

**Table 2.** Clinical and metabolic characteristics of patients with normal (Group A) and altered glucose levels (Group B) at the follow-up

<b>Variable</b>	<b>Group A</b>	<b>Group B</b>	<b>p</b>
Subjects (M/F)	187 (71/116)	121 (59/62)	
Weight (Kg)	67.3 ± 13.7	74.8 ± 14.7	<00001
BMI (Kg/m <sup>2</sup> )	24.4 ± 3.9	27.6 ± 4.8	<0.001
WC (cm)	90.7 ± 13.5	100.3 ± 11.3	<0.001
SBP (mmHg)	124.2 ± 18.4	133.3 ± 16.2	<0.001
DBP (mmHg)	78.0 ± 7.2	80.1 ± 8.2	0.010
FPG (mg/dl)	89.4 ± 7.7	116.6 ± 15.5	<0.001
HbA1c (%)	5.5 ± 0.2	6.3 ± 0.5	<0.001
T-c (mg/dl)	204.0 ± 45.0	193.5 ± 36.4	0.010
HDL-c (mg/dl)	62.3 ± 21.0	54.2 ± 14.5	<0.001
LDL-c (mg/dl)	118.1 ± 41.8	110.7 ± 33.6	0.040
Non HDL-c (mg/dl)	134.4 ± 55.4	137.1 ± 37.8	0.366
LDL-c/HDL-c	2.1 ± 1.1	2.1 ± 0.7	0.051
T-c/HDL-c	3.5±1.3	3.7 ± 0.9	0.004
TG (mg/dl)	129.1 ± 87.7	147.7 ± 67.3	0.001
Creatinine (mg/dl)	0.8± 0.2	0.8 ± 0.1	0.351
eGFR (ml/min)	86.9 ± 16.8	84.9 ± 17.5	0.141
AST (U/L)	21.9± 6.8	23.1 ± 8.2	0.163
ALT (U/L)	22.6 ± 11.2	31.2 ± 18.2	0.003

ALT: alanine aminotransferase; AST: aspartate aminotransferase; BMI: Body Mass Index; DBP: Diastolic Blood Pressure; eGFR: estimated Glomerular Filtration Rate; FPG: Fasting Plasma Glucose; HbA1c: Haemoglobin A1c; HDL-c: HDL cholesterol; SBP: Systolic Blood Pressure; T-c: total cholesterol, Group A: patients with normal glucose levels; TG: triglycerides. Group B: patients with altered glucose levels. Data are expressed as mean ±SD.