

복막투석 환자에서 영양 상태와 지방 분포

순천향대학교 의과대학 부천병원 내과학교실

최수정 · 신동원 · 김덕수 · 홍성아 · 박무용 · 김진국 · 황승덕

Nutrition and Fat Distribution in Patients with Peritoneal Dialysis

Soojeong Choi, Dongwon Shin, Duksu Kim, Seongah Hong, Mooyong Park, Jinkuk Kim and Seungduk Hwang

Soonchunhyang University College of Medicine, Bucheon Hospital, Korea

Nutritional status is one of the most important factors affecting mortality and morbidity in chronic dialysis patients. Body size and body composition influence survival of peritoneal dialysis (PD) patients. There are, however, few data on serial body composition changes in these patients. To investigate serial changes in nutrition status in PD patients, we measured normalized protein equivalent of nitrogen appearance (nPNA). To investigate serial changes in body composition changes and nutrition status in patients on peritoneal dialysis (PD), we measured body fat amount and visceral- subcutaneous (V/S) fat ratio using bioelectrical impedance analysis (BIA) and abdominal fat computed tomography (CT). BIA and abdominal fat CT were performed in 41 patients, consisting of 19 men and 22 women with mean age of 53.6 ± 11.0 years on 7 days after beginning of PD. At baseline, only 15 patients (36.6%) reached their ideal body weight. The difference of ideal and real body weight is -2.9 ± 5.9 Kg (range - 19.1- 9.7 Kg). Mean nPNA was 1.08 ± 0.28 g/Kg/day. The body fat volume was $23.5 \pm 8.2\%$ of body weight. Visceral and subcutaneous fat volume was 87.0 ± 61.8 cm², and 100.8 ± 64.5 cm², respectively. The basal V/S ratio was 1.06 ± 1.32 (0.22- 8.79). Only 12 patients underwent BIA and Fat CT after 6 months. Eleven patients (91.7%) reached their ideal body weight. Seven patients (58.3%) had the increased body weight compared to initial body weight. Mean changes of their nPNA was 0.06 ± 0.2 g/Kg/day (- 0.52 - 0.44). The body fat volume was $29.6 \pm 23.9\%$ of body weight. Visceral and subcutaneous fat volume were 96.7 ± 53.3 cm² and 127.0 ± 58.5 cm², respectively. The V/S ratio was 0.79 ± 0.30 (0.30- 1.35). It could be concluded that many patients have low nutritional status at beginning PD and don't have a significant improvement, but their body fat volume and subcutaneous fat increase during early 6 months.

Key Words : 복막투석, 영양, 지방 분포

Peritoneal dialysis, Nutrition, Fat distribution