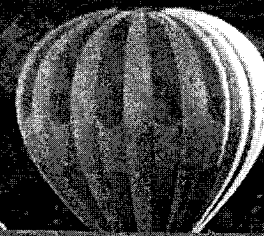


# 7th Mediterranean Meeting on Hypertension and Atherosclerosis

April 14-18, 2010 Cappadocia / Turkey



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Relationship of Some Anthropometric Indexes to Blood Pressure in Mashhadi Men

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**Objective:** We examined association between several anthropometric indexes with systolic (sbp) and diastolic (dbp) blood pressure in Mashhadi men. **Design and Method:** 58 healthy and inactive men (age:  $48.59 \pm 11.4$ , height:  $1.68 \pm 0.08$  m, weight:  $75.21 \pm 12.98$  kg) were selected for this study. Main anthropometric indexes were circumferences of neck, waist, hip and thigh. Dependent variables included sbp, dbp, pulse pressure (pp) and mean arterial pressure (map). Pearson correlation coefficient was used for statistical analysis ( $P < 0.05$ ). **Results:** results showed that there was significant correlation between ratios of waist to hip (WHR), waist to thigh (WTR) and waist to height (WHtR) with sbp, dbp and map. **Conclusion:** WHR, WTR and WHtR was positively correlated with sbp, dbp and map, therefore this ratios can be used for diagnosis and prevention of hypertension. **Keywords:** neck circumference, atherosclerosis, anthropometry



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