

# PREVALENCE OF CKD IN RANDOMLY SELECTED 20 CITIES ALL OVER THE POLAND IS DEPENDENT ON AGE

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## Methods:

### Objectives:

Prevalence of chronic kidney disease is about 10-16%, mainly in the elderly. According to guidelines glomerular filtration rate-GFR below 60 ml/min is associated with the increased risk of cardiovascular morbidity and mortality. Early detection of chronic kidney disease (CKD) is particularly important in patients with such risk factors as diabetes, hypertension and in the elderly.

There are not so many population studies assessing the prevalence of CKD, the only one Polish study on the epidemiology of CKD was PolNef regions of performed in 3 selected regions in Pomerania in North Poland. Taking into consideration time elapsed after PolNef, educational activities of the working group of the Polish Society of Nephrology on the early detection of CKD and changes introduced in the primary health system by the national healthy fund (incorporating also cardiology and diabetology care into the duties of general practitioners), we designed the study to evaluate prevalence of CKD in randomly selected 20 cities all over the Poland. We named the activity "Nefrotest" and gave the motto: "kidneys do not hurt, ignorance hurt". The study was founded by the unrestricted educational grant form Fresenius Medical Care under the auspices of Polish Society of Nephrology, national and regional consultants for nephrology.

We employed two approaches: during World Kidney Day we organize kidney check-ups in the nephrology outpatient unit and in the public places like schools, churches, shopping malls gave invitations for kidney check-ups in the nephrology outpatient units. We gathered the data from 13449 subjects. Kidney function was assessed on the basis of serum creatinine and eGFR by MDRD as provided by a laboratory

## Results:

In the first approach 8333 subjects appeared in the nephrology outpatient clinic for check-up and creatinine assessment. 767 subjects had abnormal results (9.24%), in 749 CKD stage 3 was diagnosed, and in 18 CKD stage 4 was diagnosed. In the second approach out of 32600 invitations, 5116 subjects appeared in nephrology clinic for check-up and creatinine assessment. 530 subjects had abnormal results (11,34%), including 489 with stage 3 CKD, 36 with stage 4 CKD and 3 with stage 5 CKD. In the whole population screened, over 10% of subjects had CKD, at least stage 3. When we divided our population studied into age categories, we found that in patients over 40 years of age prevalence of CKD was 9.2%, over 50 year of age 11.25% and over 60 years of age 13.38%. All the subjects with abnormal results were offered a fast track visit in outpatient nephrology clinic.

## Disclosure

studies were supported by unrestricted educational grant form FMC.

## Conclusions:

Concluding, in the screened population the prevalence of CKD is over 10%, and increasing with age. Early detection of CKD and introduction of nephroprotective therapies may slower the progression to the end-stage kidney disease. It is also important from the pharmacoeconomic perspective.

