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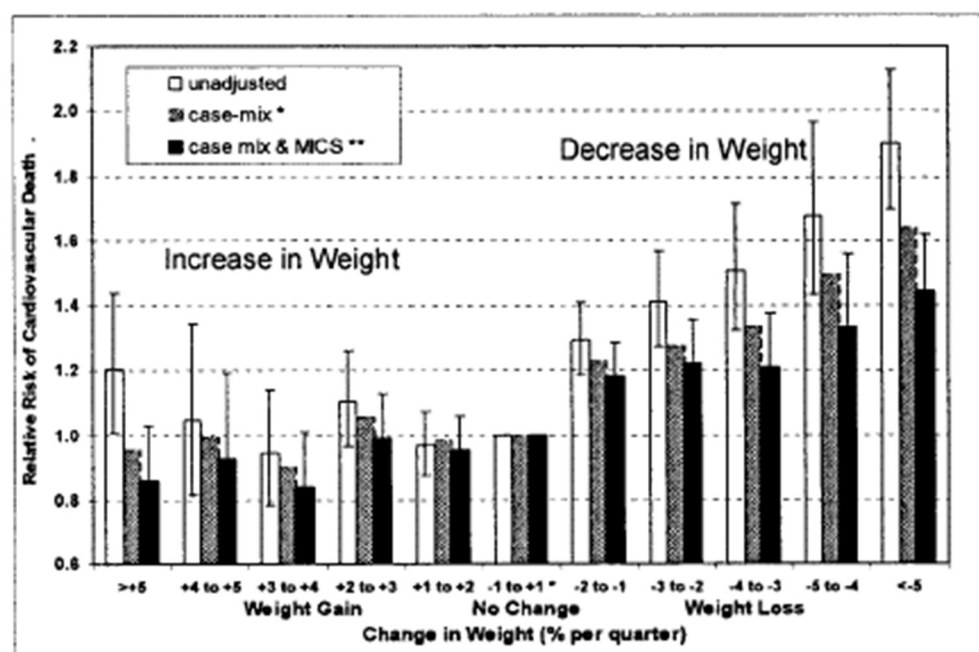
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EFFECT OF WEIGHT CHANGE OVER TIME ON CARDIOVASCULAR MORTALITY IN HEMODIALYSIS PATIENTS

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Over a quarter of a million maintenance hemodialysis (MHD) outpatients in the USA exhibit a reverse epidemiology, in that obesity appears to be related to better survival. Using the DaVita, Inc, national database of 46,629 MHD patients followed for 2 yrs, we examined whether a change in weight over time correlated with cardiovascular (CV) mortality after adjustment for case-mix & available markers of nutritional state & inflammation. Patients, aged 61.7 ± 15.5 (\pm SD) yrs, included 54% men, 32% Blacks, & 45% diabetics. Baseline BMI was 26.2 ± 6.2 kg/m². Over a 2-yr follow-up, obesity including morbid obesity was associated with better survival & reduced CV death independent of weight changes over time. Using the regression slope of the change in weight over time, an increasing weight loss was associated with increased CV death, whereas weight gain exhibited a tendency towards improved survival. Hence, weight gain & both

baseline & time-varying obesity was associated with reduced CV death in MHD patients independent of other



markers of nutritional status or inflammation. Morbidly obese patients have lowest mortality. Clinical trials to study the association between weight changes & survival in MHD patients are needed.