

KIDNEY INJURY IN HYPERTENSIVE PATIENTS IN A SPANISH POPULATION

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Purpose: To describe the characteristics of kidney injuries in hypertensive patients in Spanish population

Methodology: Multicentre, observational study. **Subjects:** 295 patients have been selected by simple random sampling of the hypertensive patients over the age of 40 in 11 Spanish health centres. **Measurements:** Age, sex, cardiovascular diseases and Diabetes. Creatinine, albumin/creatinine ratio, estimated glomerular filtration rate with formulas MDRD and Crockroft-Gault. Target organ damage and kidney disease is considered with europea hypertensive guideline criteria or if the glomerular filtration rate with one of the two methods is below 60 ml/min/1.73m².

Results:

Mean age 69 years, females 55%. 18.6% are diabetics. We found injury of target organ due to high creatinine in 7% and microalbuminuria in 9.1%. We found kidney disease due to high creatinine in 5.9% and macroalbuminuria in 2.9%. The glomerular filtration rate inferior to 60 ml/min/1.73m² is of 21.7% with MDRD and 29.5,1% with Crockroft-Gault. There is kidney injury in 33.9% of patients studied and in 38.9% with diabetes.

We found no difference in sex in relationship with kidney injuries, but we did find differences with age, 65.5 years without nephropathy and 75.63 years with nephropathy ($p < 0.05$). We found a greater prevalence of heart and cerebrovascular disease, but not of peripheral arterial disease in patients with kidney injuries.

Conclusions:

The prevalence of kidney injuries is high, especially if the estimated glomerular filtration rate is used to evaluate it. The kidney damage is greater in patients of elder age, diabetics and those with heart and cerebrovascular diseases.