막성신사구체염에서 면역억제제의 효과

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Glucocorticoids Alone or with Cyclosporine is Effective in Korean Patients with Idiopathic Membranous Nephropathy

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Background: Idiopathic membranous nephropathy (IMN) is a frequent cause of nephrotic syndrome in adults. Accumulating evidence has suggested that combined regimen of glucocorticoids and alkylating agents is beneficial to treat IMN in Western patients. However, glucocorticoids alone or with cyclosporine have been reported to be effective for treating IMN in some population. This study was undertaken to investigate the effects of glucocorticoids alone or with cyclosporine treatment on proteinuria and renal function in Korean IMN.

Methods: A total of 179 Korean nephrotic syndrome patients with IMN were included. The primary endpoint was regarded as complete remission of proteinuria (CR) and the secondary endpoints as a decline in eGFR > 50% or initiation of dialysis. Multivariate Cox regression analysis was conducted to identify the independent power of glucocorticoids alone or with cyclosporine treatment in reaching the primary endpoint and Kaplan-Meier curves were constructed to compare the difference in attaining the primary and secondary endpoints between groups.

Results: Among the patients, 122 patients (68.2%) were treated with glucocorticoids alone or with cyclosporine and 57 (31.8%) did not receive immunosuppressant treatment. Serum albumin concentrations were significantly lower, while serum cholesterol levels were significantly higher in the treatment group ($p<0.05$). During the mean follow-up duration of 58 months (3-250), CR occurred in 88 (72.1%) patients in the treatment group, which was significantly more compared to the non-treatment group 23 (40.4%) ($p<0.01$). In multivariate analysis adjusted for gender, age, blood pressure, the initial proteinuria, and serum creatinine levels, the probability of reaching the primary endpoint was significantly higher in the treatment group (OR, 2.75; 95% CI, 1.68-4.49; $p<0.01$). Kaplan-Meier analysis also revealed that CR rates and event-free rates for the secondary endpoints were significantly higher in the treatment groups ($p<0.05$).

Conclusion: This study shows that glucocorticoids alone or with cyclosporine were effective in inducing CR and preserving renal function in Korean IMN patients.

Key Words: 원발성 막성신사구체염,스테로이드,싸이클로스포린
Idiopathic membranous nephropathy, Glucocorticoid, Cyclosporine