



المخلص الإنجليزي للأبحاث المقدمة من
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البحث الثامن

(بحث مشترك منشور دوليا مشتق من رسالة علمية)

عنوان البحث :
تقييم سماكة بطانة الشريان السباتى في الأطفال المصابين بالمتلازمة الكلوية مجهولة السبب

Evaluation of carotid intima media thickness in children with idiopathic nephrotic syndrome

المشاركون في البحث :

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Background: Nephrotic syndrome is the one of the commonest renal disorders in children. Children with nephrotic syndrome (NS) are at a high risk of atherosclerosis due to hyperlipidemia, hypertension. Carotid intima media thickness (CIMT) is a surrogate marker for atherosclerosis. This study **aimed** to evaluate the carotid intima media thickness in children with nephrotic syndrome and its relation to different risk factors. **Methods:** This is an observational case control study that included forty children with nephrotic syndrome and thirty healthy children as controls. The inclusion criteria were age of 2 years or more with disease duration of minimum of 1 year and glomerular filtration rate $>90\text{mL}/\text{min}/1.73\text{m}^2$. CIMT was assessed by ultrasound. Lipid profile, protein/creatinine ratio in urine and kidney function tests were done. **Results:** The mean CIMT (mm) was significantly higher in patients with NS (0.477 ± 0.04) compared to controls (0.39 ± 0.03) ($P < 0.001$) even when compared across different age groups. 60% of patients had received non-steroid immunosuppressive therapy. CIMT was significantly higher in patients receiving non-steroid immunosuppressive therapy than those receiving steroids alone. Subsequently, CIMT had significant positive correlation to duration of the disease ($p=0.05$), body mass index (BMI) ($p=0.03$), number of relapses ($p=0.01$) and diastolic blood pressures ($p=0.003$). **Conclusion:** Children with NS had significantly higher CIMT than control group. CIMT was positively correlated to disease duration, number of relapses and BMI. It was significantly higher among patients receiving non-steroid immunosuppressive therapy than those receiving steroids alone.

Keywords: nephrotic syndrome, children, carotid intima media thickness, dyslipidemia

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