

# **Frequency of metabolic \syndrome or its components in patients with gastric polyps (hyperplastic or adenomatous types) referred to endoscopy word**

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## **Abstract:**

### **Introduction:**

Gastric cancer is the fourth common cancer in the world, and one million people are diagnosed with gastric cancer every year worldwide. Full recovery and elimination of the disease are possible with timely diagnosis of the cancer in its early stages. Stomach polyps are small lesions inside the stomach, which are normally asymptomatic and are accidentally discovered through upper gastrointestinal endoscopy. The aim of this research was to study the frequency of the metabolic syndrome or its components in people whose stomach polyps are detected during endoscopy for any reason.

### **Methods:**

In a cross-sectional descriptive-analytical study, which was carried out in Tabriz on patients with stomach polyps that visited the hospital for endoscopy, the frequency of the metabolic syndrome or its components was studied in patients with stomach polyps.

### **Results:**

A total of 37 patients with stomach polyps were selected to be controlled for the metabolic syndrome. Of the selected patients, 15 were male (40.5%) and 22 were female (59.5%). The mean age of male and female patients was  $52.26 \pm 16.83$  and  $49.90 \pm 9.64$  years, respectively ( $P=0.592$ ).

Of the participants, 29 patients were diagnosed with hyperplastic polyps, while 8 patients had adenomatous polyps.

Moreover, 14 patients were diagnosed with the metabolic syndrome.

**Conclusion:**

There was no significant relationship between development of metabolic syndrome and type of stomach polyp in patients under study ( $P=9.445$ ).

Frequency of the metabolic syndrome in polyps in the cardia was higher than other parts of the stomach.

The mean BMI of patients with the metabolic syndrome was  $29.04 \pm 4.21$ , while the BMI of patients without the metabolic syndrome was  $24.93 \pm 3.49$ . Hence, the mean BMI of patients with the metabolic syndrome was significantly higher than the mean BMI of patients without the metabolic syndrome ( $P=0.003$ ).

**Key Words:**

Metabolic Syndrome, gastric polyps, Endoscopy word