

TWO YEARS FOLLOW-UP OF ANTIPROTEINURIC EFFECT OF ADITTION OF EPLERENONE TO ACE INHIBITORS/ARBS IN NO NEPHROTIC GLOMERULAR DISEASES

M. Arroyo*, JL Merino, B Espejo, B. Bueno, Y. Amézquita, V. Paraiso.
Internal M. Department* and Nephrology Section. Coslada. Madrid. Spain.



INTRODUCTION

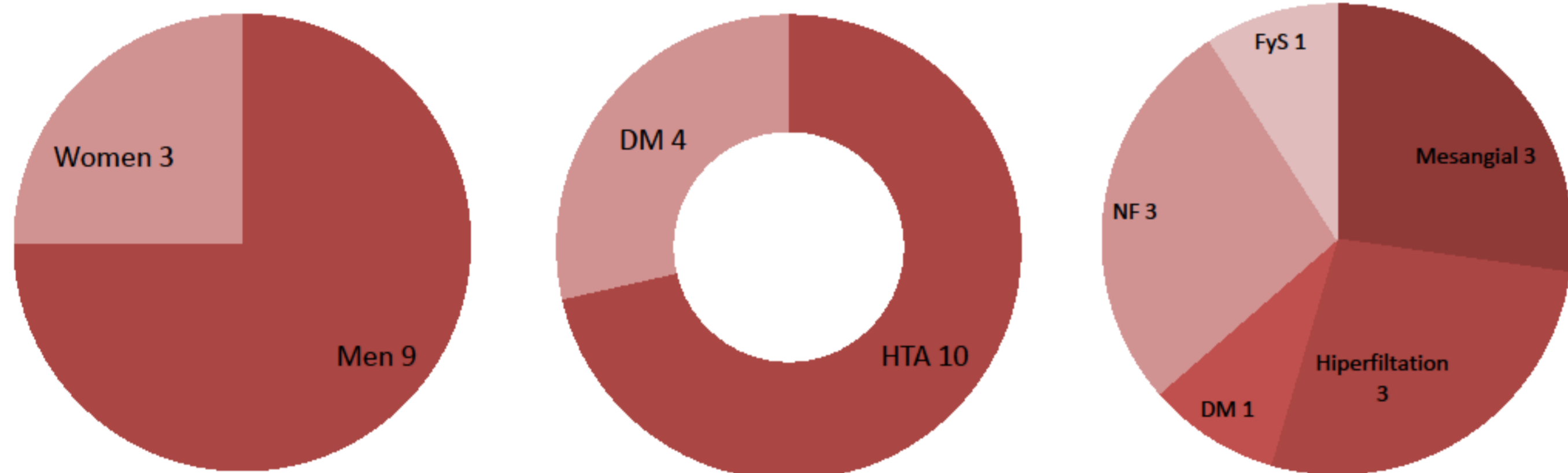
Aldosterone antagonists present a positive profile used like antiproteinuric choice. New aldosterone antagonists, eplerenone type, provide potential benefits with fewer side effects than classic aldosterone antagonists. We show our two years follow-up experience with this combination in glomerular diseases.

MATERIAL AND METHODS

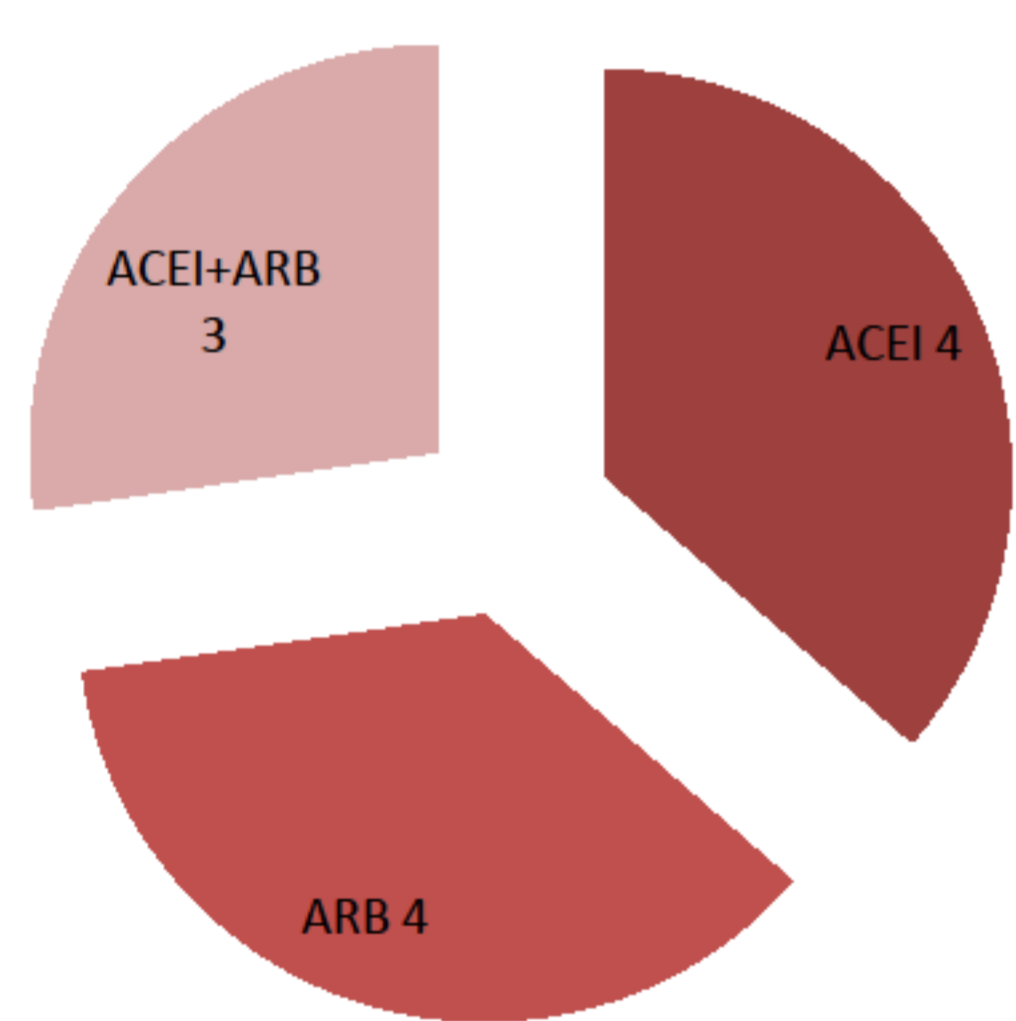
From 2010 we have retrospectively reviewed patients with non-nephrotic proteinuria, GFR>30 ml/min and who had been treated with eplerenone, as antiproteinuric, associated with ACEI or ARBS. We analyzed the evolution of renal function, proteinuria levels and changes in potassium levels as a side effects to be evaluated.

RESULTS

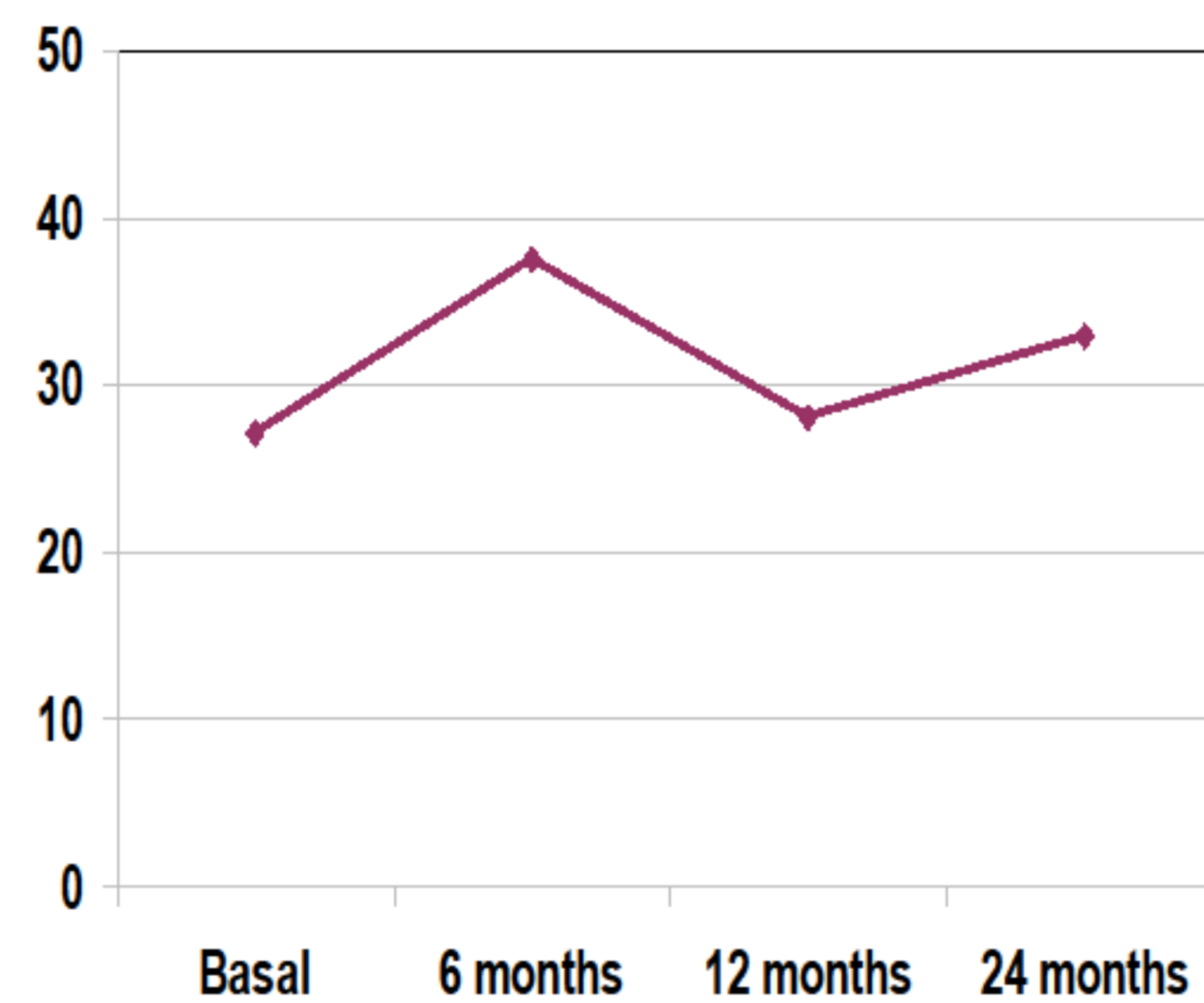
n =11 patients



Previous treatment



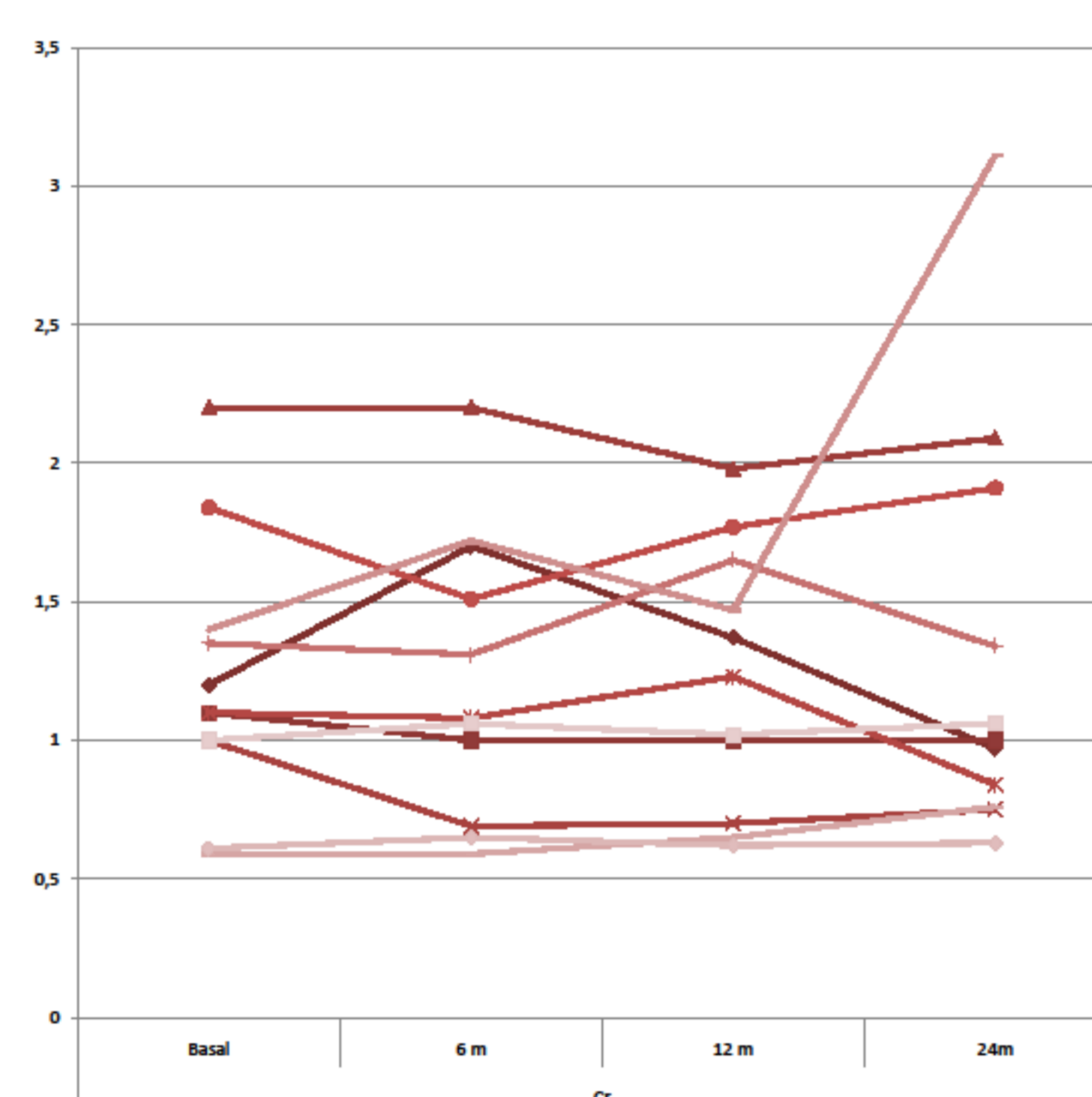
Medium Dose Eplerenone



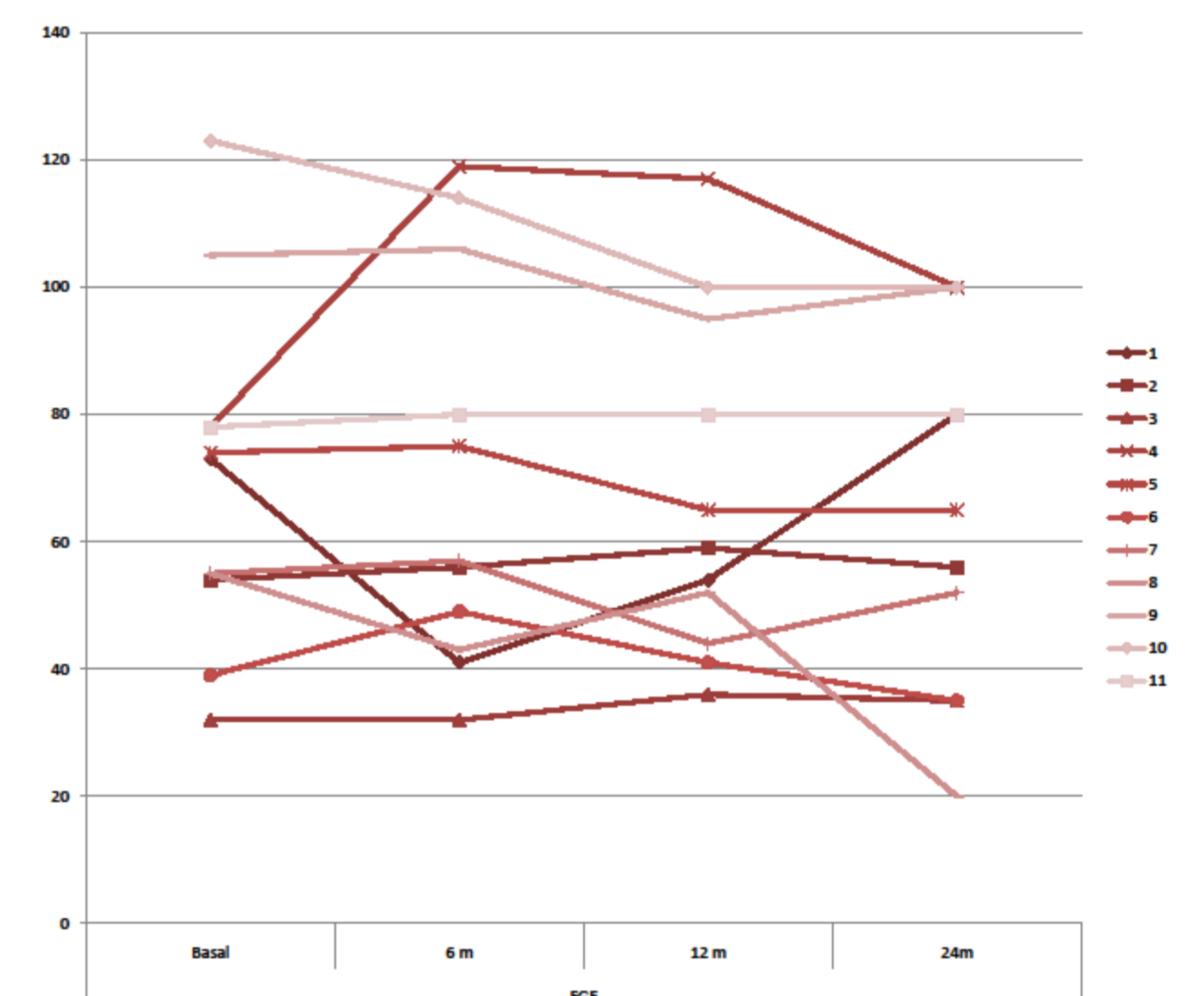
	Baseline	6 months	12 months	24 months
Serum Creatinine (mg/dl)	1.2±0.5	1.2±0.5	1.2±0.5	1.2±0.4
GFR (MDRD) (ml/min)	67±26	67±30	65±26	65±28
Na (mmol/l)	141±1.5	141±2	141±2	142±2
K (mmol/L)	4.5±0.5	4.7±0.4	4.8±0.2	4.6±0.4
Uric (mg/dl)	6.1±1.7	6.3±2.1	5.9±1.5	6.9±1.8
Albumin (g/dl)	4.1±0.2	4.1±0.2	4±0.3	4.1±0.2
UACr (mg/g)	773±595	559±460	609±501	428±400
24-hour protein excretion (g/24 h)	1.7±0.7	1.4±0.9	1.2±0.9	0.9±0.7 *
Weight (Kg)	81±13	84±14	81±11	81±11
Systolic BP (mmHg)	134±14	137±14	138±19	131±11
Diastolic BP (mmHg)	80±18	80±18	78±16	78±9 **

Mean and SD. * P=0.01 and P=0.04 ** (baseline control)

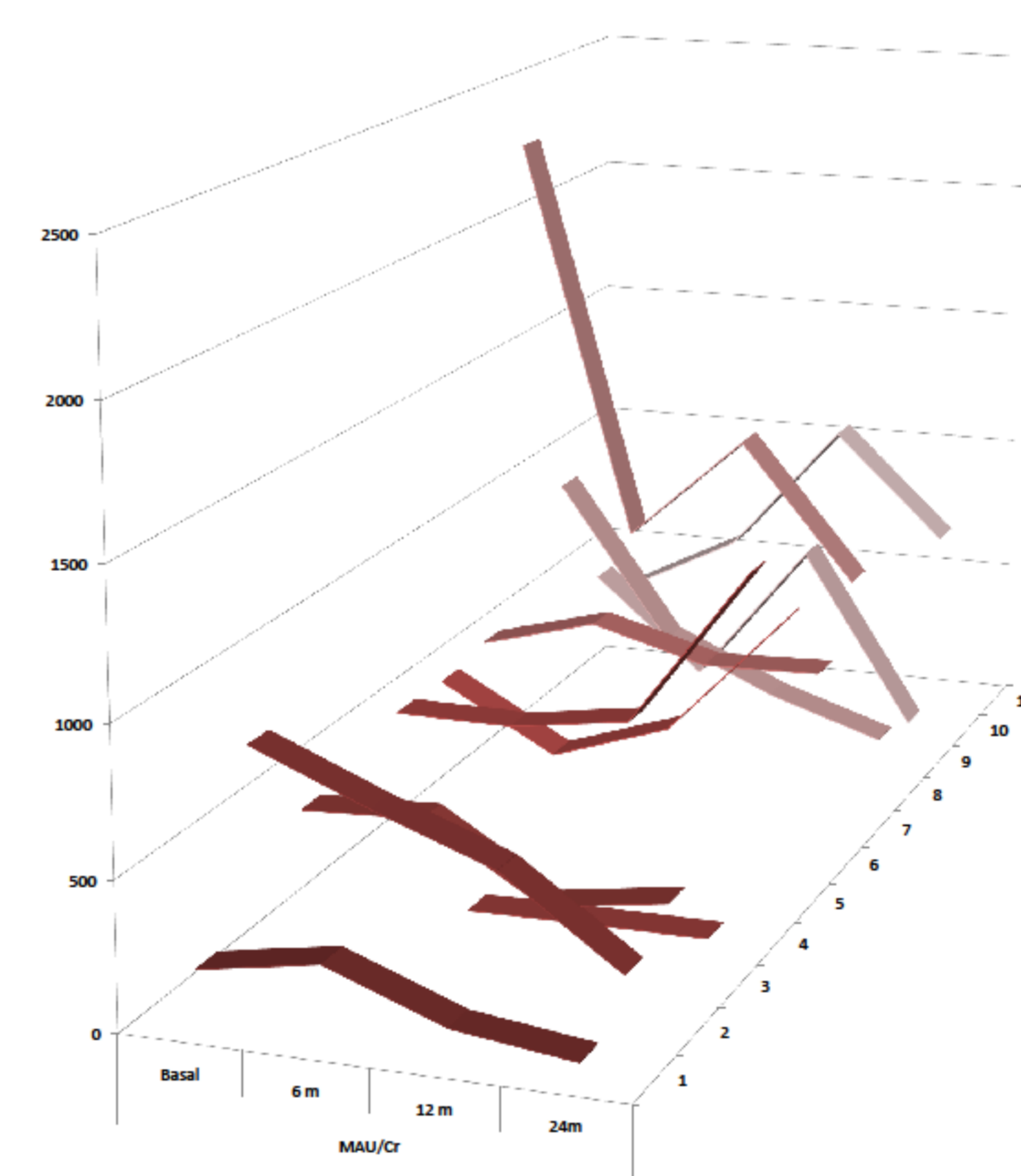
Evolution of creatinine levels



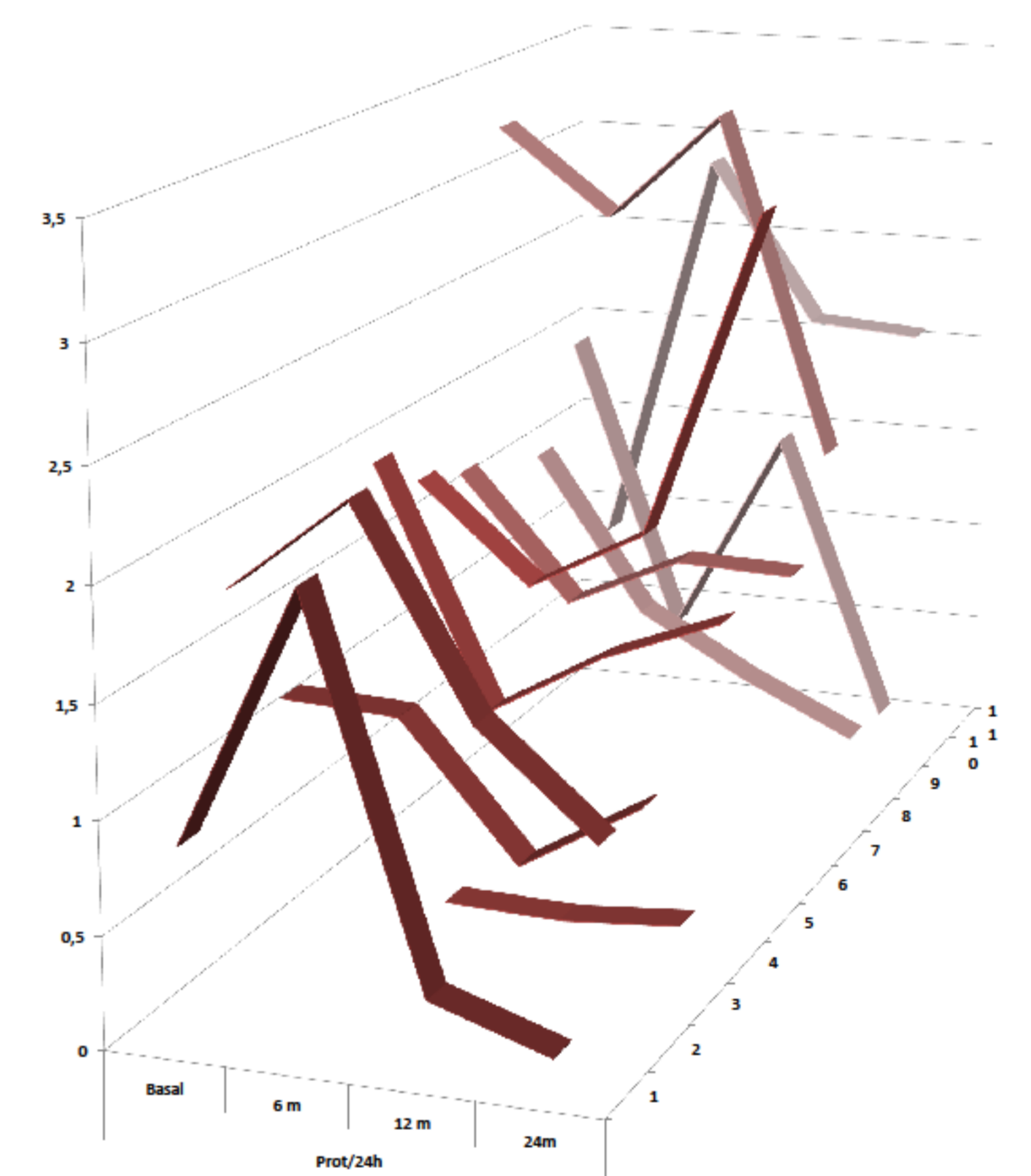
Evolution of renal function



Evolution of urine albumin-to-creatinine ratio levels



Evolution of proteinuria levels



CONCLUSIONS

The association of eplerenone with ACEI or ARB as antiproteinuric treatment may confer benefits. We have not observed remarkable side effects such as gynecomastia, increased levels of potassium or impaired renal function.

