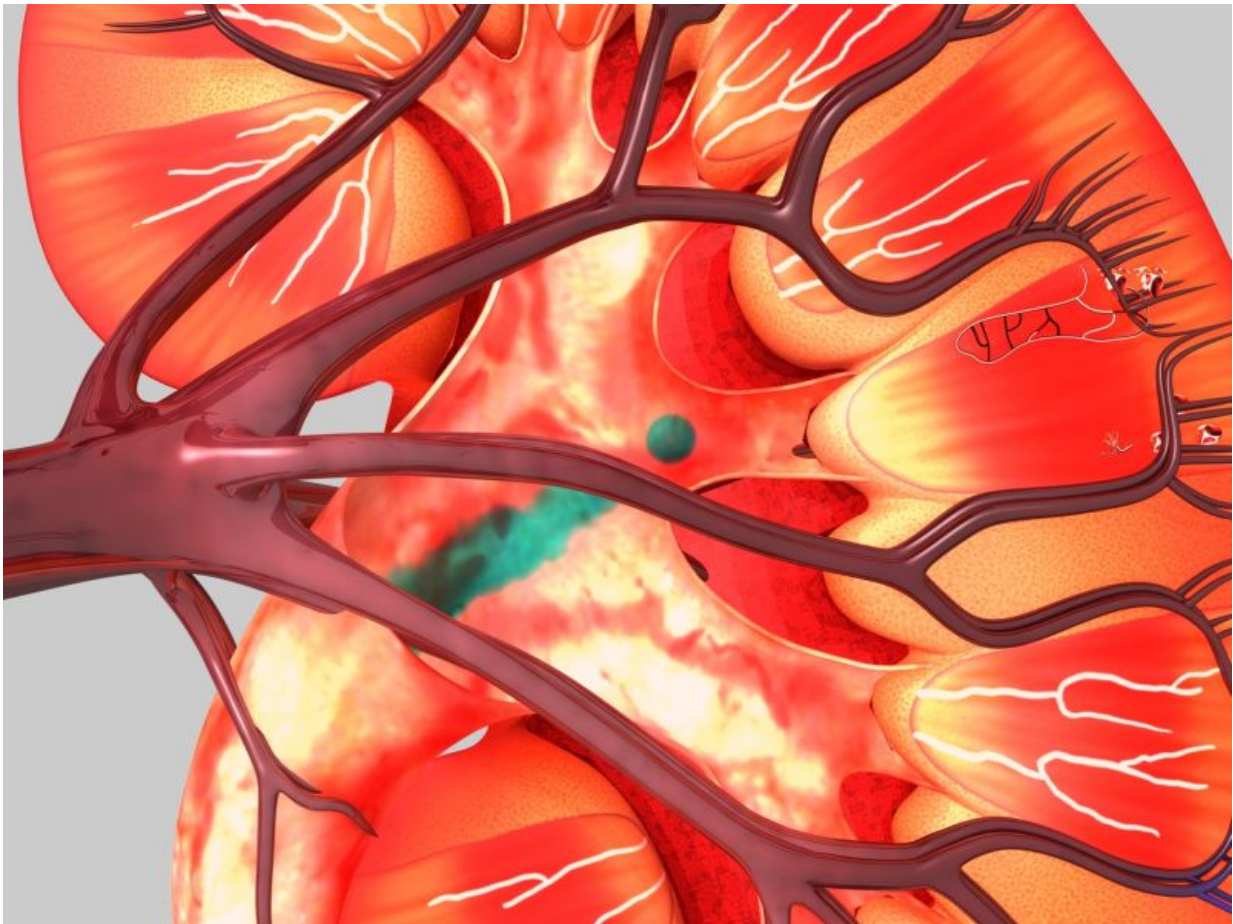


Higher risk of chronic kidney disease in 'healthy' obese

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(HealthDay)—Overweight and obesity are associated with increased risk

of development of chronic kidney disease (CKD), even in patients who are metabolically healthy, according to research published online Feb. 9 in the *Annals of Internal Medicine*.

Yoosoo Chang, M.D., Ph.D., of Sungkyunkwan University in Seoul, South Korea, and colleagues conducted a [prospective cohort study](#) of 62,249 young and middle-aged, metabolically healthy, men and women who did not have CKD or proteinuria at baseline. The risk of incident CKD across categories of [body mass index](#) was assessed.

The researchers found 906 cases of incident CKD during 369,088 person-years of follow-up. Compared with normal-weight participants, the multivariable adjusted differences in five-year cumulative incidence of CKD, in cases per 1,000 persons, were -4.0 (95 percent confidence interval [CI], -7.8 to -0.3) in underweight, 3.5 (95 percent CI, 0.9 to 6.1) in overweight, and 6.7 (95 percent CI, 3.0 to 10.4) in obese participants, respectively.

"These findings show that metabolically healthy obesity is not a harmless condition and that the obese phenotype, regardless of metabolic abnormalities, can adversely affect renal function," the authors write.

More information: [Full Text \(subscription or payment may be required\)](#)

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