Comparison of metabolic syndrome rates in living-donor and deceased-donor kidney recipients – A three-year follow-up

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Aim: Comparison of MS rates in kidney recipients.

Introduction: Metabolic syndrome (MS) is characterized by coexistent pro-atherogenic disorders and insulin resistance. MS also increases cardiovascular risk.

Methods: A total of 112 living-donor (n=54) and deceased-donor (n=58) kidney transplant recipients were evaluated for metabolic syndrome (MS) in months 6, 12, and 36. The National Cholesterol Education Program – Adult Treatment Panel III (NCEP-ATP III) criteria were used. Both groups were compared in terms of MS rates. Moreover, correlations between MS and other parameters (age, gender, dialysis type and duration, donor type, immunosuppressant drugs, acute rejection episodes, smoking, levels of triglycerides, uric acid, creatinine, eGFR, and proteinuria) were evaluated. The chi-square, McNemar’s test, Student’s t test, Welch’s t test, Mann–Whitney U test, Fisher’s test, and Shapiro–Wilks test were used in the statistical analysis.

Results: MS rates following living-donor (LD) and deceased-donor (DD) kidney transplantation (KTx) in months 6, 12, and 36 were 0.148 vs. 0.276; 0.173 vs. 0.316; 0.235 vs. 0.182, respectively. MS rates in LD KTx recipients were lower than those in DD KTx recipients in months 6 and 12, especially in males (0.14 vs. 0.379; p = 0.0251), but they increased systematically in subsequent months of follow-up. MS was more commonly diagnosed in older recipients (p = 0.019), with lower MDRD eGFR values (p = 0.009), who received more anti-hypertensive drugs (p = 0.046). The dialysis type, donor type and the number of transplantations had no effect. The logistic regression model indicated that the factors contributing to MS were elevated uric acid levels and proteinuria.\(^\_2\)

Conclusion:
1. MS rates in LD KTx recipients in month 6 and 12 following transplantation are lower than those in DD KTx recipients.
2. MS rates in LD KTx recipients tended to progressively increase during follow-up.
3. MS was more common in older patients with poorer kidney function, higher uric acid levels and proteinuria.

References

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Association between body composition and magnesium level in middle aged women

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Aim: Aim of the study was to compare total magnesium serum concentration between subjects with increased fat mass in the body composition and subjects with normal body composition as to determine the association between total magnesium serum level and parameters of the body composition and glucose metabolism.

Introduction: Metabolic disorders and chronic diseases may associate alterations in body composition and could be related with disturbances of the magnesium blood level. Obesity is a chronic disease characterized by disturbances of the body composition, commonly associated with disorders of carbohydrate metabolism.

Methods: The study included 40 women with body composition disturbances (increased percentage of the total fat mass) and 20 age matched women with normal percentage of the total fat mass. All subjects underwent analysis of the components of body composition [bioelectrical impedance analysis, fat mass percentage (FAT%), fat free mass percentage (FFM%)], laboratory analysis of blood samples (automated analyzer systems) with determining the parameters of glucose metabolism and total magnesium serum concentration. Insulin resistance index (HOMA-IR) was calculated using equation involving fasting insulin and glucose concentration.

Results: Women with increased percentage of the total fat mass had significantly lower total magnesium serum concentration compared to control group (0.83 ± 0.07 vs. 0.9 ± 0.06 mmol/l, p = 0.00). Moderate correlation was found between serum concentrations of total magnesium and FAT% (r = −0.47, p = 0.00), FFM% (r = 0.44, p = 0.00), fasting insulin levels (r = −0.43, p = 0.00) and HOMA-IR (r = −0.44, p = 0.00).

Conclusion: Women with increased total fat mass in the body composition have significantly lower total magnesium serum concentration, compared to women with normal body composition.