Is there a higher cardiovascular disease risk in Japanese-Brazilians?

Há um risco maior de doença cardiovascular em nipo-brasileiros?

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We read the article "Predictors Cardiovascular risk in Japanese-Brazilian subjects" written by Gomes and cols. with interest (1). The authors intended to evaluate the prevalence of risk factors for cardiovascular disease (CVD) in Japanese-Brazilian subjects. We found the study very valuable because it discusses an important public health issue and builds awareness.

CVD is one of the most common causes of death worldwide (2). Therefore, assessment of CVD risk factors is important to prevent deaths in the population at risk. Metabolic syndrome (MS) consists in abdominal obesity, impaired glucose tolerance, elevated triglyceride levels, reduced high-density lipoprotein (HDL) cholesterol levels, hypertension, and it is mostly accompanied by a proinflammatory picture. Subjects with MS are at increased risk of cardiovascular diseases (3). The incidence of metabolic syndrome varies according to the age and there is a positive correlation between age and MS prevalence (4). In the present study, mean age of the patients was relatively high (56.7 ± 15.9). Prevalence of MS was defined as 47 (35.8%) in total, 30 (63.8%) in women, and 17 (36.2%) in men; and the difference regarding gender was not statistically significant (p = 0.31). However, prevalence of MS in Brazil is 29.8% (5). In addition, it was estimated to be less frequent in Japan; 25.3% for men and 10.6% for women in the 2008 National Nutritional and Health Survey (6).

Waist circumference was measured as a MS criteria in the study. Some newer anthropometric measurements are defined in the literature, such as waist to height ratio (WHtR), body adiposity index (BAI), and visceral adiposity index (VAI). WHtR has been suggested as the best discriminator for hypertension, diabetes, and dyslipidemia by Lee and cols. (7). VAI is postulated to be a good indicator of visceral adiposity and insulin sensitivity. In addition, a high correlation between BAI and percentage of body fat was defined by Bergman and cols. (8). We think that it would better if these parameters were also mentioned in the study.

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