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A multicenter study on profile of hypertension in focal segmental glomerulosclerosis in Tunisia: Department of Nephrology-dialysis-renal Transplantation at Monastir Hospital

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Introduction: Hypertension in focal segmental glomerulosclerosis is frequent and responsible for the progression of the disease. It could be a circumstance of the diagnosis of focal segmental glomerulosclerosis (FSG) or a complication of the nephrotic syndrome.

Aim: Aim of this study is to determine the prevalence of hypertension among patients with FSG diagnosed in Tunisia and to describe the profile of patients with FSG having hypertension in contrast with who do not.

Patients & Methods: It was a retrospective multi-centric study based on 116 patient files having FSG located in five specialized centers in Tunisia.

Results: The prevalence of hypertension among our patients was 41%, with a feminine predominance, their mean age was 36.34 ± 15.71 years. The systolic blood pressure among the patients with hypertension was 153.18 mm Hg. The nephrotic syndrome was impure due to hypertension in 14.5% of the cases. The patients affected by hypertension were more obese. Proteinuria was higher among those not having hypertension than those with it, who score an average value of 5.67 ± 4.51 g/24 h, with an insignificant difference. Serum creatinine at presentation was significantly higher among patients with hypertension. Vascular lesions were present at the renal biopsy among 39.45% of patients affected by hypertension, associated with renal failure in 58.50% of patients. The etiopathogenic treatment of FSG was essentially based on steroids full dose.

Conclusion: Hypertension is often present in FSG and its treatment must be done as soon as possible in order to slow the progression of kidney chronic disease.

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