

## **Prevalence of left ventricular hypertrophy in haemodialysis**

Arij Ben Kmicha<sup>1</sup>, Mariem Khadhar<sup>1,2</sup>, Sarra Hadded<sup>1</sup>, Hanene Gaied<sup>1</sup>, Raja Aoudia<sup>1</sup>, Mouna Jerbi<sup>1</sup>, Rym Goucha<sup>1</sup>

<sup>1</sup>Nephrology Department, Mongi Slim University Hospital, Tunis, Tunisia

<sup>2</sup>Laboratory of Kidney Disease (LR00SP01), Tunis, Tunisia

### **Abstract**

**Introduction:** Among the various cardiovascular complications in haemodialysis patients, left ventricular hypertrophy (LVH) is one of the most common. The aim of this study was to evaluate the frequency of LVH and analyse the associated factors in patients undergoing chronic haemodialysis.

**Patients and Methods:** This is a retrospective study involving 21 haemodialysis patients from the haemodialysis unit of Mongi Slim Hospital, La Marsa. Left ventricular hypertrophy is defined by a left ventricular mass index, as determined by transthoracic echocardiography, exceeding 115 g/m<sup>2</sup> in men and 95 g/m<sup>2</sup> in women.

**Results:** The study group consisted of 21 patients with a mean age of 54 ± 10 years. The primary nephropathy was diabetic in 28.57%, vascular in 33.33%, and indeterminate in 19.04% of cases. Eighty percent of the patients were hypertensive; 28.57% were diabetic; 52.38% were smokers; and 9.52% were alcohol consumers. The prevalence of LVH in this population was 28.5%.

**Conclusion:** Left ventricular hypertrophy is very common among haemodialysis patients. Collaboration between cardiologists and nephrologists is necessary to protect these patients from all related complications.