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Association between Hemodialysis Vintage and Weight Loss in Maintenance Hemodialysis Patients in Universitas Gadjah Mada Hospital Yogyakarta-Indonesia

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Objectives: Weight loss on maintenance hemodialysis (MHD) patients is associated with lower rates of survival. It was found that patients who had been carrying out hemodialysis for more than 10 years have less body weight and 1.99 times greater of relative risk to death. The objective of this study was to determine the correlation between hemodialysis vintage with weight loss in MHD patients.

Methods: This cross-sectional study was conducted on January 2019 and involved 68 patients who underwent hemodialysis more than 6 months in Hemodialysis Unit, Universitas Gadjah Mada Hospital. The data including dialysis vintage, characteristics (age, gender, cardiac disease, type 2 diabetes mellitus as comorbid factor), dietary intake (energy and protein), and weight loss. Weight loss was measured by dry body weight before first dialysis treatment minus current dry body weight. Data were analysed using Pearson correlation test and Mann Whitney U test.

Results: The average of dialysis vintage was 3.0 ± 1.95 years and the average of weight loss was 7.50 ± 6.87 kg. The result showed that there was significant positive correlation found between hemodialysis vintage with weight loss ($p=0.019$). The age, energy intake, and protein intake had no significant correlation with weight loss. There was significant differences in the mean of weight loss between males (8.78 kg) and females (5.88 kg) ($p=0.046$). In addition, there was no significant differences between type 2 diabetes mellitus and cardiac disease with weight loss.

Conclusions: Patients who have longer dialysis vintage will have higher risk of weight loss. There was significant differences in the mean of weight loss based on sex.

_Tabel 1. Correlation between Hemodialysis Vintage, Age, Energy Intake, Protein Intake and Weight Loss

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	r	P
Hemodialysis Vintage	0.284	0.019
Age	-0.100	0.417
Energy Intake	-0.042	0.734
Protein Intake	-0.006	0.960

_Tabel 2. The Difference of Weight Loss between Sex and Comorbidities

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	n	%	P
Sex			
Male	38	55.9	0.046
Female	30	44.1	
Diabetics			
Yes	25	36.8	0.441
No	43	63.2	
Cardiac Disease			
Yes	21	30.9	0.857
No	47	69.1	