

BMI IMPACT ON NEUROLOGICAL DISEASES

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INTRODUCTION: Body Mass Index is defined as the individual's body mass divided by the square of their height. The formulae universally used in medicine produce a unit of measure of kg/m².

In neurological practice more with obesity-related diseases are: stroke, headache, tunnel carpal syndrome, intracranial hypertension, etc.

AIM: To investigate the impact of BMI in some neurological diseases.

METHODS: We included in this study 263 persons. 154 of them were hospitalized in Clinic of Neurology, in University Hospital Centre "Mother Teresa", Tirana and 109 as control group. They are random persons with the same group-age with admitted persons). For all of them we fulfilled a form with general data and specific data on risk factors for several neurological diseases.

We classified them in 4 groups. For every person we calculate the BMI. We compared BMI of control group with BMI of persons with neurological diseases.

Results: was found a 1kg/m² greater in stroke patients compared with control group and a difference 0,6kg/m² in patients with other neurological diagnosis compared with control group. ($z < 0,01$).

BMI was 0,5kg/m² greater in control group with Arterial Hypertension compared with patients with arterial Hypertension with neurological diseases..

BMI was 1,25kg/m² greater in control group with mellitus diabetes compared with patients with mellitus diabetes with neurological diseases.

BMI was 2kg/m² greater in smoker patients with neurologic diseases compared with control group.

BMI was 2kg/m² greater in alcoholic persons with neurologic disease than control group.

CONCLUSION: obesity is a significant risk factor for neurological diseases.