SUMMARY

This is a cross sectional prospective study. The aim and objective was to (1) study the pattern of lipid profile in adult nephrotic syndrome in Ilorin and (2) determine the relationship between the possible pathogenetic determinants of lipid profile - socioeconomic status, duration of illness, level of proteinuria and hypoproteinemia - and the different serum lipid fraction. 50 consecutive adult nephrotic syndrome patients with age, sex and socioeconomic matched controls were recruited for the study. Questionnaires were administered for both cases and controls. The age range of the cases and controls were 15-44 years. 54% of the patients were in class 3 and above (class 3, 4 and 5). The mean serum albumin in the cases and controls were 17.74±4.27 g/L and 49.38±9.28 g/L respectively while the mean 24hr urine proteins were 7.72±12.70 g/24hrs and 0.14±0.08 g/24hrs respectively.

The mean total cholesterol, triglyceride and LDL-C were raised in the nephrotics. (p<0.05). HDL-C was reduced (p>0.05). Hyperlipidaemia was noted in all the socioeconomic classes and it was not class specific. Nephrotic range proteinuria positively correlated with hyperlipidaemia ($r^2=0.44$). Hypoalbuminaemia positively correlated with hyperlipidaemia ($r=0.5$). Duration of illness also positively correlated with hyperlipidaemia ($r=0.44$).