

Prevalence of Fatty Liver in Patients of Metabolic Syndrome in North Bihar

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ABSTRACT

Background and Objective - The Metabolic Syndrome (Syndrome X, Insulin resistance Syndrome) consists of a constellation of Metabolic Abnormalities that confers increased risk of Cardiovascular Diseases and Diabetes Mellitus. This study aims at finding out the Prevalence of Fatty Liver in Patients of Metabolic Syndrome In North Bihar. **Methods** - 100 Subjects were selected randomly from Medicine OPD of SKMCH, Muzaffarpur who were suffering from Metabolic Syndrome. A Study was conducted using Ultrasonography at radiology department of SKMCH. USG of whole Abdomen was done in all subjects. Data was analysed Statistically. **Result** - Out of 100 Patients, 54 of them were found to have fatty liver. **Discussion and Conclusion** - Majority of subjects were having fatty liver. Though fatty liver is a life style Disease, its prevalence in patients of Metabolic syndrome cannot be ignored.

Key words - Metabolic Syndrome, Fatty liver, North Bihar.

INTRODUCTION

Patients with metabolic Syndrome frequently have an increase in fat (triglyceride) accumulation in the liver and hepatic insulin resistance. Though fatty liver disease is not one of the defining criteria for metabolic syndrome, it is a common hepatic manifestation. Thus we started this study.

MATERIAL & METHODS

Study was conducted among 100 patients suffering from metabolic Syndrome selected randomly from medicine OPD of Sri Krishna Medical College and Hospital, Muzaffarpur, Bihar. The Study period was from October, 2020 to September, 2021.

Study Population and study unit - The Study Population was Patients suffering from metabolic Syndrome who were visiting medicine OPD in Sri Krishna Medical College, Muzaffarpur. The study unit was individual patient of metabolic syndrome.

Study tool - Data was collected through ultrasonography from october,2020 to September, 2021.

Statistical analysis - Data was entered and analyzed. The result was expressed in frequencies and percentage. The subjects were informed about the objective and purpose of the study and consent was taken from each subjects during data collection.

Inclusion criteria :

- Age between 40-60 Years
- Patients suffering from metabolic syndrome.
- Duration of metabolic syndrome from date of diagnosis should be at least 3 years.

Exclusion criteria -

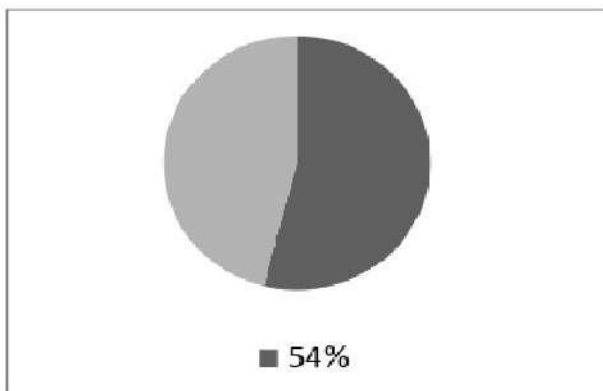
- Age < 40 Years and > 60 Years
- Metabolic Syndrome of duration less than 3 years.
- Patients residing out side North Bihar.

Result -

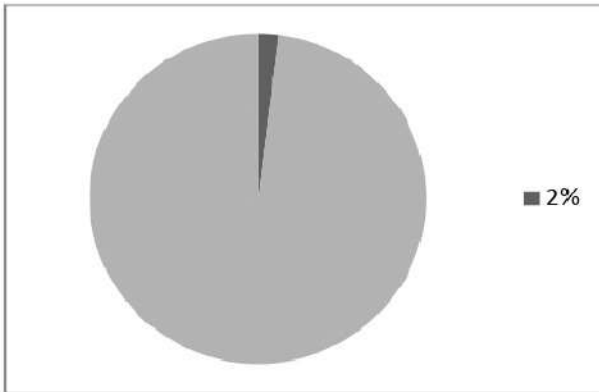
- Number of Patients Diagnosed with fatty liver = 54
- Number of Patients Diagnosed with Cholelithiasis = 2
- Number of Patients Diagnosed with Hepatomegaly = 11

Discussion and Conclusion

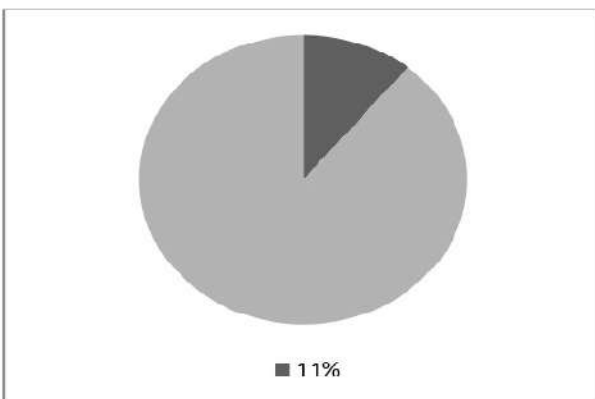
- Prevalence of Fatty Liver $54/100 = 54\%$



- Prevalence of Cholelithiasis = $2/100 = 2\%$



- Prevalence of Hepatomegaly = $11/100 = 11\%$



⇒ Fatty liver is also a major concern in Patients of Metabolic syndrome.

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