

# Metabolic syndrome and blood pressure: are they related or not?

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## Dear editor

We have read the article “Testosterone, obesity, and waist circumference as determinants of metabolic syndrome in Saudi women” by Fatani et al with great interest.<sup>1</sup>

As per National Cholesterol Education Program Adult Treatment Panel III guidelines, metabolic syndrome (MS) is diagnosed on the basis of the presence of three or more of the following five criteria: waist circumference (WC) over 40 inches (men) or 35 inches (women), fasting triglyceride (TG) level over 150 mg/dL, blood pressure (BP) over 130/85 mmHg, fasting blood sugar over 100 mg/dL, and fasting high-density lipoprotein (HDL) cholesterol level <40 mg/dL (men) or 50 mg/dL (women).<sup>2</sup>

Moreover, as per new JNC-8 guidelines, hypertension is defined as BP  $\geq 140/90$  mmHg, and in general, SBP value is more than DBP.<sup>3</sup> However, in the aforementioned article, SBP was presented as  $70.19 \pm 3.66$  in the control group and  $106.62 \pm 5.67$  in the MS group, and DBP was presented as  $113.27 \pm 1.17$  in the control group and  $134.58 \pm 2.08$  mmHg in the MS group. Specifically, increased DBP is secondary to another disorder of kidney or sleep apnea syndrome and thyroid.<sup>4</sup>

We would be highly obliged for your kind consideration of the abovementioned clarification in your article to avoid discrepancy and highlight a clear idea of the relationship between testosterone, obesity, and WC in the prediction of MS.

## Disclosure

The authors report no conflicts of interest in this communication.

## References

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