

JOINT EVENT

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Study of the relationship between abdominal obesity and micro-albuminuria in elderly**Amira Hanafey Mahmoud**
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Background: Obesity, both directly and indirectly, increases the risk for a variety of disease conditions including diabetes, hypertension, liver disease, and certain cancers, which in turn, decreases the overall lifespan in both men and women. Proteinuria was identified as a significant predictor of end-stage renal disease (ESRD) in a mass screening of volunteers and reported as a risk factor for cardiovascular or total mortality. Obesity increases the risk for variety of diseases which in turn, decreases the overall lifespan in both men and women. Though the cardiovascular risks of obesity are widely acknowledged, less often identified is the relationship between obesity and renal function.

Aim: To study the relationship between abdominal obesity and MA in elderly subjects.

Methods: A cross sectional study was conducted on 200 elderly subjects, aged ≥ 60 years. Subjects were recruited from both geriatrics and gerontology department and internal medicine at Ain Shams University hospital, Egypt. All patients had anthropometric measurements done including weight, height, body mass index, waist circumference, hip circumference and waist hip ratio, also assessment of blood pressure and albumin/creatinine ratio in urine.

Results: Mean age of participants was 74.96 ± 5.603 years. Mean waist circumference in whole sample measured 96.78 ± 16.85 , mean hip circumference was 106.31 ± 19.24 , mean waist hip ratio measured 0.91 ± 0.09 and mean body mass index was 27.83 ± 9.8 . All of waist circumference, waist hip ratio, systolic blood pressure, hypertension, diabetes mellitus, ischemic heart disease, renal disease were significantly related to micro-albuminuria (MA). Also, fasting blood sugar, serum triglycerides and renal functions were related to MA, meanwhile on multivariate analysis abdominal obesity as measured by waist hip ratio was the strongest variable correlated with MA in elderly subjects in the whole sample.

Conclusion: Abdominal obesity is strongly associated with micro-albuminuria in Egyptian elderly.

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