

## 성인 헤노흐-쇤라인자색반 신염의 임상경과 및 예후인자 고찰

양산부산대학병원 신장내과

이경남, 황인혜, 김일영, 이동원, 이수봉

### Clinical Course and Prognostic Factors of Henoch-Schönlein Purpura Nephritis (HSPN) in Adults

Kyung Nam Lee, In Hye Hawng, Il Young Kim, Dong Won Lee, Soo Bong Lee

Department of Nephrology Yangsan Pusan National Hospital

**Background/Aims:** Henoch Schönlein purpura (HSP) in adults may cause severe organ injury and poor prognosis. In addition, renal involvement in adults with HSP is more frequent than in children. However characteristics of HSP are not fully elucidated mainly due to its low prevalence. We evaluated clinical courses and prognostic factors available for predicting outcomes of HSPN.

**Method:** This study retrospectively analyzed medical records of 36 patients who were diagnosed with Henoch-Schönlein purpura based on EuLAR/PReS criteria (2006) at Pusan University Hospital from Jan. 2000 to May. 2010. All subject had renal involvement defined as showing proteinuria and/or hematuria. We enrolled patients who were older than 17 years and followed up 1 year at least. Clinical outcomes were divided to 5 categories: clinical remission, relapse, death, sustained proteinuria and renal impairment. We tried to find out the prognostic indicators according to each outcome.

**Results:** Mean age was  $37.2 \pm 17.4$  years and Male:Female ratio was 1:1.6. We followed the subjects for mean period of  $4.4 \pm 4.2$  years.

Five clinical outcomes were as follows: clinical remission (25%), relapse (22.2%), death (13.9%), sustained proteinuria (62.0%), and renal impairment (25.0%). Patients with large amount of proteinuria/day, hematochezia and hypertension showed poor prognosis. Clinical remission rate was high in younger age group and female. Old age, high serum creatinine and low GFR were highly related with sustained proteinuria, death and relapse. Among the various clinical parameters, old age most significantly predicted the 25% decrease of initial serum creatinine level during follow-up.

**Conclusions:** This study showed that HSPN in adults has relatively poor prognosis such as sustained proteinuria or renal impairment and may progress to a serious relapsing disease, causing renal failure. Old age is most important prognostic factor for all kinds of clinical outcome. Higher blood pressure, lower serum total protein level, higher amount of urine protein, higher initial and peak serum creatinine level, and lower serum total albumin level were valuable indicators to distinguish older group from younger one. Therefore these parameters could be used as significant prognostic factors for HSPN in adults.

**Key Words:** Henoch-Schönlein 자반증, 성인, 예후 인자

Henoch-Schönlein purpura, Adult, prognostic indicator