



Shaping Tomorrow's Nephrology: Insight-Driven Kidney Care

KSN SEOUL, KOREA
2026

The 46th Annual Meeting of the Korean Society of Nephrology



Jun 11 (Thu) – 14 (Sun), 2026

COEX, Seoul, Korea

Abstract Type : Oral presentation

Abstract Submission No.: A-0432

Abstract Topic : Renal Conservative Care + Geriatric Nephrology + Sarcopenia

Association of Estimated Glomerular Filtration Rate-Adjusted Proteinuria with Kidney Failure in Older Patients with Moderate-to-Severe CKD

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Objectives : In older patients, age-related glomerulosclerosis reduces functional filtration surface, potentially increasing the protein burden per functioning nephron despite similar levels of total proteinuria. However, the prognostic significance of estimated glomerular filtration rate (eGFR)-adjusted proteinuria remains unclear in older patients with chronic kidney disease (CKD).

Methods : Among 1,220 patients aged ≥ 70 years with CKD stage ≥ 3 enrolled between 2021 and 2022 in a Korean multicenter prospective cohort, 791 were included in the final analysis. Patients were categorized into four groups based on the predetermined thresholds for the urine protein-to-creatinine ratio (UPCR) adjusted for eGFR (<1.0 , 1–5, 5–10, and ≥ 10). Kidney failure was analyzed using Fine and Gray competing-risk models accounting for death.

Results : During a median follow-up of 27 months (IQR 6–44), 156 patients (19.7%) progressed to kidney failure and 81 (10.2%) died. Patients with higher eGFR-adjusted for UPCR had a greater prevalence of diabetes, higher systolic blood pressure, and lower hemoglobin and albumin levels. In multivariable competing-risk analyses, increasing categories of eGFR-adjusted for UPCR showed a graded association with the risk of kidney failure. Compared with <1.0 , adjusted hazard ratios (HRs) were 3.26 (95% confidence interval (CI) 1.80–5.89) for 1–5, 5.15 (2.64–10.04) for 5–10, and 11.27 (5.68–22.36) for ≥ 10 (all $P < 0.01$). Notably, 89 (32.5) patients with modest proteinuria (0.15–0.5 g/g) were reclassified into higher eGFR-adjusted for UPCR category of 1–5 with the rest corresponding to that of <1.0 . Among patients with marked proteinuria (>1.0 g/g), 55 (28.1%), 56 (28.6) and 85 (43.4) patients were evenly reclassified into eGFR-adjusted for UPCR of 1–5, 5–10, and >10 , respectively.

Conclusions : In older patients with moderate-to-severe CKD, eGFR-adjusted proteinuria was independently associated with kidney failure, supporting its potential utility for risk stratification.



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