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Title: Triglycerides are associated with five-year mortality in COPD patients

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Body: Background: Patients with chronic obstructive pulmonary disease (COPD) present systemic inflammation and the presence of metabolic syndrome (MS) can increase the risk of cardiovascular. However, the influence of the components of MS in survival of COPD patients has not been investigated. Methods: We followed 115 COPD patients (age: 64.5 ± 1.21 years, FEV_1 : $58.7 \pm 2.75\%$) during five years and causes of death were noted. At baseline, patients' clinical history and physical examination were assessed, and anthropometric (weight, height, body mass index and waist circumference), spirometry, 6-minute walking distance (6MWD), dyspnea perception by the modified medical research council (MMRC), serum lipid profile and triglycerides measurements were performed. Severity of COPD according to BODE index was calculated. The diagnosis of MS was established by the harmonization criteria. The Cox proportional hazard analysis was used to evaluate the influence of the components of MS (triglycerides, HDL cholesterol levels, waist circumference, blood pressure, fasting glucose levels) in the survival time, adjusted for potential confounders (age, gender and BODE index). Results: MS was present in 35.6% of patients and 17.0% of patients died during the period of the study. A increase of 100 mg in triglycerides was associated with 42% increase in the probability of death in the period (HR:1.42, 95%CI: 1.06-1.89). None of the others MS components were associated with mortality. Conclusion: The prevalence of MS is high in COPD patients and higher value of triglycerides was the MS component associated with higher risk of five-year mortality in COPD patients.