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The Incidence of Hyponatremia and value as Risk factors in Alcoholic liver disease

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Objectives: Hyponatremia is the most common electrolyte abnormality in alcoholic liver disease(ALD). However, the prevalence of hyponatremia in chronic liver disease(CLD) patients is not well known. The aim of this study is to determine the incidence of hyponatremia in patients with ALD and to evaluate the correlation between serum sodium concentration and clinical relevance and prognosis.

Methods: We collected the medical records of CLD patients with alcoholic disorder who came through the emergency department from March 2016 to March 2021. We performed this analysis retrospectively. We evaluated the prevalence of hyponatremia and its association with hospitalization and mortality.

Results: This study consisted of 248 patients, of which 198 (79.5%) were male and 51 (20.5%) were female. The average age of patients was 56.19±11.56. Out of 249 patients, 133 (53.4%) patients had serum sodium less than 135mEq/L. Among the patients with hyponatremia, 94 (70.7%) patients experienced hospitalization, compared to the group without hyponatremia, 42 (36.2%) patients were hospitalized ($p < 0.05$). The mortality rate was statistically significantly higher in the hyponatremia group than in the normal group (18% vs. 6.9%, $p < 0.001$)

Conclusions: The presence of hyponatremia in chronic alcoholic patients is associated with increased hospitalization and mortality.