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ASN KIDNEY WEEK 2017 • OCTOBER 31-NOVEMBER 5 –2017 • NEW ORLEANS, LA

INSOMNIA LINKED WITH EARLY DEATH AND KIDNEY DYSFUNCTION

Highlights

- Insomnia was linked with increased risks of early death, rapid kidney function decline, and kidney failure in a group of US veterans.
- Results from the study will be presented at ASN Kidney Week 2017 October 31–November 5 at the Ernest N. Morial Convention Center in New Orleans, LA.

New Orleans, LA (November 3, 2017) — Insomnia may have detrimental effects on individuals' kidney health and their overall survival, according to a study that will be presented at ASN Kidney Week 2017 October 31–November 5 at the Ernest N. Morial Convention Center in New Orleans, LA.

Chronic insomnia is highly prevalent in the world, and the extent of its effects on the body are not fully known. A team led by Csaba Kovesdy, MD, and Jun Ling Lu, MD (University of Tennessee Health Science Center), looked to see whether chronic insomnia might be linked with increased risks of dying early and developing kidney problems in a group of 957,587 US veterans with normal kidney function.

Over a median follow-up of 6.1 years, 23.1% of patients died, 2.7% displayed rapid kidney function decline, and 0.2% developed kidney failure. Chronic insomnia was associated with a 1.4-times increased risk of dying, a 1.5-times increased risk of rapid loss of kidney function, and a 2.4-times increased risk of developing kidney failure.

“Chronic insomnia is an important and relatively common condition among patients with normal kidney function. Attention to its proper management could have long-ranging positive effects,” said Dr. Kovesdy. “This hypothesis will need to be examined in dedicated prospective studies, including clinical trials.”

Study: “Association of Chronic Insomnia with Mortality and Adverse Renal Outcomes” (Abstract 2771381)

ASN Kidney Week 2017, the largest nephrology meeting of its kind, will provide a forum for more than 13,000 professionals to discuss the latest findings in kidney health research and engage in educational sessions related to advances in the care of patients with kidney and related disorders. Kidney Week 2017 will take place October 31–November 5, 2017 in New Orleans, LA.

Since 1966, the American Society of Nephrology (ASN) has been leading the fight to prevent, treat, and cure kidney diseases throughout the world by educating health professionals and scientists, advancing research and innovation, communicating new knowledge, and advocating for the highest quality care for patients. ASN has nearly 17,000 members representing 112 countries. For more information, please visit www.asn-online.org or contact us at 202-640-4660.

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