

고령의 환자에서 발생한 두 차례의 신증후군에서 모두 조기 자연 관해를 보인 1예

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A Case of Nephrotic Syndrome with Two Spontaneous Early Remissions in an Elderly Patient

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A 74-year-old woman was admitted to our hospital because of rapid onset of severe edema. She gained 6 kg in weight for 20 days and was diagnosed as having a full blown nephrotic syndrome with proteinuria of 18.2 g/day and a serum albumin level of 1.7 g/dL. Initial serum creatinine was 1.6 mg/dL. She also presented with nephrotic syndrome two years ago. Whilst undergoing the investigation her proteinuria began to decrease within 6 weeks and during the next 21 months it totally disappeared with no specific treatment being administered. At that time, renal biopsy was not performed because she had a single kidney and proteinuria completely disappeared. Nephrotic syndrome relapsed after 21 months of complete remission. Despite extensive investigation, no evidence of malignancy or other secondary cause was found. Selectivity index was 0.2. While we hesitated to use immunosuppressive therapy, urinary protein excretion was decline to 6.5 g/day after 7 weeks and it was complete remission on 16 weeks. Currently after a 6 month follow up period, the patient has remained free of proteinuria. Two spontaneous early remission in elderly patients, like this case, is rare.

Key Words : 자연 관해, 신증후군, 노인

Spontaneous remission, Nephrotic syndrome, Elderly