

# DERMATOLOGY AND TRICHOLOGY

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### ANAEMIA IN CHRONIC KIDNEY DISEASE IN NORTH WEST NIGERIA

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**Introduction:** Anaemia is a common extra renal manifestation of chronic kidney disease (CKD). The anemia increases as the kidney disease progresses. It is associated with increased cardiovascular morbidity and all cause mortality in CKD. Effective treatment of anemia in CKD improves the quality of life and significantly reduces mortality. It presents with normochromic, normocytic and hypo proliferative picture. Generally thought to be due to failure of the kidneys to produce the required erythropoietin but in some cases the serum level of erythropoietin may be higher than non-anemic individuals. Disordered iron homeostasis is a very important cause of anemia in CKD.

**Method:** In a cross-sectional descriptive study of 91 subjects attending the Nephrology clinic of a major teaching hospital in North West Nigeria, a pre-tested questionnaire was administered for basic biodata and diagnosis of CKD and the hemoglobin level, serum iron studies (ferritin and soluble transferrin receptors) and serum erythropoietin were all evaluated.

**Result:** Over 74 per cent (74.7%) males had anemia at hemoglobin <13.0gm/dl while 62.5% of females had anemia at 12.0gm/dl. Mean serum ferritin level was 70.58±46.44 ug/ml, soluble transferrin receptor was 22.9±49.7 ng/ml. Serum erythropoietin was 12.49±33.47 iu/L.

**Conclusion:** The males in our patients are more likely to be anemic than the females. Iron deficiency is a very important cause of anemia in our patients with CKD and relatively higher levels of serum erythropoietin suggests hypo responsiveness to erythropoietin.

### BIOGRAPHY

Bosan Istifanus B has completed his postgraduate fellowship training with the West African College of Physicians in 1994. Presently, he is Associate Professor of Medicine with the Ahmadu Bello University, Zaria and Chief Consultant Physician/Nephrologist and Head of Nephrology Unit at the Ahmadu Bello University Teaching Hospital, Zaria. He has 31 publications cited 42 times. He was Secretary General of the Nigerian Association of Nephrology.

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