

To Evaluate Mortality Risk Associated with Obesity in Hemodialysis Patients

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Abstract: *This study aimed to evaluate the mortality risk associated with obesity in a cohort of 125 patients undergoing maintenance hemodialysis. In this prospective, cross-sectional, observational study, we collected data on patient demographics, anthropometric measurements, comorbidities, laboratory results, and clinical outcomes. The study population had a high prevalence of overweight (32.8%) and obesity (20.0%), and a significant burden of comorbidities, including hypertension (72.0%) and diabetes mellitus (56.0%). Laboratory analysis revealed common biochemical derangements such as hyperkalemia, hyperphosphatemia, and a high prevalence of dyslipidemia. Over the study period, the mortality rate was 14.4% (18 deaths), with cardiovascular events being the leading cause of death. Our findings suggest that obesity, combined with a high burden of comorbidities and metabolic derangements, is associated with significant morbidity and mortality in this vulnerable patient population*

Keywords: Hemodialysis; Obesity; Body Mass Index (BMI); Chronic Kidney Disease (CKD); Mortality; Cardiovascular events; Comorbidities; Dialysis adequacy

