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## Should obese patients be considered for renal transplantation?

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**Background:** There is an increasing prevalence of obesity and consequently increasingly restricted access to renal transplantation amongst end stage renal disease (ESRD) patients whose body mass index (BMI) exceeds the centre specified limit. These limits are set on the basis of an increased risk of complications seen in obese patients. Despite these complications, obese patients receiving transplantation experience a survival benefit. To access transplantation obese patients must reduce their BMI to meet transplant suitability criteria. However in patients undergoing hemodialysis (an alternative treatment for ESRD) an increased BMI is advantageous offering a better prognosis to obese patients than non-obese patients; this is the basis of the obesity paradox.

**Methodology:** A literature search using Medline and Scopus was performed with searches limited to English language and from 2011 onwards. Outcomes in obese patients undergoing renal transplantation were reviewed.

**Results:** Obese patients having live donor renal transplantation appear to have outcomes equivalent to the total population having transplantation from all donor types. The obesity paradox may dis-incentivise pre-transplant weight loss in this high risk group.

**Conclusions:** Each candidate for renal transplantation must be reviewed individually and consideration of their body composition, using a measure of abdominal obesity, rather than BMI alone may aid in selecting suitable candidates for renal transplantation. In the future, obesity should be more accurately assessed and viewed as a chronic disease with outcomes equal to those in non-obese patients, rather than an absolute contraindication to transplantation.

### Biography

Laura Home has completed 3 years of MBChB at the University of Liverpool. She is planning to study exciting elective in the field of renal transplantation for her last 2 years of course. Early in her medical career, she has two publications and has presented her work at multiple conferences where she has been awarded prizes. She has a passionate interest in renal transplantation and began her re-search into the field in 2013.

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