

**Harvard Medical School Department of
Continuing Education and the Renal Division
of Brigham and Women's Hospital**



Nephrology Rounds
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Cardiovascular Risk in Adult Kidney Transplant Patients

By Wolfgang C. Winkelmayer, MD, ScD, MPH, FASN

Objectives

This issue of *Nephrology Rounds* focuses on the care of kidney transplant recipients (KTRs) and aims to:

- emphasize the importance of cardiovascular disease in these patients
- summarize the current evidence on established and more novel cardiovascular risk factors
- draw important distinctions between the kidney transplant and general populations
- outline possible interventions for the prevention of cardiovascular outcomes in these patients.

Questions:

1. Kidney transplant patients have a life expectancy that is equal to age- and sex-matched controls from the general population.

True False

2. Cardiovascular disease constitutes the leading cause of death in KTRs.

True False

3. Risk scores, such as the Framingham risk score, can be used to reliably estimate future cardiovascular risk in KTRs.

True False

4. Diabetes and smoking, two components of the Framingham Risk Score, confer greater cardiovascular risk in KTRs compared to the general population.

True False

5. As many as 25% of patients develop new-onset diabetes within 3 years after transplantation, which puts these patients at increased risk of cardiovascular events.

True False

6. Statins have been shown to be efficacious in reducing cardiovascular events in KTRs and guidelines recommend that LDL-cholesterol be lowered to <100 mg/dL.

True False

7. Unlike kidney function in the general population, transplant function is not predictive of cardiovascular risk in KTRs.
True False
8. Elevated serum homocysteine concentrations are prevalent in KTRs and should be treated using high-dose folate supplementation in these patients.
True False
9. The evidence on whether anemia increases cardiovascular risk in KTRs is conflicting.
True False
10. A randomized trial of KTRs has clearly demonstrated that higher hemoglobin concentration treatment targets can lower cardiovascular risk while also improving quality of life in these patients.
True False

To receive AMA category 1 credit, you must correctly answer 60% of the test questions.

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Please keep a copy of your test before submission. A certificate will be sent upon successful completion of the test along with the answer key after the deadline date indicated.

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