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Title: Metabolic syndrome and chronic diseases in COPD

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Body: Introduction: In this study, we examined accompanying comorbidities and metabolic syndrome (MS) in patients with COPD Method: Sixty-six patients with COPD and 40 subjects as control group were included. The index severity of chronic diseases was evaluated by using the MCIRS. MS was defined according to National Cholesterol Education Program. Results: MCIRS was significantly greater in patients with COPD than in control group. MS was detected in 18 patients (27.3%) in patients with COPD and in 8 patients (20 %) in control group. The rate of MS in patients with stage II COPD was higher than in patients with stage IV COPD (p: 0.04).

Table 1: The Comparison of the Rate Disorders of Metabolic Syndrome according to Stage of COPD

	Stage I COPD	Stage II COPD	Stage III COPD	Stage IV COPD
The rate of Metabolic Syndrome	0/3	13/33*	4/15	1/10
The rate of Metabolic Syndrome	0 %	33.3 %	26.5 %	10 %

* The presence of statistical significance difference according to the stage IV COPD

The MCIRS showed inverse associations with FEV1%, FVC%, FEV1/FVC% while positive association with BODE index.

Table 2: The predictors of MCIRS in all subjects

	MCIRS		MCIRS		MCIRS	MCIRS	MCIRS
	B values p values		B values p values		B values p values	B values p values	B values p values
Age	0.46 0.0001	Age	0.31 0.0001	Age	0.40 0.0001	Age 0.38 0.0001	Age 0.44 0.0001
Sex	-0.16 0.08	Sex	-0.19 0.02	Sex	-0.19 0.02	Sex -0.18 0.03	Sex -0.25 0.006
BMI	-0.02 0.7	BMI	- 0.06 0.4	BMI	-0.10 0.2	BMI -0.13 0.1	BMI -0.07 0.4

PO2	-0.11 0.3	BODE index	0.34 0.0001	FEV1%	-0.31 0.0001	FVC% 0.005	FVC% -0.25 FEV1/FVC% -0.20 0.02
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Statistical significance $p < 0.05$ BMI: Body mass index MCIRS: The modified cumulative illness rating scale

Conclusion: Comorbidities and MS are diseases which are seen in different form's of COPD.