

루푸스 신염의 신장 예후 및 예측와 관련된 예측 인자 분석 연구 : 장기간 단일 기관 경험을 바탕으로

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Renal Outcome and Predictor in Lupus Nephritis : Single Center Experience of Korea for 28 Years

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Backgrounds : The objects of this study was to know about the clinical, histopathological and therapeutic factors affecting the renal prognosis of lupus nephritis (LN) patients.

Methods : This study was an retrospective cohort analysis composed of 529 LN cohorts who had been diagnosed for 28 years by kidney biopsy.

In this cohort, we investigated well-known prognostic factors considering three sides of view : 1) demographic, clinical and laboratory variables, 2) histological variables (WHO classification, activity, and chronicity index) 3) therapeutic regimens and 6 month response after the induction therapy. As an end outcome, renal death was defined the doubling of serum creatinine compared to the initial value and end stage renal failure. We analyzed the data statistically using the methods of Log-rank test and Cox's proportional hazard model.

Results : At renal biopsy, mean age of the patients was 26.97 ± 12.02 years and male was 15.9% and mean duration of lupus was 17.94 ± 37.8 months. One hundred seventy two (38.4%) patients had impaired renal function and nephritic syndrome was 44.5%, hypertension was 7.6%. About 80% of the patients had diffuse proliferative LN (WHO Class IV) and mean score of activity index was 5.98 ± 4.21 , chronicity index was 2.9 ± 2.41 . Among the patients, 315 (62.5%) patients received the regimens including cyclophosphamide, whereas 117 (23.2%) patients received prednisolone alone. After the mean follow up duration of 102.15 ± 79.91 months, 76 (17.8%) patients reached to the renal death. Among them, 55 had doubling of creatinine, 53 developed end stage renal failure. The renal survival rate were 91.3%, 83.04% and 72.1% at 5, 10 and 15 years, respectively. In Cox's proportional hazard model, males, poor renal response to the induction therapy after 6 months, and deteriorated renal function at the time of biopsy were independent predictors of the renal death .

Conclusion : At the time of renal biopsy, male gender and impaired renal function are powerful prognostic factors. In addition to these, early response to therapy is also a good predictor of renal outcome.

Key Words : 루푸스신염, 예후, 신부전

Lupus nephritis, Prognosis, Renal failure