

Submission No.: CS11-9999

Session : Concurrent Symposium 11 (Kidney/Pancreas)

Date & Time, Place : November 19 (Sat), 15:30-17:00, Room 5F-1

Session Title : Nutrition After Kidney Transplantation

Update of managing obesity in kidney transplantation

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Obesity has emerged as one of the greatest global health threats in modern times. In the setting of end-stage kidney disease, obesity poses additional challenges, particularly for people being considered for kidney transplantation and those having received a donor kidney in the past.

Patients with end-stage kidney disease living with obesity may benefit from transplantation as do kidney transplant candidates with normal weight, but obesity increases the risk of cardiovascular, metabolic and surgical complications. There is disagreement about how to validly assess obesity. Optimal management strategies and treatment goals are not well defined and thresholds for accepting people for transplantation remain a source of controversy.

This talk will discuss the extent of the problem of obesity in end-stage kidney disease and its impact on access to transplantation. It will cover the validity of the body mass index as a marker of risk, highlight flaws in the measure itself and the methods used to assess its causal association with posttransplant outcomes.

In the presentation we will also look into existing evidence on the influence of obesity on outcomes after transplant from a utilitarian perspective and try to identify a deflection point at which kidney transplantation may cease to offer a survival advantage over remaining on dialysis.

We will discuss medical and surgical weight management strategies both before and after transplantation and discuss uncertainties related to timing of listing and its possible downstream effects.

It will provide an update to the 2022 ERA-Descartes Clinical practice guideline, which aimed to help decision-making related to obesity in patients with end-stage kidney disease being considered for kidney transplantation or having received a donor kidney in the past and was intended to assist the professional community in making decisions about pathways and care

ATW 2022 **Nov. 17^(Thu)~19^(Sat), 2022**

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and the interplay between obesity and kidney transplantation, help patients and caregivers gain insight and facilitate joint decision-making in this field.