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Observational study of metabolic syndrome among renal transplant recipients in Kasr Al-Ainy School of Medicine: A single-center study

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Introduction & Aim: The Metabolic Syndrome (MS) is a constellation of clinical abnormalities related to insulin resistance and inflammation. The syndrome is now recognized as a risk factor for diabetes and cardiovascular disease in the general population. We studied the prevalence of MS in Egyptian kidney transplant recipients (from Kasr Al-Aini School of Medicine) and its correlation with C-Reactive Protein (CRP), Serum Uric Acid (UA), Alkaline Phosphatase (ALP), different immunosuppressive intakes and Hepatitis C Virus (HCV) in these patients.

Method: The present cross-sectional study was conducted in 2012 on 100 renal transplant recipients, 68 male (68%) and 32 female (32%), with stable kidney function (serum creatinine 1.5 ± 1 mg/dl) in King Fahd Unit, Cairo University. All clinical and laboratory data were recorded, including serum creatinine, UA, cholesterol, Triglyceride (TGL), low-density lipoprotein, High-Density Lipoprotein (HDL), ALP, CRP and HCV Abs. The presence of MS was determined using NCEP-ATP III criteria, with BM used in place of waist circumference.

Result: Patients were divided into two groups: MS (Group-1): 26 patients, 12 female (46.2%) and 14 male (53.8%) with a mean age of 34.46 ± 9.69 years and Non-MS (Group-2): 74 patients, 20 female (27%) and 54 male (73%), with a mean age of 27 ± 8.33 years. There was a highly significant correlation ($P \leq 0.001$) between CRP and MS, BMI and diabetes mellitus, whereas the correlation between CRP and hypertension, ALP, HCV Abs, Alanine Amino Transferase (ALT), TGLs level and HDL was insignificant.

Conclusion: Metabolic syndrome is prevalent in post-renal transplant patients. Serum CRP concentration correlates positively with metabolic syndrome in kidney transplantation patients. The age, weight, BMI, systolic and diastolic BP, serum triglycerides, ALT of MS group were significantly higher than in Non-MS group. The duration of hypertension in the MS cases was significantly longer than in Non-MS cases.

Biography

Osama Mohammady Mohammed is working as a Professor in Cairo University located in Egypt. He is an Editorial Board Member of many peer reviewed journals. He as a Research Scholar credited with many publications in national and international journals.

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