

Title THE ASSESSMENT OF HIGH SENSITIVITY
C-REACTIVE PROTEIN LEVEL, RISK OF PERIPHERAL
VASCULAR ATHEROSCLEROSIS, AND
RELATIONSHIPS AMONG HIGH SENSITIVITY
C-REACTIVE PROTEIN, PERIPHERAL VASCULAR
INDEXES, WAIST CIRCUMFERENCE, BODY MASS
INDEXES, BLOOD PRESSURE, AND BLOOD
BIOCHEMICAL ANALYTES IN HEALTHY ADULTS

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Academic Paper Thesis M.S. in Medical Technology,
Naresuan University, 2013

Keywords Inflammatory markers, peripheral artery disease,
atherosclerosis

ABSTRACT

This study investigated the associations among serum hs-CRP, peripheral vascular atherosclerosis, body mass index (BMI), and waist circumference (WC) in 347 healthy Thai adults. Overweight, obesity, central obesity, and peripheral vascular atherosclerosis occurs in healthy adults. Decreasing 0.1 of ABI and increasing 10 cm. of WC resulted in increasing of hs-CRP by 0.4 and 0.2 mg/L, respectively ($R^2 = 0.10$, $P = 0.013$) while BMI could not be used to predict hs-CRP and vascular indexes in this study. Healthy adults with central obesity and having vascular atherosclerosis had hs-CRP (2.31 mg/L) higher than those (0.82 mg/L) without vascular atherosclerosis ($P < 0.001$). In conclusions, healthy adults still represent hs-CRP levels greater than 3 mg/L and abnormal vascular indexes in parallel with common cardiovascular diseases (CVDs) risk factors such as central obesity, dyslipidemia, hyperglycemia, and hypertension. Central obesity, abnormal vascular indexes, and increased hs-CRP should be rescued to have intervention for reducing future CVDs in healthy Thai adults for health promotions.