中文題目：吸煙與蛋白尿的相關性研究

英文題目：Association of Active Smoking with Proteinuria

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Background: Proteinuria is an early index of chronic kidney disease (CKD), and once present, an important prognostic index of overall and cardiovascular mortality. No previous large scaled research reported the association of active smoking with proteinuria in Chinese population. The aim of the study was to evaluate the association between active smoking and proteinuria and the influence of age in a seven-year study.
Materials and Methods: We retrospectively reviewed 27,482 participants (11,991 men and 15,491 women) over 40 years old from 2003 to 2009. Laboratory tests, medical history and status of cigarettes smoking, alcohol drinking and betel nut chewing were obtained in each participant. Proteinuria was defined as having +/- or heavier protein response (including +/- to 4+) in urine test performed by an automated chemical analyzer. We compared characteristics in participants with and without proteinuria, and analyzed the adjusted risk of proteinuria with active cigarette smoking.
Results: There were totally 2,808 (10.2 %) participants found to have proteinuria and 3,260 (11.9%) participants (3,036 male and 224 female) reported as smokers. Overall proteinuria prevalence in smokers and non-smokers were 12.5% and 9.9% (p = 0.000). The proportions of smokers in proteinuric and non-proteinuric groups were 24.8% and 28.7% (p = 0.000). In multivariate logistic regression analysis with adjustments for age, gender, diabetes, hypertension, hyperlipidemia, alcohol drinking, betel-nut chewing, body mass index, anemia, CKD, and hyperuricemia, cigarette smoking was associated with increased risk of proteinuria (adjusted odds ratio 1.21, 95 % CI 1.10~1.33; p = 0.000).
Conclusion: Active smoking is an independent risk factor of proteinuria.

Key words: smoking, proteinuria, odds

關鍵字：抽菸 蛋白尿 風險