

To Study the Association of Skin Tags with Metabolic Syndrome

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ABSTRACT

A total of 100 patients were included in the analysis. The mean HDL level was 44.21 ± 10.12 mg/dl and fasting plasma glucose was 111.0 ± 25.17 mg/dl in study population. The mean systolic blood pressure and diastolic blood pressure were 44.21 ± 15.78 mmHg and 87.06 ± 9.12 mmHg respectively. The Triglyceride level was 146.54 ± 40.14 mg/dl in males and 108.90 ± 38.49 mg/dl in females in the study population. The Fasting plasma glucose was 115.90 ± 24.39 mg/dl in males and 106.66 ± 17.22 mg/dl in females. The mean systolic blood pressure and diastolic blood pressure were 139.63 ± 14.88 mmHg and 86.72 ± 8.73 mmHg in males and 138.00 ± 14.14 mmHg and 85.73 ± 11.00 mmHg in females. The HDL levels were lowest in 51-to-60-year age group, followed by 41-to-50-year age group and then by 31-40-year age group. The proportion of fasting plasma glucose level was highest in 51-to-60-year age group. Females had higher incidence of acanthosis nigricans when compared to males in the study population.

Key words: HDL, Triglyceride, Blood pressure

HOW TO CITE THIS ARTICLE: Najad N, To Study the Association of Skin Tags with Metabolic Syndrome, J Res Med Dent Sci, 2021, 9(7): 455-456

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Received: 12/07/2020
Accepted: 28/07/2020

INTRODUCTION

Skin tags are the most common skin tumours. They are benign polyps which will eventually grow in skin folds on eyelids, neck thigh regions etc. [1-2]. Skin tags are reported to be associated with other co-morbidities like obesity, diabetes mellitus (DM), atherosclerosis, pregnancy, acromegaly etc...which is very common above 40 years. This study aims in identifying the patients with skin tags and determining their positive relationship with metabolic syndrome.

METHODOLOGY

The study comprises of 100 patients of age group 30-60 years. Complete dermatological examinations were done. Followed by assessment of serum fasting glucose, serum triglycerides and serum HDL levels and their association with skin tags were determined.

RESULTS AND DISCUSSION

The mean waist circumference was 95.06 ± 8.36 cms and Triglyceride level was 144.4 ± 60.12 mg/dl in the study population. The mean HDL level was 44.21 ± 10.12 mg/dl and fasting plasma glucose was 111.0 ± 25.17 mg/dl in study population. The mean systolic blood pressure and diastolic blood pressure were 44.21 ± 15.78 mmHg and

87.06 ± 9.12 mmHg respectively. These results are like by Chetana Shenoy et al findings. The mean HDL level was found to be 44.09 ± 8.51 mg/dl in males and 40.04 ± 9.60 mg/dl in females and plasma glucose was 115.90 ± 24.39 mg/dl in males and 106.66 ± 17.22 mg/dl in females. The number of patients with and without Metabolic syndrome were 63 (63.0%) and 37 (37.0%) respectively in the study population which is like the study done by Ramya et al. [3]. The percentage of patients with high blood pressure were 66% and percentage of patients with high fasting plasma glucose were 62% in study population which is in accordance with the study done by Maluki et al. [4]. The proportion of patients with acanthosis nigricans and without acanthosis nigricans were 63 (63.0%) and 37 (37.0%) respectively in study population and was found to be high in 51-to-60-year age group, followed by 41-to-50-year age group [5-10].

CONCLUSION

It's confirmed from the study that acrochordons can be considered as a cutaneous marker for metabolic syndrome; presence of which requires further evaluation. Skin tags are useful in early diagnosis of metabolic syndrome.

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