

Table 1: Clinical characteristics and biochemical parameters of the 150 subjects included in the study, with metabolic syndrome and high-normal blood pressure or hypertension and without metabolic syndrome (controls).

	Control group (n =50)	MetS+H-N BP (n =50)	p value for H-N BP vs Control	MetS+HT (n =50)	p value for HT vs Control	p value for H-N BP vs HT
Age (years)	46.38 ± 16.34	58.24 ± 11.05	0.002	57.06 ± 12.08	<0.001	0.989
Gender (M/F)	26/24 (52/48)	25/25 (50/50)	0.774	25/25 (50/50)	1.000	1.000
BMI (kg/m ²)	24.46 ± 3.51	30.68 ± 4.75	0.004	30.80 ± 4.26	0.003	0.989
SBP (mmHg)	118.90 ± 4.55	133.00 ± 12.47	<0.001	150.30 ± 12.79	<0.001	<0.001
DBP (mmHg)	77.10 ± 4.18	86.00 ± 2.02	0.007	90.20 ± 4.40	0.000	0.003
TC (mmol/L)	4.76 ± 1.14	5.95 ± 0.96	0.001	6.26 ± 1.23	<0.001	0.364
HDL (mmol/L)	1.14 ± 0.26	1.05 ± 0.25	0.148	1.06 ± 0.20	0.259	0.951
TG (mmol/L)	1.48 ± 1.04	2.05 ± 1.07	0.009	2.18 ± 0.73	0.002	0.783
FPG (mmol/L)	5.23 ± 0.83	6.35 ± 0.78	0.006	6.88 ± 1.46	0.003	0.286
Insulin (mU/L)	18.13 ± 7.23	25.06 ± 8.24	0.095	38.25 ± 9.37	0.002	0.004
HOMA-IR	4.38 ± 3.17	7.19 ± 5.36	0.030	11.04 ± 7.10	<0.001	0.002
AD (pg/mL)	1,567.67 ± 56.43	1,287.44 ± 98.08	0.008	1,063.01 ± 99.05	<0.001	0.044
HOMA-AD	0.75 ± 0.35	1.50 ± 0.47	0.005	3.76 ± 1.22	<0.001	0.002

Values are means ± standard deviation and for gender numbers (with percentages in brackets). MetS: metabolic syndrome, H-N BP: high-normal blood pressure, HT: hypertension, n: number of subjects, M: male, F: female, BMI: body mass index, SBP: systolic blood pressure, DBP: diastolic blood pressure, TC: total cholesterol, TG: triglycerides, FPG: fasting plasma glucose, HOMA-IR: Homeostasis Model Assessment of Insulin Resistance index, AD: Adiponectin, HOMA-AD: Homeostasis Model Assessment-Adiponectin.