Malnutrition (Subjective Global Assessment) scores and serum albumin levels, but not body mass Index values, at initiation of dialysis are independent predictors of mortality: A 10-year clinical cohort study

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Publication Details

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Abstract
OBJECTIVE: To examine the associations between demographic, clinical, lifestyle, and nutritional parameters at the start of dialysis and mortality, including the combined effects on nutritional parameters, which were seldom investigated in the literature. DESIGN: Ten-year retrospective clinical cohort study. SETTING: Dialysis unit of a metropolitan tertiary teaching hospital in Sydney, Australia. SUBJECTS: Incident dialysis patients (n = 167; hemodialysis, 57.5%; male, 61.7%; age, 65.3 ± 13.6 years; diabetic, 24.5%) who commenced on a planned dialysis program. METHODS: Associations were examined between all-cause mortality and baseline demographics, including age and gender; clinical and lifestyle characteristics, including glomerular filtration rate, smoking habits, presence of comorbidities (e.g., coronary artery disease, diabetes mellitus, and peripheral vascular disease); and nutritional parameters, including body mass index (BMI), serum albumin (s-albumin) levels, and subjective global assessment score (SGA). Associations with combination values for malnutrition, s-albumin (65 years, P < .0001), presence of peripheral vascular disease (P < .0001), reduced s-albumin levels (P = .01), and malnutrition scores (P = .02) independently predicted mortality. Being overweight and obese (BMI: ≥26 kg/m(2)) did not show any advantage on survival (P = .73). Being malnourished and overweight (or obese) was associated with a 3-fold increase in mortality risk (adjusted hazard ratio [HR], 2.96; 95% confidence interval [CI], 1.12 to 7.33; P = .02) compared with being well nourished with a BMI <26 kg/m(2) (referent). Compared with being well nourished (SGA = A), being malnourished with normal or low s-albumin was associated with higher risk (HR, 2.06; 95% CI, 1.06 to 4.00; P = .03 and HR, 2.86; 95% CI, 1.65 to 4.94; P < .0001, respectively). There was no statistical difference between mortality risks through any combination of s-albumin and BMI values (P = .54). CONCLUSION: Malnutrition and reduced s-albumin levels were found to be independent predictors of mortality, whereas being overweight and obese did not show protective effects.

Keywords
albumin, index, values, initiation, dialysis, independent, predictors, mortality, 10, serum, scores, but, assessment, levels, global, subjective, malnutrition, not, year, clinical, mass, cohort, body, study

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Malnutrition (Subjective Global Assessment) Scores and Serum Albumin Levels, but not Body Mass Index Values, at Initiation of Dialysis are Independent Predictors of Mortality: A 10-Year Clinical Cohort Study

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Objective: To examine the associations between demographic, clinical, lifestyle, and nutritional parameters at the start of dialysis and mortality, including the combined effects on nutritional parameters, which were seldom investigated in the literature.

Design: Ten-year retrospective clinical cohort study.

Setting: Dialysis unit of a metropolitan tertiary teaching hospital in Sydney, Australia.

Subjects: Incident dialysis patients (n = 167; hemodialysis, 57.5%; male, 61.7%; age, 65.3 ± 13.6 years; diabetic, 24.5%) who commenced on a planned dialysis program.

Methods: Associations were examined between all-cause mortality and baseline demographics, including age and gender; clinical and lifestyle characteristics, including glomerular filtration rate, smoking habits, presence of comorbidities (e.g., coronary artery disease, diabetes mellitus, and peripheral vascular disease); and nutritional parameters, including body mass index (BMI), serum albumin (s-albumin) levels, and subjective global assessment score (SGA). Associations with combination values for malnutrition, s-albumin (<3.3 vs. ≥3.3 g/dL), and BMI (≥26 vs. <26 kg/m²) were also examined.

Results: Median survival was 54.2 months (interquartile range, 23 to 83), and 52.1% of patients were malnourished (SGA score B and C) at the start of dialysis. Advanced age (classified as >65 years, P < .0001), presence of peripheral vascular disease (P < .0001), reduced s-albumin levels (P = .01), and malnutrition scores (P = .02) independently predicted mortality. Being overweight and obese (BMI: ≥26 kg/m²) did not show any advantage on survival (P = .73). Being malnourished and overweight (or obese) was associated with a 3-fold increase in mortality risk (adjusted hazard ratio [HR], 2.96; 95% confidence interval [CI], 1.12 to 7.33; P = .02) compared with being well nourished with a BMI <26 kg/m² (referent). Compared with being well nourished (SGA = A), being malnourished with normal or low s-albumin was associated with higher risk (HR, 2.06; 95% CI, 1.06 to 4.00; P = .03 and HR, 2.86; 95% CI, 1.65 to 4.94;
P < .0001, respectively). There was no statistical difference between mortality risks through any combination of s-albumin and BMI values ($P = .54$).

**Conclusion:** Malnutrition and reduced s-albumin levels were found to be independent predictors of mortality, whereas being overweight and obese did not show protective effects.

This article has an online CPE activity available at www.kidney.org/professionals/CRN/ceuMain.cfm

**Patients and Methods**

This was a retrospective clinical cohort study involving all incident hemodialysis (HD) and PD patients at the renal unit of The George Hospital, Sydney, Australia, between August 1, 2000 and July 31, 2005. All patients were followed until death, or they were censored at transplant or at the end of the observational period on July 31, 2010. This means all patients completed at least 5 years of follow-up during the 10-year study period. Inclusion criteria were ESKD patients who were older than 18 years and who commenced a planned dialysis program after gradual decline of renal function without history of acute kidney injury (AKI) and renal replacement therapy (RRT). Initiation of dialysis was recommended by the patients’ primary nephrologists based on clinical judgments (e.g., when glomerular filtration rate [GFR] was $< 7 \text{ mL/minutes/1.73 m}^2$ or indication of uncontrolled uremic symptoms such as volume overload). Exclusion criteria were patients in whom dialysis was initiated because of AKI with or without recovering renal function, previous history of RRT, planned early discontinuation of dialysis program from our unit (e.g., living donor transplantation or transfer
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to another unit), and incomplete assessment by the dietitian within 4 weeks of dialysis initiation.

Clinical and demographic data extracted from the hospital clinical notes and the Australia and New Zealand Dialysis and Transplant Registry (ANZDATA) included age; gender; race; smoking history (never smoked or combined ex- and current smokers); late referral to nephrologists, defined as <3 months under specialist care before starting dialysis; and comorbidities, such as coronary artery disease (CAD), cerebral vascular disease (CVD), diabetes mellitus (DM), chronic lung disease (CLD), and peripheral vascular disease (PVD). ANZDATA classified the presence of comorbidity as “yes,” “suspected,” or “no”; data of “yes” and “suspected” were combined as “presence of” for analysis in this study. Mortality and cause of death were also extracted.

In line with the clinical guidelines, which are based on the latest best evidence and expert opinion, if a high level of evidence did not exist or was inconclusive, all patients were assessed by the renal unit dietitians, including the author M.C., as part of the routine care. Anthropometric measures included for analysis were height (m), edema-free body weight (kg), BMI \( = \text{weight} / \text{height}^2 \) \( \text{(m/kg}^2\)\), and weight history (in particular if any unintentional weight loss occurred in the previous 6 months for SGA rating). The previous routine blood results before the first dialysis session were extracted from clinical notes. These included s-albumin (reference range, 3.3 to 5.3 g/dL) and serum creatinine results to calculate GFR using the Cockcroft-Gault equation. The survival risk was assessed using the Initiating Dialysis Early and Late (IDEAL) trial intention of treatment between the early and late starting groups was compared using the Initiating Dialysis Early and Late (IDEAL) trial intention of treatment parameters and mortality. Effect of age (>65 years), GFR (<7 mL/minute/1.73 m\(^2\)), s-albumin (<3.3 g/dL), and BMI (≥26 and ≥30 kg/m\(^2\)) as continuous and categorical variables were compared using the \( \chi^2 \) test. Survival analysis was performed using the Kaplan–Meier method (univariate analysis), and Cox proportional hazard analysis (multivariate analysis) was used to assess the independent association between baseline parameters and mortality. Effect of age (>65 years), GFR (<7 mL/minute/1.73 m\(^2\)), s-albumin (<3.3 g/dL), and BMI (≥26 and ≥30 kg/m\(^2\)) as continuous and categorical variables were also examined. \( P < .05 \) was considered to be statistically significant.

The study was approved by the ethics committee of the South Eastern Sydney and Illawarra Area Health Service, NSW, Australia.

Results

Dialysis was initiated in 330 patients in the defined period. Of these, 167 patients (50.6%) met guidelines, which define healthy range for BMI as 22 to 26 kg/m\(^2\); we considered BMI ≥26 kg/m\(^2\) as obese or overweight. Additional analyses were performed according to the World Health Organization–defined categories of underweight, healthy weight range, overweight, and obese (BMI: <18.5, 18.5 to 25.0, 25 to 30, and ≥30 kg/m\(^2\), respectively) as well as renal-specific BMI categories of undernourished, ideal range, overweight, and obese (BMI: <23, 23 to 26, 26 to 30, and ≥30 kg/m\(^2\), respectively). The combined effects of malnutrition (classified by SGA score B or C), s-albumin (<3.3 vs. ≥3.3 g/dL), and BMI (<26 vs. ≥26 kg/m\(^2\)) were also examined. For example, the combined effects of SGA and BMI were determined using the following forms of categorization: group 1 (SGA = A + BMI: <26 kg/m\(^2\)), group 2 (SGA = A + BMI: ≥26 kg/m\(^2\)), group 3 (SGA = B and C + BMI: <26 kg/m\(^2\)), and group 4 (SGA = B and C + BMI: ≥26 kg/m\(^2\)). Similar forms of categorization applied to SGA and s-albumin as well as s-albumin and BMI combinations.

All tests were performed using the statistical software SPSS version 18 (SPSS Inc, Chicago, IL). Continuous variables were expressed as mean ± standard deviation for normally distributed data and as medians with interquartile ranges for non-normally distributed data. For continuous variables, comparisons between groups were performed using unpaired sample \( t \) test for normally distributed data or the Mann–Whitney test for non-normally distributed data, whereas categorical variables were compared using the \( \chi^2 \) test. Survival analysis was performed using the Kaplan–Meier method (univariate analysis), and Cox proportional hazard analysis (multivariate analysis) was used to assess the independent association between baseline parameters and mortality. Effect of age (>65 years), GFR (<7 mL/minute/1.73 m\(^2\)), s-albumin (<3.3 g/dL), and BMI (≥26 and ≥30 kg/m\(^2\)) as continuous and categorical variables were also examined. \( P < .05 \) was considered to be statistically significant.

The study was approved by the ethics committee of the South Eastern Sydney and Illawarra Area Health Service, NSW, Australia.
the inclusion criteria. One hundred sixty-three patients (49.4%) were excluded from analysis because of AKI with or without recovering renal function (32.8%), previous history of RRT (2.1%), planned early discontinuation of dialysis program from our unit (10.3%), and other causes (e.g., <18 years of age, incomplete dietitian assessment within 4 weeks of enrollment, or missing data; 4.2%). The mean age (± standard deviation) of the studied subjects was 65.3 ± 13.6 years (male, 61.7%). Of these patients, 57.5% were on HD and the rest were on PD at day 90 after enrollment; 64 patients (38.3%) switched dialysis modality during the study period. Similar survival rates were reported in the literature for both modalities28,42 even after switching from one to the other.43 As we found similar results by the Kaplan–Meier analysis (P = .89), all HD and PD data were combined for analysis. Twenty-eight patients (16.8%) received a kidney transplant after entry to the study.

The baseline demographic, clinical, and nutritional characteristics of the studied patients at the initiation of dialysis are listed in Table 1. Late referral (<90 days) to the nephrologists was noted in 8.5% of patients, and dialysis was commenced with a mean GFR of 8.0 ± 2.7 mL/minute/1.73 m². Apart from body weight and serum creatinine, there was no statistical difference between male and female patients for all other demographic, clinical, and nutritional parameters. In all, 111 patients (66.6%) died, including 2 of the transplanted patients, by the end of the observation period. Three patients were transferred to other hospitals, but their survival data were obtained from the ANZDATA for analysis. Median follow-up time was 53.0 (interquartile range, 23 to 83) months, with 96.5 (76.3 to 108.8) versus 29 (17.0 to 53.0) months for survivors and non-survivors, respectively. The causes of ESKD and death are listed in Table 2. The main cause of ESKD was diabetic nephropathy (24%). The most common cause of death was withdrawal of dialysis due to refusal and quality of life measures (21.6%).

Among the patients studied, dialysis was initiated early in 37.2% (≥7 mL/minute/1.73 m²) and late in 62.8% (<7 mL/minute/1.73 m²),

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Total (%)</th>
<th>Male (%)</th>
<th>Female (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number (%)</td>
<td>167</td>
<td>103 (61.7)</td>
<td>64 (38.3)</td>
</tr>
<tr>
<td>Demographics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age (year)</td>
<td>65.3 ± 13.6</td>
<td>65.8 ± 13.9</td>
<td>64. ± 13.1</td>
</tr>
<tr>
<td>Race, white (%)</td>
<td>83.3</td>
<td>83.5</td>
<td>82.8</td>
</tr>
<tr>
<td>Clinical and comorbidities</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hemodialysis at 3 month (%)</td>
<td>57.5</td>
<td>62.1</td>
<td>50.0</td>
</tr>
<tr>
<td>Serum creatinine (µmol/L)</td>
<td>800.6 ± 288.1</td>
<td>867.4 ± 314.4</td>
<td>683.0 ± 199.3*</td>
</tr>
<tr>
<td>Glomerular filtration rate (mL/minute/1.73 m²)</td>
<td>8.0 ± 2.7</td>
<td>7.8 ± 2.7</td>
<td>8.2 ± 2.7</td>
</tr>
<tr>
<td>Late referral† (%)</td>
<td>8.5</td>
<td>10.6</td>
<td>4.7</td>
</tr>
<tr>
<td>Smoking (positive history)‡ (%)</td>
<td>43.7</td>
<td>47.3</td>
<td>35.0</td>
</tr>
<tr>
<td>Chronic lung disease§ (%)</td>
<td>15.8</td>
<td>15.5</td>
<td>16.4</td>
</tr>
<tr>
<td>Coronary artery disease¶ (%)</td>
<td>46.2</td>
<td>48.5</td>
<td>42.6</td>
</tr>
<tr>
<td>Peripheral vascular disease** (%)</td>
<td>24.5</td>
<td>24.5</td>
<td>24.6</td>
</tr>
<tr>
<td>Cerebral vascular disease†† (%)</td>
<td>23.9</td>
<td>22.4</td>
<td>26.3</td>
</tr>
<tr>
<td>Diabetes mellitus (%)</td>
<td>33.5</td>
<td>34</td>
<td>32.8</td>
</tr>
<tr>
<td>Nutritional</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serum albumin (g/dL)</td>
<td>3.1 ± 0.5</td>
<td>3.1 ± 0.5</td>
<td>3.2 ± 0.5</td>
</tr>
<tr>
<td>Weight (kg)</td>
<td>69.5 ± 17.1</td>
<td>73.6 ± 14.5</td>
<td>62.8 ± 18.9*</td>
</tr>
<tr>
<td>Body mass index (kg/m²)</td>
<td>25.9 ± 6.9</td>
<td>25.9 ± 4.4</td>
<td>25.9 ± 7.7</td>
</tr>
<tr>
<td>Malnourished, subjective global assessment score B and C (%)</td>
<td>52.1</td>
<td>48.5</td>
<td>57.8</td>
</tr>
</tbody>
</table>

P value is for comparison of the gender groups.
*P < .0001.
†Data missing in 2 patients.
‡Data missing in 10 patients.
§Data missing in 9 patients.
¶Data missing in 9 patients.
**Data missing in 9 patients.
††Data missing in 9 patients.
with a mean GFR of 9.4 ± 2.2 versus 5.5 ± 1.0 mL/minutes/1.73 m², respectively; \( P < .0001 \). The early-start group in comparison with the late-start group had significantly higher BMI (27.5 ± 6.3 vs. 23.3 ± 3.9 kg/m², \( P < .0001 \)) and included fewer malnourished patients (43.8% vs. 66.1%, \( \chi^2 = 7.8, P = .005 \)). There was no statistical difference between the 2 groups for all other variables. Kaplan-Meier analysis showed no statistical difference in mortality between the 2 groups (\( P = .79 \)). Further analysis did not show any statistical difference in mortality between the early- versus late-start groups, with the GFR cutoff of 8 mL/minutes/1.73 m² (10.2 ± 1.2 vs. 6.1 ± 2.2), \( P < .0001 \); 9 mL/minutes/1.73 m² (11.1 ± 1.5 vs. 6.6 ± 2.1), \( P < .0001 \); or 10 mL/minutes/1.73 m² (12.0 ± 1.6 vs. 6.9 ± 2.1), \( P < .0001 \). Our data indicated that GFR levels at which dialysis started were not found to have any association with mortality risk.

Among the lifestyle and comorbidity parameters, PVD was independently associated with higher mortality risk (\( P < .0001 \)), whereas the significance of CAD disappeared in the adjusted analyses (\( P = .10 \)). Smoking and all other comorbidities did not show any statistically significant effect on mortality risks (Table 3).

Fifty-eight percent of patients had s-albumin levels, <3.3 g/dL (reference range, 3.3 to 5.3 g/dL). The low–s-albumin group, when compared

### Table 2. Causes of End-Stage Kidney Disease and Mortality

<table>
<thead>
<tr>
<th>Causes</th>
<th>Causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Causes of end-stage kidney disease (n = 167)</td>
<td>Causes</td>
</tr>
<tr>
<td>Chronic glomerulonephritis</td>
<td>21.6</td>
</tr>
<tr>
<td>Diabetic nephropathy</td>
<td>24.0</td>
</tr>
<tr>
<td>Renovascular disease/hypertensive nephrosclerosis</td>
<td>18.6</td>
</tr>
<tr>
<td>Adult polycystic kidney disease</td>
<td>5.4</td>
</tr>
<tr>
<td>Analgesic nephropathy</td>
<td>9.6</td>
</tr>
<tr>
<td>IgA nephropathy</td>
<td>6.0</td>
</tr>
<tr>
<td>Reflux nephropathy/congenital abnormality</td>
<td>4.8</td>
</tr>
<tr>
<td>Other or unknown causes</td>
<td>9.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Causes of death (n = 111)</th>
<th>Causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Myocardial infarction</td>
<td>9.0</td>
</tr>
<tr>
<td>Cardiovascular accident</td>
<td>1.8</td>
</tr>
<tr>
<td>Cardiac arrest</td>
<td>11.7</td>
</tr>
<tr>
<td>Sepsis/infection</td>
<td>15.3</td>
</tr>
<tr>
<td>Other causes and illnesses</td>
<td>18.0</td>
</tr>
<tr>
<td>Withdrawal due to:</td>
<td>Causes</td>
</tr>
<tr>
<td>Refusal/quality of life measures</td>
<td>21.6</td>
</tr>
<tr>
<td>Cerebrovascular comorbidities</td>
<td>12.6</td>
</tr>
<tr>
<td>Peripheral vascular comorbidities</td>
<td>4.5</td>
</tr>
<tr>
<td>Malignancy</td>
<td>2.7</td>
</tr>
<tr>
<td>Unknown causes</td>
<td>2.7</td>
</tr>
</tbody>
</table>

### Table 3. Cox Proportional Hazards Analysis (Multivariate Model) of Factors Affecting Mortality

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Unadjusted Hazard Ratios (95% Confidence Interval)</th>
<th>( P ) Value</th>
<th>Adjusted Hazard Ratios (95% Confidence Interval)*</th>
<th>( P ) Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (per year increase)</td>
<td>1.08 (1.05-1.11)</td>
<td>&lt;.0001</td>
<td>1.08 (1.05-1.12)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>Age (=65 years)</td>
<td>2.76 (1.51-5.06)</td>
<td>&lt;.001</td>
<td>3.06 (1.70-5.61)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>Gender (male)</td>
<td>1.31 (0.84-2.04)</td>
<td>NS (0.23)</td>
<td>1.33 (0.86-2.06)</td>
<td>NS (0.20)</td>
</tr>
<tr>
<td>Glomerular filtration rate (per mL/minutes increase)</td>
<td>1.09 (0.98-1.21)</td>
<td>NS (0.10)</td>
<td>1.07 (0.97-1.17)</td>
<td>NS (0.10)</td>
</tr>
<tr>
<td>HEMODIALYSIS</td>
<td>0.67 (0.43-1.06)</td>
<td>NS (0.09)</td>
<td>0.75 (0.48-1.16)</td>
<td>NS (0.19)</td>
</tr>
<tr>
<td>s-albumin (per g/dL increase)</td>
<td>0.92 (0.87-0.98)</td>
<td>.01</td>
<td>0.93 (0.89-0.98)</td>
<td>.01</td>
</tr>
<tr>
<td>Body mass index (per kg increase)</td>
<td>0.97 (0.92-1.03)</td>
<td>NS (0.30)</td>
<td>0.97 (0.92-1.03)</td>
<td>NS (0.30)</td>
</tr>
<tr>
<td>Body mass index (≥30 kg/m²)</td>
<td>0.68 (0.36-1.29)</td>
<td>NS (0.23)</td>
<td>0.67 (0.36-1.27)</td>
<td>NS (0.22)</td>
</tr>
<tr>
<td>Malnourished, subjective global assessment score B and C</td>
<td>0.91 (0.52-1.59)</td>
<td>NS (0.73)</td>
<td>0.91 (0.52-1.59)</td>
<td>NS (0.73)</td>
</tr>
<tr>
<td>Smoking (positive history)</td>
<td>1.46 (0.95-2.23)</td>
<td>NS (0.09)</td>
<td>1.45 (0.96-2.19)</td>
<td>NS (0.08)</td>
</tr>
<tr>
<td>Chronic lung disease</td>
<td>0.85 (0.50-1.45)</td>
<td>NS (0.56)</td>
<td>0.86 (0.50-1.45)</td>
<td>NS (0.56)</td>
</tr>
<tr>
<td>Coronary artery disease</td>
<td>1.71 (1.04-2.81)</td>
<td>.04</td>
<td>1.45 (0.94-2.19)</td>
<td>NS (0.10)</td>
</tr>
<tr>
<td>Peripheral vascular disease</td>
<td>2.62 (1.57-4.37)</td>
<td>&lt;.0001</td>
<td>2.42 (1.57-3.73)</td>
<td>&lt;.0001</td>
</tr>
<tr>
<td>Cerebral vascular disease</td>
<td>1.01 (0.61-1.67)</td>
<td>NS (0.98)</td>
<td>1.01 (0.61-1.67)</td>
<td>NS (1.01)</td>
</tr>
<tr>
<td>Diabetes mellitus</td>
<td>1.10 (0.68-1.75)</td>
<td>NS (0.71)</td>
<td>1.09 (0.69-1.74)</td>
<td>NS (0.71)</td>
</tr>
</tbody>
</table>

NS, nonsignificant.

*Analysis with age as categorical variable unless stated otherwise. Hazard ratio adjusted for all other variables including age, gender, dialysis modality, s-albumin, body mass index, subjective global assessment, smoking, and all co-morbidities.

†Analysis with age as continuous variable.
with patients with normal s-albumin levels, had significantly lower s-albumin (2.8 ± 0.3 vs. 3.5 ± 0.3 g/dL, \( P < .0001 \)), lower GFR (7.3 ± 2.3 vs. 8.8 ± 2.9 mL/minutes/1.73 m\(^2\), \( P < .0001 \)), and higher prevalence of malnutrition (66.3% vs. 34.2%, \( \chi^2 = 16.9, P < .0001 \)). There was no statistical difference between the 2 groups for all other variables. Cox proportional hazard model revealed that the measure of s-albumin, as both a continuous and categorical variable, was independently associated with survival; \( P = .01 \) and .01, respectively (Table 3).

More than half of the patients (55.1%) were overweight or obese (BMI: \( \geq 26 \) kg/m\(^2\)), and 17.4% of patients were obese (BMI: \( \geq 30 \) kg/m\(^2\)). Kaplan-Meier analysis indicated no statistical difference in mortality risk between patients with BMI <26 and \( \geq 26 \) kg/m\(^2\) (overweight and obese), \( P = .08 \) and <30 or \( \geq 30 \) kg/m\(^2\) (obese) groups, \( P = .11 \). After adjusting for all other variables, Cox proportional hazards analysis indicated similar effects (\( P = .73 \) and 0.22, respectively; Table 3). Kaplan-Meier analysis showed no statistical difference in mortality risk between the 4 World Health Organization BMI categories (\( P = .26 \)) nor among the renal-specific BMI categories (\( P = .72 \)).

Within the cohort, 47.9%, 41.9%, and 10.2% of patients were rated as well nourished (SGA = A), mildly to moderately malnourished (SGA = B), and severely malnourished (SGA = C), respectively. Kaplan-Meier analysis indicated a significant difference in the mortality risk between the 3 groups (\( P < .0001 \)). After adjusting for all other variables using the Cox proportional hazard model, the survival curves of SGA B and C merged, and the combined malnourished group (SGA = B and C, 52.1%) showed significantly higher mortality risk compared with the well-nourished group (SGA = A) (adjusted hazard ratio [HR], 1.74; 95% confidence interval [CI], 1.11 to 2.72; \( P = .02 \); Table 3 and Fig. 1). Therefore, malnutrition was found independently associated with mortality. It is worth noting that the well-nourished group had significantly more diabetic patients than the malnourished group (41.4% vs. 26.4%, \( \chi^2 = 4.1, P = .04 \)). The SGA A group had significantly higher BMI (28.9 ± 6.3 kg/m\(^2\)) compared with the SGA B and C group (23.1 ± 3.7 kg/m\(^2\)), \( P < .0001 \). It is important to note that 24.5% of overweight or obese patients (BMI: \( \geq 26 \) kg/m\(^2\)) were rated as malnourished (SGA B and C) and within the malnourished group (SGA B and C) 21% of patients were overweight or obese (BMI: \( \geq 26 \) kg/m\(^2\)).

When the combined effects of SGA and BMI were examined, after adjusting for all other variables, the SGA = B and C + BMI: \( \geq 26 \) kg/m\(^2\) group was associated with an almost 3-fold increase in mortality risk (HR, 2.96; 95% CI, 1.12 to 7.33; \( P = .02 \)) compared with SGA = A + BMI <26

![Figure 1](image1.png)

**Figure 1.** Adjusted survival curves for SGA evaluated at the start of dialysis. SGA, subjective global assessment: A = well nourished, B&C = malnourished.

![Figure 2](image2.png)

**Figure 2.** Adjusted survival curves of the combined effects of SGA and BMI evaluated at the start of dialysis. Note: Group 1 versus 2 (\( P = .73 \)), group 1 versus 3 (\( P = .19 \)), group 1 versus 4 (\( P = .02 \)), group 2 versus 3 (\( P = .14 \)), group 2 versus 4 (\( P = .007 \)), group 3 versus 4 (\( P = .07 \)). SGA, subjective global assessment: A = well nourished, B&C = malnourished; BMI, body mass index in kg/m\(^2\).
Among the SGA B and C groups with s-albumin levels (3.5 vs. 2.9 g/dL, $P = .0001$) compared with the SGA A (referent), the SGA B and C + BMI <26 kg/m² group had an almost 3-fold higher mortality risk (HR, 1.77; 95% CI, 0.95 to 3.30; $P = .02$) increase in mortality risk despite the statistical difference in s-albumin levels (3.5 ± 0.3 vs. 2.8 ± 0.3 g/dL, $P = .0001$). An almost 3-fold increase in mortality risk was observed for SGA = A + B + C + s-albumin <3.3 g/dL group compared with the SGA = A + s-albumin ≥3.3 g/dL group (HR, 2.86; 95% CI, 1.66 to 4.94; $P = .0001$).

There was no statistical difference in mortality risk among any combinations of s-albumin (< or ≥3.3 g/dL) and BMI (< or ≥26 kg/m²) categories ($P = .53$).

In summary, after adjusting for all variables, including age, gender, dialysis modality, GFR level at which dialysis started, s-albumin levels, BMI, malnutrition score (SGA B and C), smoking, and all co-morbidities, advanced age (>65 years; $P < .0001$), presence of PVD ($P < .0001$), reduced s-albumin levels ($P = .01$), and malnutrition scored as SGA B and C ($P = .02$) independently predicted mortality. Combined effects of SGA A with BMI <26 kg/m² or s-albumin ≥3.3 g/dL were associated with better survival.

**Discussion**

Our cohort represented a relatively homogenous group of ESKD patients who showed an uneventful but gradual decline of renal function with no history of AKI and RRT. We observed a high prevalence (52.1%) of malnutrition (SGA B and C) at the start of dialysis. Malnutrition, together with advanced age, reduced s-albumin levels, and presence of PVD independently predicted mortality during the 10-year study period. Gender, dialysis modalities, GFR level at which dialysis was commenced, BMI, positive smoking history, and comorbidities other than PVD did not show any statistically significant effect on mortality risk.

In search of the optimal timing for when dialysis should start, the IDEAL trial compared the mortality between early- (10 to 14 mL/minutes/1.73 m²) and late-start (5 to 7 mL/minutes/1.73 m²) groups. The mean GFR of the early- and late-starting group resulted at 12.0 mL/minutes/1.73 m² and 9.8 mL/minutes/1.73 m², respectively, in the study because of various clinical and social decisions. No statistical difference in survival or clinical outcomes was observed between the early- or late-starting groups. Our cohort study, which included patients with a wider range of clinical implications, also showed no difference in mortality risk when the analyses...
were performed at the GFR cutoff of 7 mL/minute/1.73 m², as initially planned in the IDEAL trial, or at the cutoff of 8, 9, and 10 mL/minute/1.73 m². Our results supported the recommendations of the IDEAL trial and other observational studies on the effect of the individual components of SGA on survival, but it is known that these individual components reflect long-term changes and are highly predictive of mortality and morbidities, such as unintentional weight loss, reduced dietary intake, poor appetite, and muscle wasting. Our study supports the use of SGA score at the start of dialysis as a powerful independent predictor of survival, as previously reported by other researchers. In contrast to the literature, diabetes was not observed to be associated with higher mortality risk in our study. This may be explained by a higher proportion of our patients with diabetes being well nourished, possibly counteracting the effects of the uremic wasting on mortality over time. Our results were similar to those of the Dialysis Outcomes and Practice Patterns Study (DOPPS) which reported diabetic patients had significantly lower odds of cachectic appearance than nondiabetic patients. Cardiovascular disease was found to be an independent predictor of mortality in several studies. We found CAD to be significant in the unadjusted analyses, but the significance disappeared in the adjusted analyses (HR, 1.45; 95% CI, 0.94 to 2.19; P = .10). This can possibly be explained by the unknown duration and severity of cardiovascular conditions in our cohort. Also, our patients were much older (mean age, 65.3 ± 13.6 years compared with 50 to 56 years in these studies), and the age factors may explain some of the variation in our findings. Other reasons could be the varied observational periods or the heterogeneity of uremia-related nutritional effects before starting dialysis in previous studies. Such reasons include unplanned initiation of dialysis because of unforeseen events (e.g., AKI caused by infections and surgical complications), duration of malnutrition, and previous transplantation. It is not clear whether dialysis was initiated for the same reasons in all patients in reported studies. The obesity paradox has created much debate in the renal community regarding the protective effect of obesity in ESKD patients. A recent systematic review of the relationship between BMI and mortality supported the inverse association between BMI and all-cause mortality in adult (HD) patients, especially in elderly patients. In other studies, it has been argued that when body composition was also considered, the possible protective effect of high BMI is limited to subjects with normal and high muscle mass.
Similarly to previous findings, our study revealed being overweight or obese was not found to have any protective effects, and when combining with malnutrition scores, it was associated with the worst outcome. Our findings echoed the high mortality risk found in those with obese sarcopenia. In addition, the combined effects SGA A and BMI <26 kg/m² were found to have the best survival advantage. Again, higher BMI did not show protective effects with either low or normal levels of s-albumin. Most importantly, being well nourished (SGA A) was found to be associated with lower mortality risk irrespective of the levels of s-albumin and BMI. Our study highlighted the usefulness of the combined effects of nutritional parameters in predicting outcomes.

There are limitations to our study. The main ones are the lack of measurement of inflammatory biomarkers (CRP), small sample size, and unknown duration and severity of lifestyle factors such as smoking history and comorbidities (e.g., CAD). We also did not measure the effect of nutrition interventions before and after dialysis initiation. Patients may respond to nutritional management differently depending on the type, severity, and duration of their nutritional issues, and the degree of exposure to intervention. Our study points to the need for timely access to structured nutritional care to prevent and manage nutritional abnormalities well before dialysis is required, and if it is required, to help maintain nutrition status on the conservative management pathway.

The strength of this study is the long follow-up time in a well-defined cohort of patients experiencing relatively homogeneous nutritional effects before dialysis started. It is a good example of how informative research can be conducted within the practice of renal care.

## Conclusions

In the study reported here, a high prevalence of malnutrition among patients with ESKD at the initiation of dialysis was observed. During a 10-year period, advanced age (>65 years), reduced s-albumin levels, presence of PVD, and malnutrition scores were found to independently predict mortality. Other studied factors, such as gender, dialysis modality, GFR level at which dialysis was initiated, BMI, positive smoking history, and presence of all other comorbidities, were not found to be associated with higher mortality risk. A high BMI was not associated with any survival advantage, and when combined with the presence of malnutrition, it was associated with the highest mortality risk. The combined effects of these simple readily available nutritional parameters were effective in predicting mortality independently and are highly informative for practice management and evaluation.

### Practical Application

Malnutrition scored by SGA (B and C) at the start of dialysis was associated with high mortality risk irrespective of the BMI and s-albumin levels. Being overweight or obese did not show any protective effect and was associated with the worst outcome with the presence of malnutrition. These findings suggest nutrition intervention to optimize nutritional status should be considered in patients with ESKD well before dialysis is required.

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