

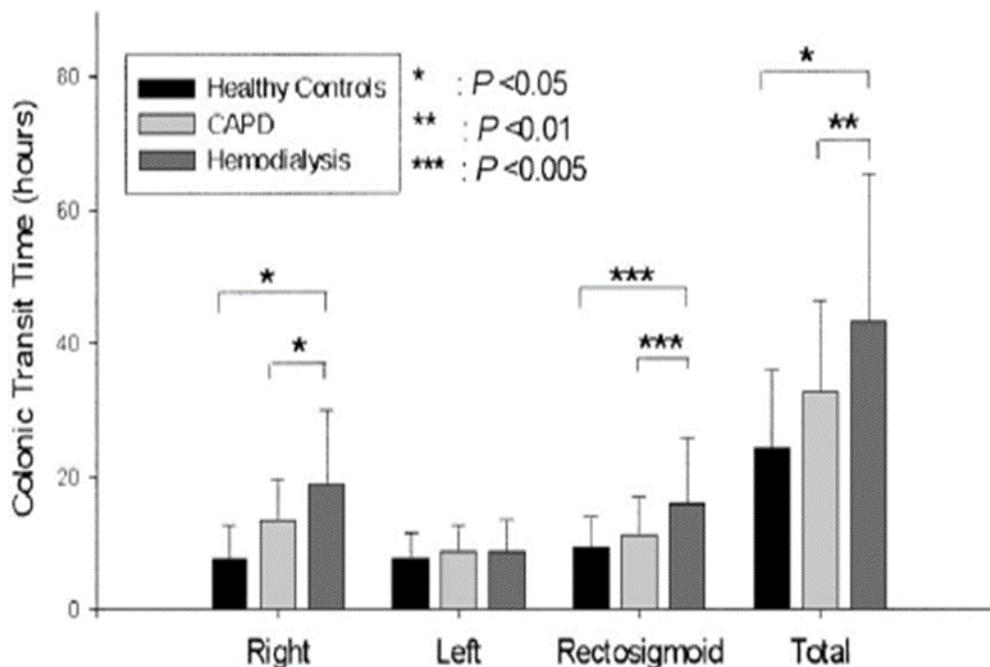
醫療新知

關於腎友的腸胃問題

- 台灣洗腎人口眾多，患者體內的毒素和水分，需要規律透析來移除。然而，水分的控制和缺乏合適的運動量，都會導致糞便在體內停留過久。此外，腎友常合併其他慢性疾病，藥物的副作用會讓便秘的情形更加嚴重。
- 然而，目前了解的病生理學，對於甚有便秘仍有許多不了解之處。國外研究指出，腎友便秘跟女性、糖尿病和 hyperhomocysteinemia 有關。

| | All patients | Constipation | | <i>p</i> |
|-------------------------|---------------|---------------|---------------|----------|
| | | + | - | |
| <i>n</i> | 136 | 90 | 46 | - |
| Female (<i>n</i> , %) | 44 (32.4) | 35 (38.9) | 9 (19.6) | 0.02 |
| Age (years) | 67 ± 12 | 69 ± 12 | 64 ± 12 | 0.006 |
| HD duration (months) | 103 ± 103 | 105 ± 104 | 97 ± 101 | 0.32 |
| Kt/V urea | 1.59 ± 0.28 | 1.61 ± 0.26 | 1.56 ± 0.30 | 0.24 |
| DM (<i>n</i> , %) | 46 (33.8) | 34 (37.8) | 12 (26.1) | 0.17 |
| IDWG (kg) | 2.02 ± 0.89 | 2.05 ± 0.92 | 1.97 ± 0.84 | 0.79 |
| %IDWG (%) | 3.68 ± 1.67 | 3.79 ± 1.77 | 3.47 ± 1.43 | 0.49 |
| Albumin (g/dL) | 3.65 ± 0.30 | 3.65 ± 0.28 | 3.65 ± 0.33 | 0.79 |
| hs-CRP (mg/dL) | 0.213 ± 0.389 | 0.186 ± 0.259 | 0.266 ± 0.561 | 0.97 |
| β ₂ M (mg/L) | 24.9 ± 6.8 | 24.5 ± 5.3 | 25.7 ± 9.1 | 0.60 |
| tHcy (μmol/L) | 51.3 ± 48.5 | 56.2 ± 55.3 | 41.6 ± 28.8 | 0.03 |
| Sevelamer (mg/day) | 2103 ± 1989 | 1958 ± 1971 | 2386 ± 2015 | 0.21 |

➤此外，腎友糞便容易在右側結腸及乙狀結腸停留。



➤日本研究指出，使用 polydextrose 增加食物中的纖維量，有助於改善腎友的便秘問題，包含解便的次數和柔軟度。

Table 3. Defecation frequency.

➤堅果類食物由於含有高量的鉀和磷，一般建議腎友避免攝取。國外研究曾試著給予腎友，四周內每天攝取 40g 杏仁。它們發現受試腎友體內的鉀和磷並沒有顯著變化，但是對於便秘造成的不適有顯著的改善。

| | Placebo (n=13) | PDX (n=16) |
|------------------------|-------------------|------------------------------|
| Before (/wk) | 3.5[2.5-7.0] | 3.0[2.5-7.0] |
| Ingestion week 1 (/wk) | 4.0[3.5-7.5] | 7.0[4.0-9.0] ^a |
| Ingestion week 2 (/wk) | 3.0[3.0-6.5] | 5.0[4.0-9.8] ^{a,b} |
| Ingestion week 3 (/wk) | 4.0[3.0-7.0] | 8.0[3.3-10.5] ^a |
| Ingestion week 4 (/wk) | 5.0[3.0-7.0] | 8.5[6.0-12.8] ^{a,b} |
| After (/wk) | 4.5[3.3-6.8] | 7.3[5.5-10.0] ^{a,b} |

Table 2. Analysis of Primary Outcomes: Safety and Efficacy

| Primary Outcomes | Baseline | Week 1 | Week 2 | Week 3 | Week 4 | Week 7 | Week 10 | P value |
|--|-------------|-------------|-------------|-------------|-------------|-------------|-------------|---------|
| Safety outcomes | | | | | | | | |
| Predialysis potassium (mmol/L) | 5.43 ± 0.66 | 5.4 ± 0.6 | 5.37 ± 0.63 | 5.34 ± 0.69 | 5.45 ± 0.69 | 5.15 ± 0.96 | 5.25 ± 0.66 | .21 |
| Hyperkalemic, n (%) | 6 (30) | 3 (15) | 4 (21.1) | 4 (20) | 4 (20) | 4 (20) | 4 (20) | .96 |
| Predialysis phosphate mg/dL | 4.77 ± 1.64 | 4.90 ± 1.58 | 5.33 ± 1.64 | 5.39 ± 2.02 | 5.27 ± 1.89 | 4.37 ± 1.61 | 4.90 ± 1.64 | .16 |
| mmol/L | 1.54 ± 0.53 | 1.58 ± 0.51 | 1.72 ± 0.53 | 1.74 ± 0.65 | 1.70 ± 0.61 | 1.41 ± 0.52 | 1.58 ± 0.53 | |
| Hyperphosphatemic, n (%) | 5 (25) | 3 (15) | 6 (31.5) | 6 (30) | 9 (45) | 3 (15) | 5 (25) | .37 |
| Efficacy outcomes | | | | | | | | |
| Constipation rated using Bristol Stool Form Scale, n (%) | 10 (50.0) | 5 (25) | 3 (16.6)* | 1 (5.3)* | 4 (20) | 4 (22.2) | 2 (13.3)* † | |
| Constipation according to POS-renal | 0 ± 1.0 | 0.8 ± 1.1 | 0.5 ± 0.8 | 0.5 ± 0.8 | 0.5 ± 0.7 | 0.6 ± 0.8 | 0.4 ± 0.7 | .02 |
| Frequency of bowel movement, n (%) | | | | | | | | |
| Daily | 15 (75) | 12 (63.2) | 15 (78.9)* | 15 (78.9)* | 15 (78.9)* | 10 (52.6) | 12 (75.0) ‡ | |
| Twice daily | 4 (20) | 5 (26.3) | 4 (21.1) | 3 (15.8) | 2 (11.1) | 9 (47.3) | 3 (18.75) | |
| <3 times per week | 1 (5) | 2 (10.5) | 0 | 1 (5.3) | 2 (11.1) | 0 | 1 (6.25) | |
| Frequency of straining, n (%) | | | | | | | | |
| Never/rarely | 9 (45) | 13 (68.4) | 13 (68.4) | 15 (78.9) | 11 (57.9) | 9 (47.3) | 12 (75.0) | - |
| Sometimes | 10 (50) | 4 (21.1) | 1 (5.3) | 3 (15.8) | 6 (31.5) | 7 (36.8) | 3 (18.75) | |
| Often | 1 (5) | 2 (10.5) | 3 (15.8) | 1 (5.3) | 1 (5.2) | 1 (5.2) | 1 (6.25) | |
| Always | 0 | 0 | 2 (10.5) | 0 | 1 (5.2) | 3 (15.6) | 0 | |
| Frequency of hard/lumpy stool n (%) | | | | | | | | |
| Never/rarely | 10 (50) | 10 (52.6) | 12 (63.2) | 14 (73.6) | 11 (57.9) | 9 (47.3) | 10 (62.5) | - |
| Sometimes | 7 (35) | 7 (36.8) | 5 (26.3) | 4 (21.1) | 6 (31.6) | 9 (47.3) | 3 (18.75) | |
| Often | 3 (15) | 2 (10.5) | 1 (5.3) | 1 (5.3) | 2 (10.5) | 1 (5.2) | 2 (12.5) | |
| Always | 0 | 0 | 1 (5.3) | 0 | 0 | 0 | 1 (6.25) | |

➤每個人的狀況不盡相同，可以多跟您的醫師討論，找出最適合自己的方式，以改善惱人的便秘問題。

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資料來源：惠慎診所洗腎室

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