SUMMARY

INTRODUCTION

Cardiovascular disease (CVD) remains the leading cause of morbidity and mortality in patients with chronic kidney disease (CKD). This is due to multiple traditional and non traditional risk factors for CVD in these patients. There is a paucity of information on CVD and risk factors for CVDs in Nigeria. This study was therefore aimed at determining the prevalence of CVDs and CVD risk factors in CKD patients in Lagos.

METHODS

Ninety CKD patients and forty-five age and sex matched controls were recruited. Clinical assessments for hypertension, congestive cardiac failure (CCF) and cerebrovascular disease were carried out and their blood samples were analyzed for serum lipids, haemoglobin and C-reactive protein (CRP). Carotid intima media thickness (CIMT) and left ventricular mass (LVM) were also assessed.

RESULTS

Prevalence of hypertension, dyslipidemia, anemia and elevated CRP was higher among subjects compared to controls $p < 0.05$. About 60% (60.9%) of patients had LVH compared to 8.9% controls and 30% of subjects had CCF compared to 0% control $p < 0.05$. Though prevalence of elevated CIMT and stroke were higher among CKD patients, none reached statistical significance $p > 0.05$. Systolic blood pressure (SBP), diastolic blood pressure (DBP), total cholesterol, low density lipoprotein (LDL)-cholesterol, triglycerides levels, haemoglobin levels and CIMT were higher among subjects $p < 0.05$. Haemoglobin levels, serum triglycerides and CRP were significantly different among patients in different stages of CKD.
CONCLUSION

CKD patients in Lagos have high prevalence of CVDs and CVD risk factors. Hypertension and anaemia were associated with cardiac remodeling while dyslipidemia was associated with sub-clinical atherosclerosis and stroke.