differences between the revised NCEP 2005 criteria and Indian MetS diagnostic criteria, we believe that referring to the national criteria could better disclose the real MetS prevalence among COPD Indian patients.

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correlation with body mass index, airflow obstruction, dyspnea, and exercise index and C-reactive protein. *Indian J Respir Care* 2022;11(4):314–320. DOI: 10.4103/ijrc.ijrc_44_22

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