

# Study links metabolic syndrome to poor health outcomes in adults with kidney disease

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## Association of the metabolic syndrome with mortality and major adverse cardiac events: A large chronic kidney disease cohort

German Chronic Kidney Disease study



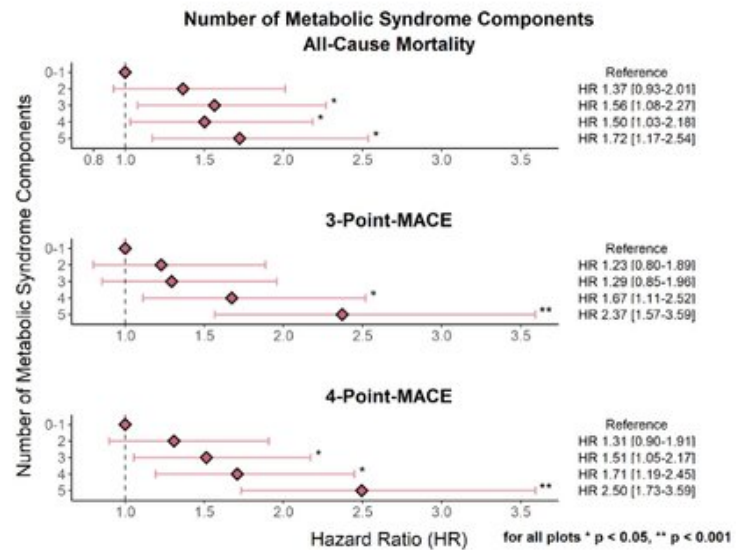
n = 5110

6.5 years prospective follow-up

**Metabolic syndrome 64.3%**

Prevalence of single components:

Hypertension	97.8%
Waist circumference	67.6%
Glucose	51.3%
Triglycerides	49.6%
HDL-cholesterol	36.3%



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A study published in the *Journal of Internal Medicine* has uncovered a high prevalence of metabolic syndrome in adults with moderate chronic kidney disease, and found that metabolic syndrome increases their risk of premature death and cardiovascular problems.

Among 5,110 adults in Germany who had chronic kidney disease, 64.3% also had metabolic syndrome. During 6.5 years of follow-up, 605 patients died and 650 experienced major cardiovascular events (such as heart attacks and strokes). Patients with metabolic syndrome had a 26% higher risk of dying and a 48% higher risk of experiencing cardiovascular events. The risk increased steadily with a growing number of metabolic syndrome components, such as increased [waist circumference](#), blood sugar levels, triglycerides, and blood pressure, and decreased HDL cholesterol.

"Although our study uncovered a shockingly high frequency of metabolic syndrome in this high-risk patient group, there's a motivating message for our patients: each [metabolic syndrome](#) component avoided might considerably decrease the risk for a cardiovascular endpoint or premature death," said senior author Florian Kronenberg, MD, of the Medical University of Innsbruck, in Austria.

**More information:** Lorenz M. Pammer et al, Association of the metabolic syndrome with mortality and major adverse cardiac events: A large chronic kidney disease cohort, *Journal of Internal Medicine* (2021). [DOI: 10.1111/joim.13355](https://doi.org/10.1111/joim.13355)

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