Impact of metabolic syndrome on severity of COVID-19 illness

January 11 2022

Credit: CC0 Public Domain

Patients with metabolic syndrome have significantly worse hospitalization and mortality rates due to COVID-19. Hypertension, diabetes, and obesity are common comorbidities associated with metabolic syndrome, as described in a new study published in the peer-reviewed journal *Metabolic Syndrome and Related Disorders*.

"Our results demonstrate that patients with metabolic syndrome were 77% more likely to be hospitalized, 56% more likely to be admitted to the intensive care unit, and 81% more likely to die from COVID-19, according to Sangeeta Kashyap, MD, from the Cleveland Clinic, and coauthors. "Obesity, hyperglycemia, dyslipidemia, and hypertension are modifiable components of metabolic syndrome that would reduce morbidity and mortality of COVID-19," conclude the investigators.

"This paper is a timely reminder of the need to appreciate individual risk factors when assessing outcomes of COVID-19—and that obesity is probably the most important (and modifiable) risk factor that explains the increase in risk. For example, the presence of metabolic syndrome doubled the death rate from 3% to 6%. Half of all patients with metabolic syndrome were hospitalized—in contrast to 25% of those without metabolic syndrome," says Dr. Adrian Vella, Editor-in-Chief of *Metabolic Syndrome and Related Disorders* and Professor, Mayo Clinic College of Medicine, Rochester, MN.

More information: Shannon Wu et al, Impact of Metabolic Syndrome on Severity of COVID-19 Illness, *Metabolic Syndrome and Related Disorders* (2022). DOI: 10.1089/met.2021.0102

Provided by Mary Ann Liebert, Inc