

IgA 신병증에 합병된 신증후군이 자연관해를 보인환자들의 임상적 양상

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Spontaneous Remission of Nephrotic Syndrome in Patients with IgA Nephropathy

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Background : IgA nephropathy (IgAN) can be complicated by nephrotic syndrome. Corticosteroid therapy should be considered in such cases, particularly when combined with minimal change disease. However, spontaneous resolution of heavy proteinuria is rare. Here, we report our experience of spontaneous remission of nephrotic syndrome in patients with IgAN and long-term outcome of these patients.

Methods : Study subjects were 233 patients with biopsy-proven IgAN at our center since 2001. Demographic and clinical data and pathologic findings were reviewed retrospectively based on medical records.

Results : 25 patients (10.7%) presented nephrotic syndrome with daily urinary protein excretion >3.5 g. Of these, 5 patients underwent spontaneous remission in whom heavy proteinuria disappeared without corticosteroid treatment in a half year after the presentation of nephrotic syndrome. Interestingly, spontaneous remission occurred even in two patients having advanced glomerulonephritis with elevated serum creatinine. During follow-up, no recurrence or relapse occurred and no patients showed progressive deterioration of kidney function.

Conclusion : This study suggests that spontaneous remission of nephrotic syndrome may occur in any stage of IgAN and the initial heavy proteinuria does not appear to affect clinical outcome. Given the possibility of under-reported cases, large-scale survey is required.

Key Words : IgA 신병증, 신증후군, 자연관해

IgA nephropathy, Nephrotic syndrome, Spontaneous remission