

老化對腎臟的影響  
Effect of Aging on Kidney  
吳明儒  
臺中榮總 腎臟科

Since the use of eGFR calculation, more and more older people have been identified as having chronic kidney disease. The aging population contributes to the increase of the prevalence of diagnosed CKD. About half of elderly patients aged over 70 have significant CKD (eGFR<60mL/min/1.73 m<sup>2</sup>). In addition to diabetic nephropathy and other specific kidney diseases that are common in older adults, the kidney loses function with aging, which is a natural and inevitable biological process. The changes of normal structural and function occurs in the kidney with aging lead to major part of the increased incidence of CKD in elderly population. It is difficult to distinguish the structural and functional changes of a kidney affected by a specific preventable or treatable disease, like diabetic nephropathy, from those of a kidney undergoing the inevitable consequences of aging. However, senescent changes in the kidney are relevant and important to managing older patients. This talk will discuss the structural and functional changes in the kidney with normal aging and the clinical significance of these changes.