


Epidemiology of renal and cardiovascular risk factors in Toba aborigines

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RESUMEN

Objectives. To detect, educate, and control cardiovascular (CVD) risk factors, diabetes mellitus, hypertension, obesity, central obesity, and renal damage markers such as glomerular filtration rate (GFR) and proteinuria within a population of Toba aborigine people who live in the outskirts of Resistencia city, Chaco Province, Argentina. **Methods.** A sample was selected from four Toba communities. Blood and urine samples were drawn in their own homes. Proteinuria was considered positive when a urinary protein/urinary creatinine rate (uPr/uCr) ≥ 0.20 . GFR was estimated by Levy formula, and the stages of chronic kidney disease (CKD) were as defined in the National Kidney Foundation Guidelines. **Results.** In all, 385 subjects were included, 36% males, mean age=36.1 years old. The prevalence of CVD risk factors was as follows: hypertension in 97 (25.2%), proteinuria in 84 (21.8%), CKD in 93 (24.2%) [Stage 1 in 26 (6.8%), Stage 2 in 46 (12%), and Stage 3 in 21 (5.5%)]. No subjects showed CKD Stage 4 or 5. Being overweight was found in 129 (33.5%), obesity in 82 (21.3%), central obesity in 190 (49.4%), and diabetes in 8 (2.1%). The presence of CKD was associated with an increased prevalence in central obesity, hypertension, and diabetes, but not obesity. The adjusted relative risk for proteinuria was 2.79 ($p \leq 0.008$) in subjects of at least 45 years of age, compared to subjects under 25 years. **Conclusions.** This group of aborigines showed a high prevalence of proteinuria and CVD risk factors and CKD not related to diabetes.

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**UNIDAD
ACADÉMICA:** Universidad Católica de Córdoba > Facultad de Ciencias de la
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