S-E6

# 고혈압이 있는 만성콩팥병 환자에서 혈압 조절 정도 및 목표 장기 손상

국립중앙의료원 내과[1], 서울대학교 의과대학 내과학교실[2]

차란희[1], 김연수[2]

# Assessment of Blood Pressure Control and Target Organ Damage in Patients with Chronic Kidney Disease and Hypertension

Ran-hui Cha[1], Yon Su Kim[2]

Department of Internal Medicine[1], National Medical Center
Department of Internal Medicine[2], Seoul National University College of Medicine

APrODiTe is a nationwide multicenter cross-sectional study for Korean CKD stage 2, 3, and 4 patients with hypertension. The primary aim is to find out the distribution of each BP pattern. And the secondary aim is to identify the relationship between target organ damages and BP pattern. We analyzed data from 1,317 participants. Mean age was 57 year and 62.9% of participants were males. The proportion of diabetic nephropathy was 24.9%. The distribution of each BP pattern was as below: sustained uncontrolled, 69.8%; masked, 21.4%; white coat, 3.3%; true controlled, 5.5%; Dipper, 40.8%; non-dipper, 41.5%; reverse dipper, 17.8%. Male gender and older age was related with sustained uncontrolled hypertension. The proportion of participants whose spot urine protein to creatinine ratio (PCR) higher than 50percentile (p) (400 mg/g) was higher in sustained uncontrolled hypertension. In multivariate analysis, younger age <55, female gender and spot urine PCR lower than 50p were related with white sustained controlled hypertension. And male gender and spot urine PCR more than 50p was related with sustained uncontrolled hypertension (OR=1.810; OR=1.766, respectively). Diabetic nephropathy, higher serum creatinine level, and lower estimated GFR were related with reverse dipper. In multivariate analysis, spot urine PCR less than 50p were related with sustained controlled hypertension (OR=0.448, OR=0.437, OR=0.426, respectively). And male gender and spot urine PCR more than 50p was related with sustained uncontrolled hypertension (OR=1.810, OR=1.766, respectively). Diabetic nephropathy, higher serum creatinine level, and lower estimated GFR were related with reverse dipper. In multivariate analysis, spot urine PCR less than 50p and lower CKD stages were related with dipper (OR=0.767, OR=0.741, OR=0.637, respectively) and higher CKD stages (stage 3 and 4) were related with reverse dipper (OR=1.747 and 1.877, respectively). Very large portion of CKD patients did not reach the appropriate BP target in Korea. Masked and sustained uncontrolled hypertension and reverse dipper were related with more profound target organ damages. Therefore, treatment improvement programs as well as ambulatory BP monitoring may play a role in increasing the proportion of CKD patients with controlled BP. This study was sponsored by sanofi-aventis Korea Co., Ltd.

**Key Words:** 고혈압, 만성콩팥병, 목표 장기 손상
Hypertension, Chronic kidney disease, Target organ disease