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Remission of post-transplant diabetes mellitus in kidney transplant recipients with type 2 diabetes: A multicenter 1- year prospective study

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Introduction: In this study, we analyzed the results of OGTT follow-up for 1 year for kidney transplant patients who had already been diagnosed with diabetes before transplantation or pre-transplant screening. In addition, we investigated the pattern of changes in diabetes after transplantation, and a detailed analysis was performed on patients whose diabetes improved.

Methods: The multicenter prospective cohort study was conducted between April 1, 2016 and September 31, 2018. Adult patients (aged 20 to 65 years) who received kidney allografts from living or deceased donors were included. After post-transplant 1-year, 74 recipients were divided into diabetic group (n=58) and remission group (n=16) by combining the results of the OGTT test performed one year after transplantation and the presence or absence of diabetes medication

Results: In the remission group, as in the diabetic group, the HOMA value increased, but the IGI value after transplantation increased unlike the diabetic group. In univariate analysis, younger age, newly-diagnosed diabetes, low HbA1c, high baseline IGI30 were significantly associated with remission of diabetes. After multivariate analysis, only newly-diagnosed diabetes and IGI30 at baseline were associated with remission of diabetes (34.00 [1.192-969.84], p=0.039 and 17.625 [1.412-220.001], p=0.026, respectively)

Conclusion: In conclusion, our prospective study revealed that preserved insulin secretory function and un-discovered diabetes at pre-transplant were found to be important factors inducing remission of diabetes after kidney transplantation. Based on this study, it is hoped that more advanced research will be conducted on the aspects of diabetes in kidney transplant recipients with diabetes.