

Abstract Submission No. : 1351

The incidence, and clinical outcomes of hyponatremia associated with alcohol prescription

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Objectives: Electrolyte disorders are common in patients with chronic alcohol use disorder. Among the electrolyte abnormalities, hyponatremia is common. However, the prevalence of alcohol-induced hyponatremia is not well known. Our aim was to study the frequency of hyponatremia in patients with chronic alcohol use.

Methods: This retrospective study was conducted by collecting medical records of patients with a diagnosis related to alcohol use disorder from March 2016 to August 2021. Hyponatremia was defined as serum sodium level is below 135mmol/L. We investigated the prevalence and hospitalization rates of hyponatremia. We also analyzed a mortality of alcohol-induced hyponatremia.

Results: Among the 371 people, 294 were chronic alcohol users included in this study. The alcohol-induced hyponatremia in 10.5% (31 patients) of patients on initial measurement. Among the 31 patients, 20 (64.5 %) patients experienced hospitalization. In hospitalized patients, mean Na values were lower (123 mmol/L vs 128.6 mmol/L, $p = 0.036$) comparing with outpatients. The in-hospital mortality rates were 3.2 % (1 patient).

Conclusions: This study shows that the proportion of alcohol-induced hyponatremia is not very low. Although the mortality rate of patients with alcohol-induced hyponatremia was not high, it was confirmed that the hospitalization rate was significant.