

HIGH PREVALENCE OF OBESITY IN THAI RENAL TRANSPLANT RECIPIENTS: A MULTI-CENTER STUDY

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Background: Obesity is a risk factor for cardiovascular disease and cardiovascular mortality in renal transplant recipients (RTR). There are limited studies of prevalence and associated factors of obesity in Asian RTR.

Methods: A cross-sectional study was conducted during March and December 2012 in four kidney transplant centers in Bangkok, Thailand. Obesity was diagnosed based on the International Obesity Taskforce-proposed classification. At-risk of obesity, obese I and obese II were defined as having a body mass index (BMI) 23–24.9 kg/m², 25–29.9 kg/m² and ≥30 kg/m², respectively.

Results: Of 263 recipients were studied, 50 (19.0%), 70 (26.6%) and 17 (6.5%) had at-risk of obesity, obese I and obese II, respectively. The prevalence of obesity was 23.9% in the first 3 years and rose up to 36.2% after 3 years post transplantation. Age>50 years (OR,2.22; 95%CI 1.32-3.70), systolic blood pressure >130 mmHg (OR,2.36; 95%CI 1.37-4.07), type of antihypertensive medications >1 medication (OR,2.25; 95%CI 1.33-3.79), plasma triglyceride ≥ 150 mg/dl (OR,2.97; 95%CI 1.10-8.01), plasma glucose ≥ 100 mg/dL (OR,3.67; 95%CI 2.10-6.40) and HDL-cholesterol <40 mg/dL in male or <50 mg/dL in female (OR,2.20; 95%CI 1.12-4.33) were associated with the prevalence of obesity. Compared to 176 non-obese patients, obese patients tended to have higher prevalence of chronic kidney disease (57.5% vs 47.2%; P=0.116).

Conclusions: The study demonstrates the high prevalence of obesity in Thai RTR especially after 3 years post transplantation. Obesity is more prevalent in advanced age and variable components of metabolic syndrome in RTR population.

Key words: Body mass index, Chronic kidney disease, Metabolic syndrome

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