

저나트륨혈증의 임상양상에 관한 연구: thiazide 이뇨제 사용증가에 따른 임상양상의 변화

고려대학교병원 신장내과

차인혜 · 김형규 · 조원용 · 조상경 · 윤기철 · 조은정 · 유영미 · 박현선

Clinical Features of Hyponatremia: Changes Related to Increasing use of Thiazide Diuretics

Inhye Cha, Hyoung-Kyu Kim, Won-Yong Cho, Sang-Kyung Jo
KiChul Yoon, EunJung Cho, YoungMi Yu, HyunSun Park

Korea University Hospital, Department of Internal Medicine, Division of Nephrology

Background: Hyponatremia is the most frequent electrolyte disorder in clinical practice. Use of thiazide diuretics markedly increased, and thiazide-induced hyponatremia seems to be frequently encountered.

Purpose: Evaluate the incidence, etiologies of hyponatremia for 6 years (2004–2009). Assess the prevalence and characteristics of thiazide-induced hyponatremia.

Methods: Retrospective cohort study. Total 322 patients who admitted with hyponatremia were included.

Results: 174 (54%) patients presented hyponatremia. 208 (64.6%) were female, mean age was 69.9 years-old, average plasma sodium was 118.9 mEq/L on admission. Most common current medical histories were hypertension (56.5%) and diabetes mellitus (29.8%). Most common causes were thiazide diuretics (37.6%) and SIADH (18.9%). Most common clinical manifestations were general weakness (44.4%) and nausea (22%). Thiazide-induced hyponatremia show a tendency to increase from 2004 to 2009 ($p < 0.001$), combination type drug use were also increasing. In thiazide-induced hyponatremia compare to those from other causes, portion of female was higher (73.6% vs 64.6%, $p < 0.001$), mean age was older (74.7 vs 69.9 years-old, $p < 0.001$) and incidence of cerebrovascular accident was higher (19.8% vs 11.5%, $p < 0.001$).

Conclusion: The number of hyponatremia increased for recent 6 years. The percentage of thiazide-induced hyponatremia is still increasing, and thiazide-containing combination drug is becoming a main cause of thiazide-induced hyponatremia. Thiazide-induced hyponatremia seems to occur mainly in old age, female and who has history of cerebrovascular event. Therefore more cautions might be necessary in those patients with thiazide use.

Key Words: 저나트륨혈증, 임상역학, 이뇨제

Hyponatremia, Clinical epidemiology, Diuretics