



Revista Clínica Española



<https://www.revclinesp.es>

RV-019 - METABOLICALLY HEALTHY OBESITY: PRESENCE OF ARTERIAL STIFFNESS IN THE PREPUBESCENT POPULATION

M.I. Ruiz Moreno¹, A. Vilches Pérez², C. Gallardo Escribano³, A. Gallardo Escribano¹, A. Ruiz Moreno¹, R. Bernal López¹ and R. Gómez Huelgas¹

¹Departamento de Medicina Interna. Hospital Civil. Málaga. ²Departamento de Endocrinología y Nutrición. Hospital Clínico Universitario Virgen de la Victoria. Málaga. ³Departamento de Análisis Clínicos. Hospital Regional Universitario de Málaga. Málaga.

Resumen

Objectives: Our aim was to assess the clinical, analytical, and dietary variables associated with arterial stiffness, measured by pulse wave velocity in a prepubescent population with metabolically healthy obesity.

Methods: A cross-sectional study in prepubescent subjects with obesity who had 1 or none metabolic syndrome criteria (abdominal perimeter and blood pressure \geq 90th percentile, triglycerides $>$ 150 mg/dL, HDL-cholesterol 100 mg/dL) were conducted. Adherence to Mediterranean Diet, blood pressure, BMI, waist/height ratio (WHtR), glycemic status, lipid profile, and carotid-femoral PWV were analyzed.

Results: 75 MHO children (boys: 43; girls: 32; $p = 0.20$) (age = 10.05 ± 1.29 years; BMI = 25.29 ± 3.5 kg/m²) were included. We found a positive correlation between carotid-femoral PWV and weight ($r = 0.51$; $p = 0.0001$), BMI ($r = 0.44$; $p = 0.0001$), WHtR ($r = 0.26$; $p = 0.02$), fasting insulin levels ($r = 0.28$; $p = 0.02$), and insulin resistance (HOMA-IR index) ($r = 0.25$; $p = 0.04$). Multiple linear regression analysis identified BMI and HOMA-IR as independent parameters associated with PWV.

Conclusions: In MHO prepubescent children, BMI and insulin-resistance status are related to arterial stiffness. PWV could potentially be a useful non-invasive technique to identify cardiovascular risk in childhood.

Bibliography

1. Gómez-Huelgas R, Ruiz-Nava J, Santamaria-Fernández S, Vargas Candela A, Alarcon-Martín AV, Tinahones FJ, Bernal-López MR. Impact of intensive lifestyle modification on levels of adipokines and inflammatory biomarkers in metabolically healthy obese women. *Mediators of Inflammation*. 2019;4165260.