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신장기능 저하된 당뇨 환자에게서 복부 미만과 알부민뇨 사이의 관계

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Associations between Abdominal Obesity and Albuminuria in Adults with Diabetes and Reduced Renal Function

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Introduction: Obesity is associated with diabetes and renal disease. We assess the association between albuminuria and measures of obesity in adults with diabetes according to the renal function.

Methods: A retrospective observational study of the 2186 diabetics in the Korea National Health and Nutrition Examination Survey V-VI databases (2011-2013) was performed. Albuminuria was defined as urine albumin creatinine ratio (UACR) ≧30 mg/g.

Results: The 21.8% of participants had albuminuria. In diabetics with normal range of renal function (eGFR ≧75 ml/min/1.73m^2), the prevalence of albuminuria was the highest in the highest quartile of waist circumference (15.4 %, 14.1%, 20.8%, and 21.3%, *P*=0.042). In diabetics with reduced renal function (eGFR <75 ml/min/1.73m^2), the prevalence of albuminuria was higher in participants with the lowest and highest quartiles compared to the participants with second and third quartiles (51.4%, 27.8%, 24.6%, and 33.8%, *P*=0.007). However, albuminuria was not associated with body mass index and body weight quartiles. In diabetics with reduced renal function, the highest quartile and lowest quartile of waist circumference was significantly related to albuminuria compared with the second or third quartiles after adjustment of covariates (OR, 1.672 [95% CI 1.038-2.692]; 2.369 [95% CI 1.122-5.000]).

Conclusion: Abdominal obesity is associated with albuminuria in participants with diabetes and reduced renal function.

Key Words: 당뇨, 비만, 알부민뇨
Albuminuria, Diabetes mellitus, Obesity