

THE IMPACT OF METABOLIC SYNDROME AND ITS INDIVIDUAL COMPONENTS ON ACUTE PANCREATITIS OUTCOMES: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Poster

Pancreas

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A meta-analysis of 93 studies found that individual components of metabolic syndrome—obesity, hypertriglyceridemia, hypertension, and diabetes—are significant risk factors for complications, severity, and mortality in acute pancreatitis.

KEY POINTS

- Obesity (BMI ≥ 30 kg/m²) was associated with a threefold increased odds of severe acute pancreatitis (OR: 3.058, 95%CI: 1.369-6.829) and significantly elevated risk of both local and systemic complications.
- Hypertension correlated with increased mortality (OR: 2.135, 95%CI: 1.870-2.437), while diabetes was linked to higher odds of ICU admission (OR: 1.645, 95%CI: 1.358-1.992) and severe disease (OR: 1.49, 95%CI: 1.09-2.03).
- Elevated triglyceride levels were associated with increased ICU admissions (OR: 2.546, 95%CI: 1.529-4.237) and severe acute pancreatitis (OR: 2.372, 95%CI: 1.275-4.413).
- The authors recommend prioritizing lifestyle counseling, education, and effective management for patients with obesity based on these findings.

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