Background: metabolic syndrome comprises a set of risk factors characterized by visceral obesity, dyslipidemia, elevated numbers of blood pressure, insulin resistance with or without alterations of blood glucose and a proinflammatory and prothrombotic state, favoring the occurrence of type II diabetes mellitus and cardiovascular disease. Objective: to characterize female patients with metabolic syndrome and clinical hypothyroidism through clinical, laboratory, and anthropometric variables. Method: a cross-sectional study in women with clinical hypothyroidism belonging to the health areas in Holguín municipality was performed from January to March 2010. Analysis of variance to compare quantitative variables was used as well as chi-squared or Fisher's exact test for the association among qualitative variables in the statistical package SPSS, with the 0.05 significance level. Results: according to the National Cholesterol Education Program criteria, 37 women carriers of metabolic syndrome were detected among 85 women with clinical hypothyroidism, for a 43.5%. Patients with metabolic syndrome showed higher values of age, body weight, body mass index, abdominal circumference, hip circumference, systolic and diastolic blood pressure, blood glucose, uric acid, triglycerides, cholesterol, low density lipoprotein, total cholesterol/high density lipoprotein ratio and the relation between low density lipoprotein/high density lipoprotein, with a significant reduction in high density lipoprotein cholesterol. Conclusions: it is important the diagnosis of metabolic syndrome in patients with clinical hypothyroidism by the high frequency of associated comorbidity and a better characterization of patients.

Keywords
HYPOTHYROIDISM, METABOLIC SYNDROME X, INSULIN RESISTANCE, COMORBIDITY, WOMEN.