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## RENALNA DISLIPIDEMIJA U BOLESNIKA NA KRONIČNOJ HEMODIJALIZI

### RENAL DYSLIPIDEMIA IN PATIENTS ON CHRONIC HAEMODIALYSIS

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**Deskriptori:** Hiperlipidemija – etiologija; Bubrežno zatajenje, kronično – komplikacije; Trigliceridi – u krvi; Bubrežna dijaliza

**Sažetak.** Važnu ulogu u razvoju ateroskleroze u bolesnika na kroničnoj hemodijalizi (BKHD) imaju lipidni poremećaji u krvi. Ti bolesnici imaju obrazac lipida u krvi čije su osobine povišenje triglicerida i sniženje HDL-kolesterola. Fenotip poremećaja lipida u uremičnih bolesnika uglavnom je tip IV po Fredricksonu (oko 30%), a manji dio otpada na IIA i na IIB. Oko 9% lipidnih poremećaja uremičara otpada na izolirano povišenje Lp(a). Glavni uzrok hipertrigliceridemije u BKHD je smanjen metabolizam VLDL-kolesterola zbog inhibicije lipoproteinske lipaze. Također postoje aterogene promjene u sastavu lipoproteina, osobito su aterogene promjene LDL-čestice. Liječenje renalne dislipidemije treba biti odlučno, i to na početku bubrež-

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nog zatajenja. Na raspolažanju nam stoje dijetalne mjere (osobito omega-3-masne kiseline), statini, gemfibrozil, intravenski L-karnitin i bikarbonati per os. U tom smislu važne su i modifikacije postupka hemodialize kao što je visokoprotočna hemodializa, niskomolekularni heparin, dijalizatori obloženi vitaminom E, a za tvrdokorne slučajevi služi i LDL-afereza.

**Descriptors:** Hyperlipidemia – etiology; Kidney failure, chronic – complications; Triglycerides – blood; Renal dialysis

**Summary.** Disorder of blood lipids plays an important role in atherosclerosis progress in patients ongoing chronic haemodialysis (PCHD). These patients have specific features of blood lipids with increment of triglycerides and decrement of HDL-cholesterol. Phenotype of lipid disorder in PCHD is mostly type IV according to Fredrickson (30%), and IIA and IIB phenotypes are less frequent. About 9% of lipid disorders in PCHD are isolated increase of Lp(a). Main reason of hypertriglyceridemia in PCHD is attenuated metabolism of VLDL-cholesterol because of lipoprotein lipase inhibition. There are changes in lipoproteins quality, specially changes in LDL particle have atherogenic potential. Renal dyslipidemia treatment must be vigorous in the early stages of renal insufficiency. Treatment can be dietary measures (specially omega-3-fatty acids), statins, gemfibrozil, intravenous L-carnitine and bicarbonate given per os. Haemodialysis modifications such as highflux haemodialysis, low molecular weight heparin, vitamin E coated dialyzers and LDL-apheresis in extreme cases have important role in renal dyslipidemia treatment.

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Kardiovaskularne, cerebrovaskularne i periferne vaskularne bolesti najčešći su uzrok smrti i pobola u bolesnika s kroničnim zatajenjem bubrega.<sup>1</sup> Čak 42,5% bolesnika na kroničnoj hemodializi umire od srčanih i cerebrovaskularnih bolesti.<sup>2</sup>

Najvažniji uzroci ateroskleroze u bolesnika na kroničnoj hemodializi (BKHD) jesu hipertenzija, hiperlipidemija, šećerna bolest, hiperparatiroidizam, stanje kronične upale, pušenje, hiperhomocisteinemija.<sup>3–5</sup> Pušenje je dokazani čimbenik ateroskotskog rizika u općoj populaciji, a osobito je važan aterogeni čimbenik u populaciji bolesnika na dijalizi.<sup>6</sup>

Hiperhomocisteinemija je dokazani čimbenik rizika ateroskleroze u ljudi, a razina homocisteina je povišena u bolesnika s kroničnim zatajenjem bubrega i u nekim nasljednim metaboličkim bolestima kao što je homocystinuria.<sup>7</sup> Homocystein dovodi do proizvodnje i lučenja elastaza u arterijskoj stijenci sudjelujući tako u procesu smanjenja elastičnosti arterija, što dovodi do povišenog krvnog tlaka i ateroskleroze.<sup>8</sup> Također postoje dokazi da je povišen nivo homocisteina u krvi povezan sa slabijim odgovorom endotela na dušični oksid (NO) i s povećanom proliferacijom glatkih mišića u arterijama.<sup>9,10</sup>

Dokazano je da je hiperhomocisteinemija nezavisan čimbenik rizika za kardiovaskularne bolesti u bolesnika na hemodializi.<sup>11</sup> Zato se bolesnicima s kroničnim zatajenjem bubrega preporučuje davanje folne kiseline, vitamina B6, vitamina B12 i betaina, koji dokazano snizuju razinu homocisteina u krvi jer su kofaktori/supstrati u metabolizmu homocisteina.<sup>12</sup> Folna kiselina u dozi od 2,5 do 5 mg snizuje povišenu koncentraciju homocisteina u krvi u uremičnih bolesnika, a što je viša razina homocisteina u krvi, to folna kiselina ima bolji učinak na nj.<sup>13</sup> Ipak, dokazano je da su za bolesnike na dijalizi učinkovitije doze tih vitamina koje premašuju fiziološke dnevne doze, primjerice doze od 15 mg folne kiseline, 100 mg vitamina B6 i 1 mg vitamina B12 na dan.<sup>14</sup>

Vrlo važnu ulogu u razvoju ateroskleroze u BKHD imaju lipidni poremećaji.<sup>15</sup> BKHD i predijalizni bolesnici imaju specifičan obrazac poremećaja lipida u krvi (uremička ili renalna dislipidemija), a ti poremećaji postoje i u bolesnika na peritonejskoj dijalizi.<sup>16,17</sup> Glavne osobine uremičke dislipidemije su:

- povišeni trigliceridi plazme
- normalan ukupni kolesterol i LDL-kolesterol
- smanjen HDL-kolesterol u plazmi
- nakupljanje lipoproteina koji sadržavaju apo-B i bogati su trigliceridima (tzv. Lp-Bc), a to su VLDL i IDL zajedno sa svojim ostatnim česticama
- LDL-kolesterol najčešće nije povišen, ali pokazuje promjene u veličini i sastavu, što je dodatni rizik za razvoj ateroskleroze
- nakupljanje ostatnih lipoproteina (djelomično metaboliziranih lipoproteina), što predstavlja rizik od ateroskleroze.<sup>18</sup>

Takov obrazac nije specifičan samo za uremične bolesnike već i za dijabetičku hiperlipidemiju pa su u uremičara s dijabetičkom nefropatijom ove promjene lipida u krvi još naglašenije, a glavna strukturalna promjena lipoproteina u dijabetičke nefropatije jest povećanje relativnog udjela apoproteina C (ApoC) u VLDL, IDL i LDL-česticama.<sup>19</sup>

Fenotip poremećaja lipida u uremičnih bolesnika uglavnom je tip IV po Fredricksonu (oko 30%), a manji dio otpada na IIA i na IIB, najmanji dio otpada na izdvojenu hipoalfalipoproteiniju i na hiper-ApoB fenotip. Oko 9% lipidnih poremećaja u uremičara otpada na izdvojeno povišenje Lp(a).<sup>20,21</sup> Glavni lipidni poremećaj u uremičara je hipertriglyceridemija uz snižen HDL (između povišenja triglicerida i sniženja HDL-a postoji negativna korelacija).<sup>22</sup>

U renalnoj dislipidemiji ukupni kolesterol obično nije poremećen, kao ni LDL, a povećani su omjeri ukupni kolesterol/HDL i LDL/HDL, što znači rizik od ateroskleroze.<sup>23</sup>

## Rasprrava

Glavni uzrok hipertriglyceridemije u BKHD je smanjen metabolizam VLDL-kolesterola. Uzrok toga je povišenje ApoC-III i sniženje ApoC-II. ApoC II je kofaktor lipoproteinske lipaze (LPL), dok ApoC-III koči njezinu aktivnost. ApoC-III je povišen u uremičnih bolesnika, a vrijednosti mu značajno koreliraju s vrijednostima triglicerida i Lp-Bc, vjerojatno preko inhibicije LPL-a.<sup>24</sup> Smanjena LPL-aktivnost, kao i smanjena aktivnost hepaticke triglyceridne lipaze (HTGL) uzrokuju smanjeni katabolizam hilomikrona, VLDL i IDL-čestica.<sup>25,26</sup> Čitokini koji su povišeni u uremiji (TNFα, IL-1, IL-2) također inhibiraju LPL.<sup>27</sup> Važno je i smanjenje zaliha LPL-a zbog ponavljane primjene konvencionalnoga nefrakcioniranog heparina koji se rabi u postupku hemodialize.<sup>28</sup> Sveukupni učinak inhibicije djelovanja LPL-a je smanjena pretvorba VLDL-a u LDL. Posljedica toga je povišenje VLDL-a i triglicerida.

Sniženje koncentracije HDL-a čest je nalaz u BKHD osobito u prisutnosti hipertriglyceridemije. Naime, u BHDK smanjena je aktivnost lecitin kolesterol aciltransferaze (LCAT) i HTGL-a koji sudjeluju u konverziji HDL-čestice.<sup>25</sup> Za sniženje HDL-a bitno je i sniženje ApoA-I i ApoA-II proteina.<sup>29</sup> Dokazano je da uremičke srednje molekule veličine 500–2000 iz seruma uremičnih bolesnika inhibiraju lučenje ApoA-I u hepatocitima.<sup>30</sup> HDL je u uremičara drugačijeg sastava, veće je gustoće i sadržava manje kolesterolu.<sup>31</sup>

Iako LDL-kolesterol i ukupni kolesterol nisu povišeni, u BKHD i predijaliznih bolesnika LDL-čestice su manje gustoće, manje veličine, bogatije trigliceridima, a siromašne kolesterolom. Te promjene u sastavu i veličini LDL-čestica, unatoč njihovoj normalnoj koncentraciji u plazmi, dodatni su čimbenik rizika za razvoj ateroskleroze jer su takve LDL-čestice atero-

genije, javljaju se rano u bubrežnom zatajenju, a prisutne su i nakon presađivanja bubrega.<sup>19,22,32,33</sup> Takve LDL-ćestice podložne su lipidnoj peroksidaciji, čiji je proizvod osobito aterogen oksidirani LDL (O<sub>x</sub>LDL).<sup>34,35</sup> Sve te promjene LDL-ćestice dovode do smanjenog klirena LDL-ćestica putem ApoB/E-receptora u fibroblastima i hepatocitima i njihova pojačanog katabolizma u glatkim mišićnim stanicama arterija i makrofazima, što je fiziološka osnova ateroskleroze.<sup>36</sup>

Promjene u sastavu i strukturi lipoproteina javljaju se i pri normalnim ili čak niskim vrijednostima lipida u plazmi.<sup>25,31</sup> Karakteristična promjena sastava apoproteina u plazmi uremičara je povišena koncentracija ApoB i ApoC-proteina, a snižena koncentracija ApoA-I i ApoA-II.<sup>37</sup> Uremični bolesnici u odnosu na zdravu populaciju imaju u VLDL,IDL i LDL-ćesticama veći udio ApoB, a u VLDL i IDL-ćesticama veći udio ApoC-II i III i ApoE. U LDL-u povišen je udio ApoC-II i ApoC-III, a u HDL-u smanjen je udio ApoA-I, ApoA-II i ApoC.<sup>38</sup>

Lipoprotein-a [Lp(a)] neovisni je čimbenik rizika za kardiovaskularne bolesti koji u osoba s aterogenim rizikom (kao što su uremični bolesnici) dodatno pridonosi kardiovaskularnom pobolu.<sup>39</sup> Dokazana je povišena koncentracija Lp(a) u BKHD i u predializnih bolesnika neovisno o vrijednostima ostalih lipida.<sup>37</sup> Lp(a) je osobito visok u bolesnika koji se liječe peritonejskom dijalizom, a uspješna bubrežna transplantacija dovodi do brzog smanjenja Lp(a).<sup>40</sup>

### Liječenje renalne dislipidemije

U liječenju renalne dislipidemije vrlo su važne dijetalne mjere kao što je smanjenje kolesterolja u prehrani, a korisnim se u BKHD pokazalo riblje ulje, omega-3-masne kiseline i uzimanje 20–50 i.j. vitamina E na dan, što smanjuje podložnost LDL-ćestice oksidaciji.<sup>41</sup> Na Lp(a) dijeta nema učinka.<sup>42</sup> Statini su se pokazali učinkoviti u renalnoj dislipidemiji (peroralni pravastatin ili simvastatin) snižavajući trigliceride, još više kolesterol i LDL, povišujući HDL i ApoA, a snizujući ApoB. Simvastatin davan u dozi od 10 mg imao je terapijski učinak i bio je odlično podnošljiv u BKHD.<sup>43</sup> Ispitivanjem farmakokinetičke pravastatina, koji je davan bolesnicima na dijalizi u dozi od 20 mg na dan, pokazano je da nema promjene u njegovoj farmakokineticu te da može biti davan sigurno i bez promjene doze.<sup>44</sup> Gemfibrozil manje snižava kolesterol i LDL i manje podiže HDL u odnosu na statine, a nema učinka na ApoA. Na sniženje ApoB, ApoE i ApoC-III gemfibrozil i statini djeluju podjednako, a ne djeluju na Lp(a).<sup>45–47</sup> Gemfibrozil se u BKHD daje u dozi od 300 do 600 mg i dokazano je da nema povećane opasnosti od oštećenja skeletnih mišića.<sup>48</sup> Korisnim se u BKHD s hipertrigliceridemijom pokazalo i intravensko davanje L-karnitina u dozi od 25 mg/kg nakon dijalize, tri puta na tjedan.<sup>49</sup>

Ako se niskomolekularni heparin (LMWH) rabi u postupku dijalize umjesto konvencionalnoga nefrakcioniranog heparina, dolazi u BKHD s renalnom dislipidemijom do sniženja kolesterolja, LDL, ApoB, triglicerida, Lp-Bc, a do povišenja HDL-a.<sup>50,51</sup> Isto tako postoje izvještaji o poboljšanju lipidnih pokazatelja u krvi ako se snizi doza konvencionalnoga nefrakcioniranog heparina koji se rabi za postupak hemodialize.<sup>52</sup> Pokazano je da i peroralnim uzimanjem NaHCO<sub>3</sub> (smanjenjem metaboličke acidoze) dolazi do sniženja triglicerida, ali to nema učinka na kolesterol i HDL.<sup>53</sup>

Korisne su se pokazale i dijalizne membrane obložene vitaminom E, koje smanjuju oksidaciju LDL i HDL-ćestica.<sup>54</sup>

Nekoliko studija pokazalo je poboljšanje lipidnih pokazatelja u BKHD koji su liječeni visokoprotočnom hemodializom (high flux – HF) u odnosu na niskoprotočnu hemodializu (low flux – LF).<sup>55–58</sup> Razlog tomu je u sposobnosti HF-hemodializala u uklanjanju jednog ili više uremičkih toksina veće molekularne mase koji djeluju kao inhibitori LPL-a. Pokazano je

*in vitro* da serum uremičnih bolesnika inhibira LPL.<sup>59</sup> Isto tako je pokazano da HF-dijaliza značajno uklanja i ApoC-III koji je također (lipoproteinski) inhibitor LPL-a.<sup>57</sup> Učinak HF-dijalize bio je najizraženiji u sniženju triglicerida (sniženi su čak 30–50%). Taj pozitivni učinak HF-hemodialize nije posljedica veće biokompatibilnosti membrana, nego veće protočnosti membrana. HF-dijaliza je učinkovita i u uklanjanju niskomolekularnih AGE (advanced glycation endproducts) koji su vezani na ApoB (AGE-ApoB).<sup>60</sup> Tako izmijenjeni ApoB u LDL-ćestici smanjuju klirens LDL-ćestica, a niskomolekularni AGE mogu *in vitro* inhibirati LPL.<sup>61</sup>

Niskoprotočni dijalizatori od celuloze acetata s boljim klirensom za veće molekule također snizuju trigliceride, povisuju HDL i pojačavaju aktivnost LPL-a.<sup>62</sup>

Ima dokaza da peritonejska dijaliza više pridonosi aterogenosti nego hemodializa. Tako su kod bolesnika liječenih peritonejskom dijalizom nađene više koncentracije ukupnog kolesterolja, VLDL, LDL, apoA-I, apo B i lipoproteina (a) u krvi u odnosu na bolesnike liječene hemodializom.<sup>63,64</sup>

Neke su studije proučavale i učinak rekombinantnog humana eritropoetina na lipide u krvi u BKHD, ali su dale protučje rezultate.<sup>65,66</sup>

Za najteže slučajevje hiperlipidemije može poslužiti i LDL-afereza. Tim se postupkom snizuje ukupni kolesterol, ukupni trigliceridi, LDL-kolesterol, apoprotein B te smanjuje oksidacija LDL-ćestica.<sup>67</sup>

### Zaključak

Zaključno, renalna dislipidemija značajno pridonosi smrtonosni i pobolu BKHD, a liječenje tog stanja treba biti odlučnije, i to još u ranim stupnjevima bubrežnog zatajenja. Osim lijekova, dijetalnih mjeri i prestanka pušenja stope nam na raspolaženju i neka poboljšanja postupka hemodialize, osobito HF-dijalizatori i niskomolekularni heparin. Potrebna je veća hrvatska multicentrična studija koja bi dala ujednačene smjernice za liječenje renalne dislipidemije. Osobito pažljiv treba biti pri stratifikaciji skupina s obzirom na osobine ispitanika (spol, pušenje, način prehrane, liječenje anemije eritropoetinom itd.) jer to značajno može utjecati na rezultate istraživanja.

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