

### Abstract Information

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Evaluation Topic:	06.12 - Metabolic syndrome / Obesity
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Acronym:	Swiss Cohort Study on Air Pollution and Lung Diseases in Adults
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### Abstract Content

**Objectives:** Quality of life (QoL) is impaired in presence of metabolic syndrome (MS). Highly sensitive C-reactive protein (CRP), a marker of systemic inflammation and a predictor of cardio-vascular disease, is associated with MS. Whether CRP impairs QoL in general population independently of MS is unknown.

**Method:** Data from 5099 adults from the SAPALDIA study, a random sample of the Swiss population, were analysed. Of those, 36.5% had MS. Variables of interests were SF-36 summary scores and serum CRP measured in 2002. Subjects with CRP $\geq$ 10mg/l were excluded. Linear regression of CRP level (low, medium, high) on SF-36 scores were performed separately for men and women with or without MS, unadjusted (MODEL 1), or adjusted for BMI, age and smoking (MODEL 2).

**Results:** Higher CRP was associated with lower QoL physical score in subjects with and without MS (all p<.05). In women without MS, this association remained significant after adjustment for age, BMI and smoking. (table)

Conclusions: Hs-CRP is predictive of low physical QoL, independently of metabolic syndrome and more so in women. This suggests that generic QoL instruments are sensitive to CRP differences and could be used as outcomes in clinical studies aimed at reducing systemic inflammation.

### SF-36 Physical Component Summary

MEN	CRP tertile	No metabolic syndrome (n=1325)	Metabolic syndrome† (n=1193)
	Low	ref	ref
Model 1	Medium	-0.88*	-0.65
	High	-1.10*	-4.60**
	Low	ref	ref
Model 2	Medium	-0.19	-0.02
	High	-0.03	-0.40
WOMEN		(n=1903)	(n=659)
	Low	ref	ref
Model 1	Medium	-1.31**	-1.58
	High	-3.03**	-3.57**
	Low	ref	ref
Model 2	Medium	-0.40	-0.18
	High	-1.42**	-1.58

CRP: Low <0.7 mg/L, medium 0.8-1.7, high>1.8, †BMI≥25kg/m<sup>2</sup> + (BP>130/85, glucose >7.7, TG>1.7 or HDL<1.03(W)/1.29(M)), \*p<.05, \*\*p<.01

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The results will be sent by email in May 2008.