



Visceral adiposity indicators and cardiovascular risk in hemodialytic patients

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ABSTRACT

Cardiovascular diseases represent the main cause of death in chronic kidney disease (CKD). We aimed to evaluate the prevalence and association of the hypertriglyceridemia-waist phenotype (HWP) and visceral adiposity index (VAI) with cardiometabolic risk factors (CR) in patients with CKD on hemodialysis (HD). The study is based on a cross-sectional design with 265 HD patients in two cities in northeastern Brazil. The VAI was calculated considering the variables body mass index (BMI), waist circumference (WC), triglycerides (TG) and high density lipoprotein cholesterol (HDL-c). HWP was defined as the concomitant elevation of WC and TG. The Poisson Regression Model with robust variance estimation was adjusted considering a hierarchical approach for explanatory variables. Prevalence ratios (PR) were also estimated. The level of significance adopted was 5%. In our study HWP and VAI prevalence's were 29.82% and 58.49%, respectively. In the final model, there was an association between VAI and female gender (PR = 1.46; $p < 0.0001$) and high body fat (% BF) (PR = 1.33; $p < 0.0019$). HWP was associated with females (PR = 1.80; $p = 0.002$), alcohol consumption (PR = 1.58; $p = 0.033$), obesity (PR = 1.89; $p = 0.0001$), high %BF (PR = 1.76; $p = 0.012$) and reduced HDL-c (PR = 1.48; $p = 0.035$). The HWP stood out as the association with more CR factors, representing a promising method for tracking cardiometabolic risk in HD patients, mainly female

BIOGRAPHY

Dejana de Almeida Melo, 24 years, graduated by Federal University of Maranhão, Brazil. Nutrition Specialist by Residence Program of Clinics Hospital at Pernambuco, Brazil. Currently a master student at Nutrition Postgraduate Program by Federal University of Pernambuco, Brazil. Her research areas of interest are Kidney Diseases, Obesity and Metabolic Syndrome.

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