

## Prevalence of Overweight and Obesity in Kidney Transplant Patients

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While obesity is a disorder that itself is global nowadays, it is also considered as risk factor of some disorders such as hypertension and type 2 diabetes [1]. Furthermore, metabolic syndrome and obesity are involved in pathology of chronic kidney disease [2]. Studies suggest changes in causes of mortality in transplant patients from infectious disease agents to cardiovascular disease [3]. Because of the various side effects of weight gain and obesity and its association with cardiovascular disease and the involvement of obesity and cardiovascular disease in pathology of chronic kidney disease, this study was conducted to investigate the prevalence of overweight and obesity in kidney transplant patients.

In this cross-sectional study, 128 patients referred to Shafa clinic in the fall of 2010 with a simple method to achieve the desired sample size were selected and evaluated. The data included measurements of height and weight were measured by standard methods and tools, body mass index (BMI) were calculated by the Cutlet formula. Other data such as age, sex, duration of transplant were compiled using check list. Data were analyzed using the software SPSS-17. A total of 128 people participated in this study that 56 (43.8%) of them were male and 72 (56.2%) were female. The mean age of participants was 45 years, minimum and maximum ages were 20 and 75 years, respectively. Mean of passed years of transplantation among participants was 8, minimum and maximum were 1 and 21 years, respectively that Most frequently found was 10 years.

Average of total participant's weight was 75.8 Kg, minimum and maximum were 49 and 116 Kg, respectively. Mean of weight in men was 76.9 Kg that minimum and maximum of them were 49 and 116 Kg while mean of weight in women was 75 Kg, minimum and maximum were 53 and 115 Kg, respectively. Among the total number of participants, 4 person (3.1%) were low weight ( $BMI < 18.5 \text{ kg/m}^2$ ), 26 person (20.3%) were normal ( $BMI = 18.5 - 24.9 \text{ kg/m}^2$ ), 56 person (43.8%) were overweight ( $BMI = 25 - 29.9 \text{ kg/m}^2$ ) and 42 person (32.8%) were obese ( $BMI \geq 30 \text{ kg/m}^2$ ). According to the results of this study, prevalence of overweight (43.8%) and obesity (32.8%) among kidney transplant patients are high, more widespread studies for precise survey about dimensions of the problem and offering Guidelines for control of condition and reduce complications seems necessary.

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