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Lipid disorders in hospitalized patients with chronic kidney disease

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Statement of the Problem: Kidney disease patients often present with dyslipidemia. Lipid profile abnormalities differ between spectrums of kidney disease and are aggravated by comorbidities such as diabetes. Dyslipidemia is considered an important contributor to the increased cardiovascular mortality and constitutes an essential therapeutic target for nephrology patients.

Aim: The purpose of this study was to determine the lipid abnormalities of kidney disease patients who were admitted to our Nephrology ward in the past five years.

Method: We studied 450 patients with chronic kidney disease and hypertension (180 women, 40% and 270 men 60%, mean age 65±25 years). Mean eGFR was 40±12 ml/min/1.73 m². The parameters determined and analyzed were: Total-cholesterol (<180 mg/dl), LDL-cholesterol (<100 mg/dl) and triglycerides (<150 mg/dl). All patients were receiving treatment for regulating dyslipidemia.

Findings: The percentage of patients with total cholesterol, LDL-cholesterol and triglycerides within the recommended targets were 30%, 15% and 36% respectively. Total cholesterol above the recommended targets had the 315 of patients (189 men, 60% and 126 women, 40%). 382 patients had LDL-cholesterol over the targets (48 men, 65% and 134 women, 35%). High levels of triglycerides have been found at 288 patient (167 men, 58% and 121 women, 42%).

Conclusion & Significance: There is a low percentage of our patients that not achieved the recommended targets, despite the fact that they receiving treatment and remain dysregulated. Certainly in patients with chronic kidney disease and dyslipidemia the periodical monitoring of the lipid profile is required for a proper regulation.

Biography

Evadokia Efthimiou is working in the Department of Nephrology of General Hospital of Piraeus "Tzaneio", in Athens Greece as a Consultant Nephrologist since 2006. She has been involved in a large field of nephrology both in scientific and education levels. She has passion in improving the health and wellbeing in patients with chronic kidney disease.

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