

# PREVALENCE OF METABOLIC SYNDROME IN IDIOPATHIC INTRACRANIAL HYPERTENSION A RETROSPECTIVE OBSERVATIONAL STUDY



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## **BACKGROUND:**

Idiopathic intracranial hypertension refers to an increased intracranial pressure with an unidentified underlying pathology, presenting with papilledema and decreased visual acuity. It commonly affects women of childbearing age group. The other important risk factor being obesity, recent weight gain, medication intake or abrupt withdrawal of corticosteroids, systemic diseases.

## **AIMS:**

To study the prevalence of metabolic syndrome (MetS) in patients diagnosed with IIH.

## **METHODS:**

This study was conducted in the department of Neurology, AIIMS, Raipur, Chhattisgarh. During this study period all diagnosed cases of IIH, who attended the neurology outpatient and in-patient services, from December 2022 to November 2024 fulfilling the inclusion and exclusion criteria were included in the study.

### **INCLUSION CRITERIA**

1. Diagnosed cases of IIH fulfilling Friedman's revised diagnostic criteria for IIH (2013).
2. Age  $> 15$  years and  $< 55$  years.

### **EXCLUSION CRITERIA**

1. Patients with intracranial hypertension due to other intracranial causes (space occupying lesion, tumors, infection, traumatic brain injury, stroke, cerebral venous sinus thrombosis, seizures, craniosynostosis).
2. Patients with congenital hydrocephalus (Dandy-Walker malformation, Arnold- Chiari malformation, aqueductal stenosis).
3. Patients with increased intracranial hypertension secondary to systemic illness, drug intake.

## RESULTS

TOTAL NO.OF PATIENTS	20
FEMALE/MALE	18/2
MEDIAN AGE OF POPULATION	30.5 YEARS
MEDIAN DURATION OF DISEASE	1 YEAR
CLINICAL FEATURES	
HEADACHE	10
TRANSIENT VISUAL	5
OBSCURATIONS	2
DIPLOPIA	2
TINNITUS	2
PAPILLEDEMA	20
MEDIAN CSF OPENING PRESSURE	28.5 cm H2O
OBESITY	15
METABOLIC SYNDROME	7

## DISCUSSION

- All patients had papilledema.
- MRI Brain revealed tortuous optic nerves and posterior scleral flattening in all patients.
- 2 patients underwent transverse sinus stenting
- All patients received acetazolamide, topiramate.

## CONCLUSION

Obesity was more prevalent in patients with IIH followed by metabolic syndrome.