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제 목	Association between body mass index and arterial stiffness in healthy young adults: Kangwha Study				
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<p>Background: Arterial stiffness, which was measured by pulse wave velocity, is known to be associated with body mass index in middle aged or elderly population. However, there is little information in younger adult populations. Thus we evaluated the association between body mass index and arterial stiffness in a healthy 25-year old adult population.</p> <p>Methods: This study was performed as a part of the Kangwha Study, which is a prospective cohort study started in 1986. In the 2005 follow-up examination, we measured arterial stiffness and other cardiovascular risk factors in 279 individuals (130 men and 149 women). Arterial stiffness was measured by pulse wave velocity and expressed with cardio-ankle vascular index (CAVI), which has been reported to be more reliable than conventional pulse wave velocity indexes. We measured cardiovascular risk factors including anthropometrics, blood pressure, blood chemistry, and questionnaire on health behaviors.</p> <p>Results: In a univariate analysis, arterial stiffness was significantly associated with body mass index in both sexes, but the association was stronger in women than in men. When we adjusted for systolic blood pressure, family history of hypertension, exercise, smoking and alcohol consumption, the association between body mass index and arterial stiffness was no more significant in men ($p=0.1120$ for left CAVI, 0.0905 for right CAVI), but still highly significant in women ($p<0.0001$ for both side).</p> <p>Conclusion: Body mass index is associated with arterial stiffness in healthy young women, but not in men. Further studies should confirm this results in order to enable better understanding of the role of body mass index in the aetiology of vascular damage.</p> <p>본 연구는 보건복지부 보건의료기술진흥사업의 지원에 의하여 이루어진 것임 (과제고유번호 : A040152)</p>					