

## Metabolic syndrome and its association with oncogenesis in a follow-up period of a South American geriatric cohort.

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### Introduction

Metabolic syndrome has been associated with an increased risk of cancer. This study evaluated this association in a South American cohort.

### Methods

Retrospective observational study in 100 patients older than 60 years with metabolic syndrome for more than 10 years from a hospital outpatient center. Anthropometric (waist circumference, body mass index), biochemical (triglycerides, HDL cholesterol, fasting glucose) and clinical (arterial hypertension, type 2 diabetes mellitus) parameters were evaluated. The association between metabolic syndrome, its components and cancer risk was analyzed using proportional hazards and chi-square models.

### Results

A statistically significant association was found between abdominal obesity (average waist circumference of 103.8 cm and BMI of 36.05), hypertension and hyperglycemia with an increased risk of cancer. The highest prevalence of cancer occurs in people over 60 years of age. In this group, 72.1% of the cases of the disease are diagnosed in men and 65.8% in women. A higher risk is reported in patients with grade I obesity (BMI 30-34 kg/m<sup>2</sup>).

### Conclusion

MS is strongly associated with increased cancer risk in older South American adults, especially due to central obesity, hypertension and hyperglycemia.

### References

1 Ramos, M. C. F. (2022). *Síndrome metabólico: revisión de la literatura*. Dialnet. <https://dialnet.unirioja.es/servlet/articulo?codigo=8741857>