

THE NEGLECTED PATIENT: OVERWEIGHT AND KEEN FOR A KIDNEY TRANSPLANT

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Problem: Patients with renal failure and a BMI>30 are often denied the potential benefits of renal transplantation on the grounds of excessive weight alone. This is based on some evidence that graft survival is less and the complications greater in such patients. Many of them feel neglected by their renal unit and are given little or no support to help them lose weight.

Purpose: To identify and provide support for patients with a BMI>30 who are excluded from the transplant list because of their excessive weight.

Design: Potential renal transplant patients with a BMI>30 were recruited onto a Weight Reduction Programme, involving a combination of diet and exercise advice and the weight-reducing drug Orlistat. Monthly assessments by a multi-disciplinary team included Weight, BMI, BP, Cholesterol and Insulin requirements (if diabetic). A cohort of 14 patients was identified for the first wave and an additional 8 patients joined for the second wave.

Findings: Of 14 patients starting the programme 9 (64%) continued to three months and 5 dropped out (36%). In group 2, 1 patient (12,5%) dropped out and 7 (87.5%) was seen at month three.

	<u>Wt (M0)</u>	<u>BMI (M0)</u>	<u>Wt (M3)</u>	<u>BMI (M3)</u>	<u>Ave wt loss</u>	<u>Ave BMI</u>
<u>loss</u>						
Group 1	108.1	37.2	103.8	35.8	4.3	1.4
Group 2	104.0	35.9	100.9	34.8	3.1	1.1
Group 1+2	106.3	36.6	102.5	35.3	3.8	1.3

All patients but one, lost weight during the initial three months. The biggest weight loss was 11.2 kg.

Conclusion: These preliminary results suggest that overweight patients can achieve a degree of weight loss, using a combination of Orlistat along with dietary and exercise advice. Further assessments of this novel strategy are ongoing

Relevance: With an increasing number of obese people, this programme highlights the importance of providing overweight and often neglected patients with appropriate support to become transplantable. In addition, there is also a possibility there will be other health benefits such as lower cholesterol levels and lower blood pressures, and this is the subject of further investigation.