ASSOCIATION BETWEEN INFLAMATION AND MALNUTRITION IN HEMODIALYSIS (HD) PATIENTS

Moreira, PR, Librelotto CS, Bundchen PL, Rosa DF, Sperotto RL, Ticiane R, Sturmer G, Rizzi C. Cruz Alta University, Brazil.

Chronic inflammation and malnutrition relate to increased risks for cardiovascular death. The purpose of this study was to examine the association between malnutrition and inflammation in hemodialysis(HD) patients. We enrolled 38 HD patients among July and September 2007. Enrollment demographic, clinical and biochemical data were collected. Biochemical inflammation marker such as C-reactive protein (CRP) and nutritional markers such as albumin and cholesterol. were measured before the HD session. Data were shown as mean and standard deviation. Correlation was tested with Spermann correlation test. Corrected chi-square were used to examine the association between malnutrition and inflammation. Patients mean age was 51.92 ± 14 (SD) years. Thirty eight percent were women. Mean dialysis vintage was 38.97 ± 34 (SD) months. Mean Kt/V was 1.11 ± 0.41. Nutritional profile shown 65.5% of patients with normal cholesterol (<200 mg/dL), 76,31% of patients with albumin under 4.0 mg/dl and CRP was considered high in 68.4 % of patients. We found a consistent association between cholesterol and albumin (p=0,051). A negative association was found between CRP and albumin (p=0,029) and CRP and cholesterol (p=0,007). A positive correlation was found between albumine and Kt/V (r=0.90, p=0.000). Our data shown chronic inflammation and malnutrition are common among maintenance hemodialysis patients. A consistent association of inflammation and malnutrition was noted. These findings should be repeated in larger study populations.