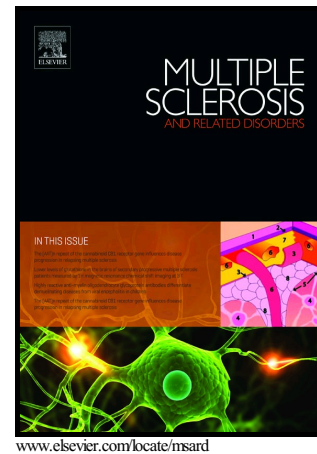


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Elevated cardiovascular risk factors in Multiple Sclerosis.

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ABSTRACT

Background

Multiple sclerosis (MS) is associated with elevated cardiovascular mortality. To prevent this a better understanding of their CVD risk factors and interrelations is necessary.

Methods

MS patients (n=52) and healthy controls (HC, n=24) were matched for age, height, weight, body mass index and physical activity. Body composition, resting blood pressure (BP), resting heart rate (HR), glucose tolerance, HbA1c, blood lipids (HDL, LDL, total cholesterol, triglyceride concentrations) and c-reactive protein concentrations were analyzed. Regression analyses identified independent CVD risk factors and their interrelations in MS.

Results

In MS and compared to HC, fat mass (25.1±1.2kg vs. 17.9±1kg), fat percentage (33.8±1.2% vs. 28.4±1.5%), systolic (130±1.8mmHg vs. 120±2.9mmHg) and diastolic (79±1.1mmHg vs. 71±1.9mmHg) BP, resting HR (72±1.4bpm vs. 60±2bpm), blood triglycerides (113.8±8.6mg/dl vs. 98.2±17.4mg/dl), fasting (13.5±2.9mU/l vs. 7.2±0.8mU/l) and 2h insulin (71.9±12.5mU/l vs. 35.8±8.1mU/l), 2h glucose (6.3±0.5mmol/l vs. 4.8±0.5mmol/l) and HOMA index (3.7±1.1 vs. 1.7±0.2) were significantly (p<0.05) elevated. Total cholesterol, blood HDL and

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