

우리나라의 만성 신질환 환자에서 환자의 병식과 심혈관계 질환의 이환율의 연관성

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The impact of Awareness of Chronic Kidney Disease (CKD) on the Management of Risk Factors for Cardiovascular Morbidity in Korea

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Background : The CKD is silent until advanced stages and therefore many individuals unaware of its presence. We compared the cardiovascular risk factors, renal functional status, and associated disorder to CKD in subjects who had routine health check-up for 2 years in a tertiary referral hospital according to awareness of CKD.

Methods : During September 2003 to August 2005, 14,856 subjects had a routine health check-up voluntarily. Among them, we selected 14,817 subjects aged 20 years or more. In the questionnaires, the participants had answered to the question of "Do you think you have renal disease or renal dysfunction?" in Korean, routinely. We grouped the subjects with CKD into two groups according to the awareness; unaware of CKD (Unaware group) and aware of CKD (Aware group).

Results : The rate of awareness for CKD was 6.4%. The Unaware CKD group (1,579) showed no difference in age, the level of blood pressures, and the frequencies of female, hypertension, metabolic syndrome, and proteinuria but had better renal function by eGFR (74.9±18.6 vs 66.4±21.3, $p<0.001$) compared to the Aware group (108). The Unaware group showed lower frequencies of the CKD related disorders, such as hyperkalemia (0.7% vs 2.9%, $p=0.019$), hyperuricemia (25.5% vs 39.8%, $p=0.001$), and anemia (1.4% vs 5.6%, $p=0.001$) than the Aware group. In Unaware group, the level of glucose was higher (108.7±34.0 vs 102.9±23.9, $p=0.019$), the frequency of abnormal CRP (CPR 0.1 mg/dL or more) was higher (46.7% vs 36.3%, $p=0.040$), and the prevalence of diabetes was also higher than in Aware group (19.6% vs 11.1%, $p=0.030$). Among subjects with hypertension, the Unaware group showed higher prevalence of hyperLDL-cholesterol (LDL-cholesterol 120 mg/dL or more) (49.4% vs 31.9%, $p=0.021$) and higher BMI (BMI 25 kg/m² or more) (45.3% vs 28.6%, $p=0.036$) compared to the Aware group.

Conclusion : The CKD subjects unaware of renal disease had milder renal dysfunction but showed higher risks for cardiovascular disease, higher level of CRP and uncontrolled LDL-cholesterol and higher BMI in hypertensive subjects. We should pay attention to detect CKD at earlier stages and notify to patients about their status of kidney disease for appropriate management and prevention of the complications from kidney disease.

Key Words : 만성 신질환, 심혈관계 질환 이환율

Awareness of CKD, Cardiovascular morbidity