

PREVALENCE OF CHRONIC RENAL DISEASE IN THE HUNGARIAN HYPERTENSIVE PATIENTS

DATA FROM THE “LIVE BELOW 140/90 MMHG” PROGRAM

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On behalf of the Hungarian Society of Hypertension Working Group

In 2005 the Hungarian Society of Hypertension started a new program called “Live below 140/90 mmHg” for every hypertensive patients in Hungary.

The aim of this program to increase the hypertensive patients’ concordance with a help of non-medical possibilities. The data of the patients were collected into the **Hungarian Hypertension Registry**.

We analysed the data of participated patients in terms of antihypertensive therapy.

Patients’ data

38372 patients participated in the program and their Registry’s data were analyzed.

Average age of the patients was 61+ years, and more than 85% of the patients were above 50 years.

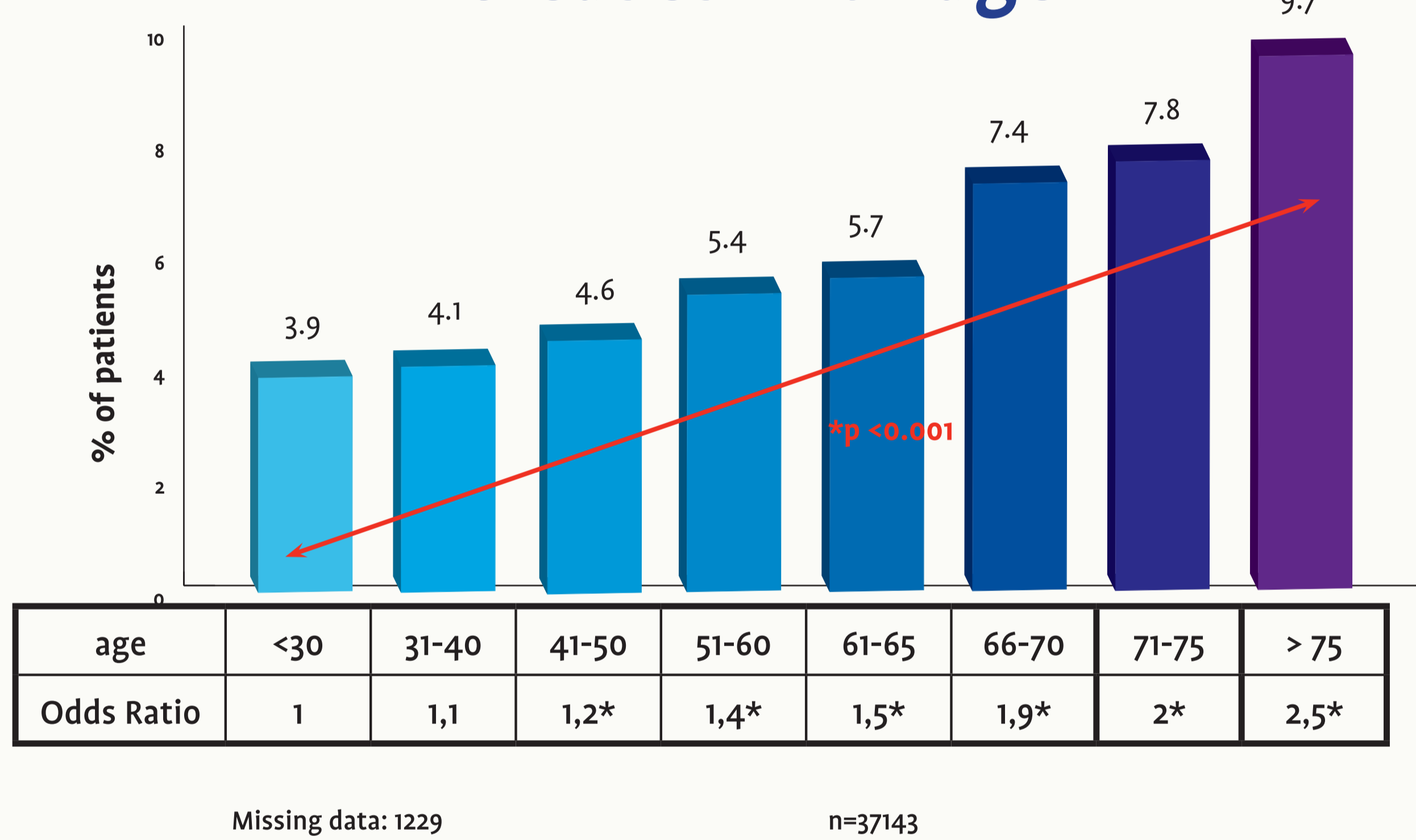
The blood urea nitrogen level was 6,5+2,3 mmol/l, the serum creatininewas 85,5+26,3 umol/l(mean + SD, respectively).

8,0 % of the hypertensive population has renal disease.

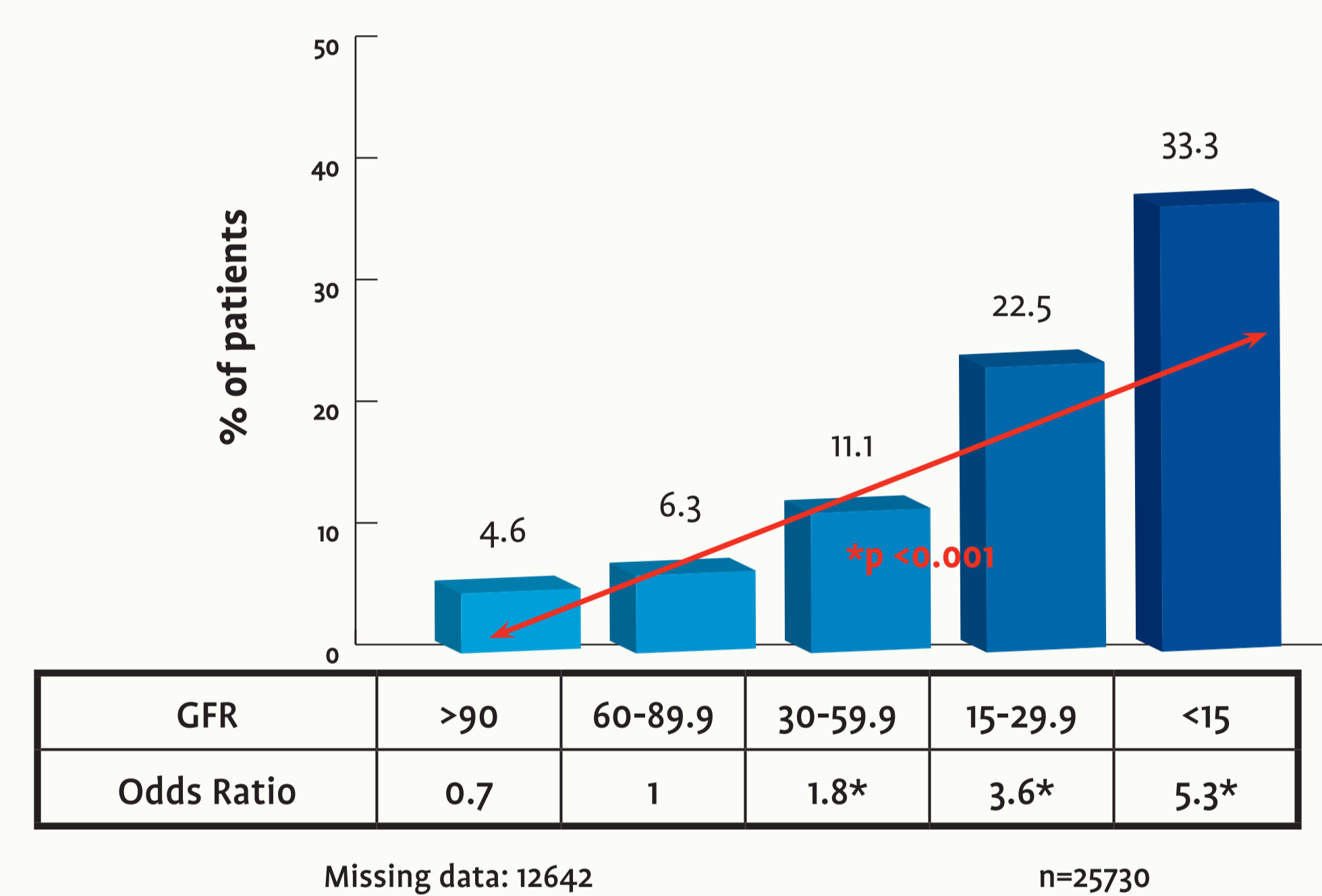
The average of calculated GFR (Cockcroft-Gault’ sequeation) was 106 +90 ml/min.

	GFR (mL/min)	Percent of Hungarian hypertensive population (%) <small>Age: 18-90 years</small>	Percent of Spanish hypertensive population (%)* <small>Age: older than 55 years</small>	Percent of ALLHAT hypertensive population** <small>Age: older than 55 years</small>
Stage-1	>= 90	51,9	14,8	
Stage-2	60-89,9	34,4	56,97	57,0
Stage-3	30-59,9	13,0	27,36	17,2
Stage-4	15-29,9	0,7	0,7	0,6
Stage-5	<15	0,01	0,24	

The risk of chronic renal disease increases with age



Albuminuria



Only 18,2 % of the hypertensive patients reached to target systolic (below 130 mmHg) and 17,3% reached to target diastolic (below 80 mmHg) blood pressure. This result is significantly lower ($p < 0,001$) than the average of all hypertensive patients (40,4 %).

The GFR was significantly higher ($p < 0,001$) in the smoking patients (GFR=112+95 ml/min) compared to the non-smoking patients (GFR=104+89 ml/min). The microalbuminuria was positive in 15% of the patients and proteinuria was present in 8% of the hypertensive patients.

Summary

This is the first report of the prevalence of chronic kidney disease (CKD) of Hungarian hypertensive patients.

The percent of reaching of target blood pressure of the Hungarian hypertensive patients was low.

The aged hypertensive patients have a very high risk for chronic renal diseases (GFR below 60 ml/min).

Based on the Hungarian Guideline of management of hypertension more aggressive therapy is necessary to reach the target blood pressure, in case of nephropathy below 130/80 mmHg.

We must change the methods and activity of patients’ and doctors’ education and we must call the attention onto achievement of the target blood pressure. We believe that the “Live below 140/90 mmHg” program will help us to reach the target blood pressure at hypertensives with CKD.

Reference:

*Redon J et al. ERIC-HTA Study, J Hypertens 2006; 24: 663-669

** Rahman M et al Report from ALLHAT Study ArchIntern Med 2004; 164: 969-976.

ÉLJEN **140/90** ALATT!

