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경구 철분제가 만성 콩팥병 환자에서 빈혈 교정 및 신질환 진행에 미치는 효과

서울대학교 보라매병원[1], 서울대학교 의과대학[2]

김선문[1] · 이창훈[2] · 오윤규[2] · 김연수[1] · 김성권[1] · 임춘수[2]

The Effects of Oral iron Supplementation on the Pprogression of Anemia and Renal Dysfunction in Patients with Chronic Kidney Disease

Sun Moon Kim[1], Chang-Hoon Lee[2], Yun Kyu Oh[2], Yon Su Kim[1], Suhnggwon Kim[1], Chun Soo Lim[2]

Seoul National University Boramae Medical Center[1]
Seoul National University College of Medicine[2]

Background : Although erythropoiesis-stimulating agents (ESAs) are known to be effective to correct renal anemia, many patients do not receive ESAs in predialytic period. Oral iron has been used for many years in CKD patients. However, there are limited data about the effect of oral iron in predialysis patients. We tried to evaluate the effects of oral iron therapy on the correction of anemia and the progression of renal disease in CKD patients.

Methods : Anemic predialysis CKD patients not receiving ESAs were enrolled in this study. The participants were classified into two groups: oral iron group and control group. We prospectively evaluated whether changes occurred in anemic and renal function parameters over 12 months.

Results : Eighty-three participants were included in the final analyses (38 in the iron group and 45 in the control group). In the iron group no change in the Hb level was observed during the 12-month follow-up, whereas a significant decrease in the Hb level was observed for the control group, as indicated by multivariable RMANCOVA analysis (p=0.036). However, the changes in renal function did not differ between the two groups (p=0.797). The most common adverse effect reported with oral iron therapy was constipation, while no patients discontinued the drugs during study period.

Conclusion : Oral iron supplementation attenuates the progression of renal anemia in predialysis CKD patients who are not receiving ESAs and does not negatively impact renal function.

Key Words : 빈혈, 만성 콩팥병, 경구 철분제
Anemia, Chronic kidney disease, Oral iron